

Welcome & Introduction

Group Commitments

Confidentiality and Respect

*Please Share Briefly

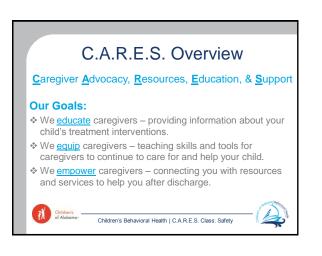
Your name

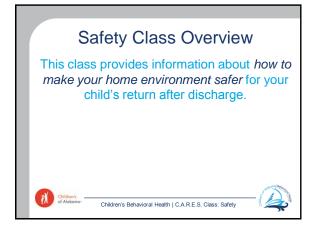
7)

- Name and age of your child
- A *brief* description of what is going on with your child

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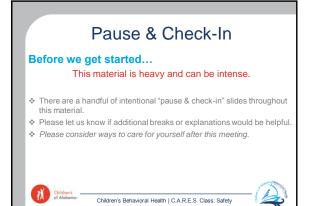


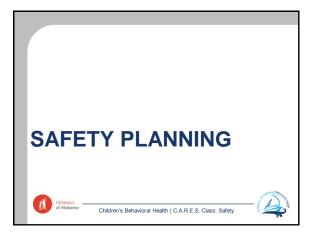
Safety Class Overview

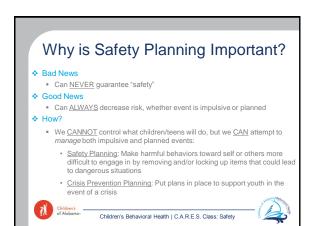
Handouts:

- * Home Safety Planning Worksheet
- Crisis Prevention Planning Worksheet
- Navigating the Digital World/Online Safety Tips
- Printout of this presentation to take notes if desired











Goals of Safety Planning

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Goals are simple:

- Increase safety and reduce risk
- Remove or lock and thoughtfully manage safety hazards in the child's environment.
- In so doing, remember that <u>time</u> is always your "best friend"
 - The more time it takes to find a dangerous item, the more time there is to coach or intervene.
 - The more time between the child's thought and the child's access to a way to hurt oneself or someone/something else, the more time there is for the child to "cool off" and begin to think more rationally.

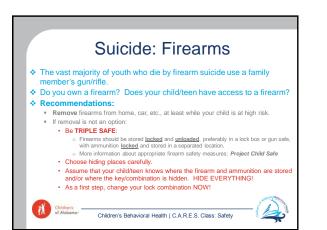
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How do you Enhance Safety?

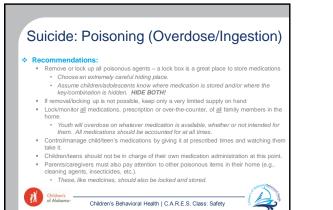
- One of the best methods of prevention of suicide, self-harm, aggression, and property destruction is "means restriction."
- "Means" = Item/object needed to complete act (e.g., pills, firearm, rope, prized possession)
- "Means restriction" = Access to the "means" by which a child might attempt suicide/self-harm or engage in aggression/property destruction is restricted, prohibited, or made challenging.
 - "Means restriction" offers the opportunity for some kind of intervention because of TIME
 - The more the child has to work to find access to "means," the more opportunity there is for some kind of intervention.

