



Home Safety Plan

Remember: We can **never** guarantee safety but we can **always** decrease the risk of impulsive or planned events.

Goal of Safety Plan: To make harmful behaviors toward self or others harder to act upon by removing and/or locking up items that could lead to dangerous situations.

Means Restriction: One of the best methods to prevent suicide, self-harm, aggression, and property destruction. This offers the opportunity for intervention because of time. The more the child/teen has to work to find access to “means,” the more opportunity there is for some kind of intervention.

Firearms

Do you own a firearm? Does your child/teen have access to a firearm? If yes:

- I have removed my firearm from my home while my child is at high risk.
- If removal isn't an option, I will be **TRIPLE SAFE**:
 - I have stored my firearm in a **LOCKED** safe or lock box.
 - I have stored my firearm **UNLOADED**.
 - I have stored my ammunition in a separate **LOCKED** location.
- I have changed the lock combination and hiding places for my firearm and ammunition.

Suffocation & Strangulation

Remember: “Set-ups” from high places are NOT needed for hanging; only leverage is needed and can be done with door knob, bed post, etc.

- I have identified items commonly used for suffocation/strangulation throughout my house (plastic bags, belts, ties, scarfs, bed sheets, ropes, cords, shoelaces, etc.).
- I have walked through my house asking the question “What really needs to be here?”
- I have removed and/or locked up unneeded items from around the house.

Poison (Overdose/Ingestion)

Remember: Medications are all different. Some medications are much more lethal in overdose than others. Just because a medication is sold “over the counter” does not mean it is safe.

- I have locked up all medications (prescription and “over the counter”).
- I have removed and/or locked up all other poisonous agents in the house, garage, etc. (drugs, alcohol, cleaning supplies, insecticides/pest control, gardening agents, etc.).
- I understand that my child/teen should not be in charge of his/her own medication at this point. I have a plan to manage my child/teen's medication by giving it and watching him/her take it at the prescribed time.



Sharps

Remember: Sharps are dangerous temptations for youth at high risk.

- I have identified commonly used sharp items throughout my house (knives, razors, paperclips, tools, pencil sharpeners, X-Acto knife blades, etc.).
- I have thought of different ways to monitor the use of commonly used sharps (electric razors, check-in/check-out system).
- I have removed and/or locked up all sharp items from around the house.

Aggression & Property Destruction

- I have identified items that could be used to aggress against others and/or to destroy property throughout my house (firearms, sharps/tools, lighters/matches, valuable/meaningful items, items that could be broken and used as a weapon, etc.).
- I have removed and/or locked up all items that could be used in aggression/property destruction from around the house.

Run Away Behavior

Remember: Run away behavior is difficult to manage; look for patterns – does running away happen more on weekends, after a time of upset emotions or behavior, etc. This will help you know when to increase supervision.

- I have discussed a safe alternative to running away. My child/teen will let me know he/she needs a break by _____.
The safe space my child/teen will go instead of running away is _____.
- I have thought about or purchased products to monitor if my child/teen leaves the home (alarms/chimes for doors/windows, available at www.kulturecity.org/lifeboks/).
- I have considered creating a Smart 911 Profile (www.smart911.com) or enrolling my child in Project Lifesaver (projectlifesaver.org).
- I want to discuss filing a CHINS petition.

Privacy

Remember: During times of high risk, you will have a desire to limit “private time” due to fear of what your child/teen may do without supervision. This can be a struggle between the caregiver and child/teen, and often leads to upset behavior.

- I have considered ways to offer privacy while making sure my child is safe.
- I have discussed expectations about room searches with my child/teen.
- I have discussed expectations about “check-ins” with my child/teen.