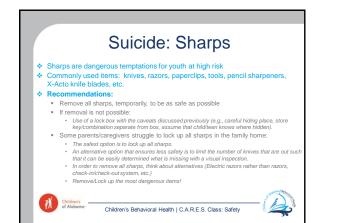


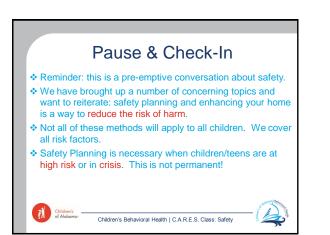






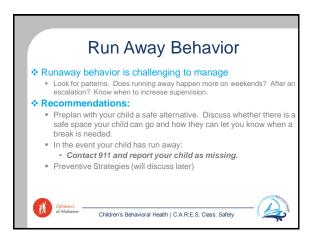










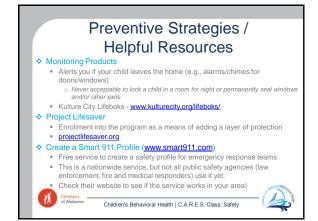


Lack of Awareness of Surroundings

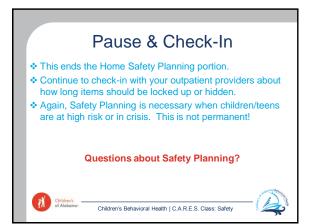
Temporary (psychosis) and enduring (developmental delay)
 Concerns related to safety at home/leaving home

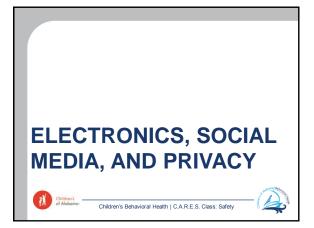
- Recommendations:
 - In the event your child has wandered away from home:
 Contact 911 and report your child as missing
 - Preventive Strategies similar to concerns of run away behavior











Electronics: Internet, Social Media & Phone Safety

- Technology/electronics pose safety risks for many youth
- Appropriate electronic use needs to be explicitly taught
- American Association of Pediatrics Recommendations
 - Monitor online and media content. Watch programs with your kids to ensure age-appropriateness.
 - Turn off devices (TV, tablets, computers) when not in use.
 - Try not to use media to soothe unless special circumstances (for example, you're at an appointment and it's a limited amount of time). Have a media free zone in the home. Keep bedrooms, meal times, and
 - interactive/play time with your kids media free.
 - Turn off all screens at a minimum of 1 hour before going to bed.



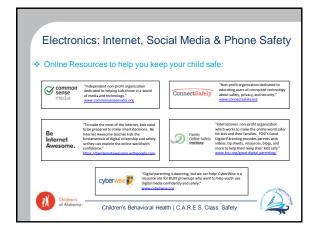
Electronics: Internet, Social Media & Phone Safety

Additional Recommendations:

- Prior to providing your child with a phone or tablet, create a contract to ensure expectations are clear
- * Keep "technology" in common areas, making "drive-by" possible
- Who pays the bill? If you do, you have the right to "limit" use
 Model the behaviors you want to see: "Electronics" for all family members has a "bedtime"
- * Communicate basic messages regarding Internet/Smart Phone use in daily conversation
 - Never share passwords/personal info online as it can jeopardize safety
 - "Once in cyberspace, always in cyberspace"

 - Do not blindly trust people you meet on-line
 Schools have policies about forwarding emails and photos from others: "cyberbullying" comes with consequences
 - Encourage open communication between yourself and your child regarding any instances of bullying or harassment









Some Thoughts on Privacy

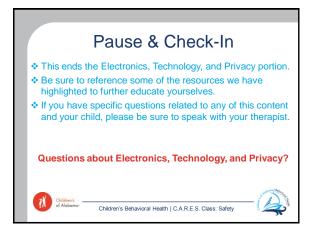
Room Searches

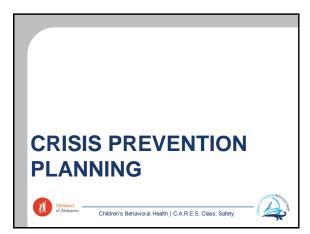
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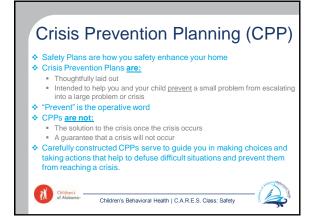
- Occur at parent's/caregiver's discretion, but never without child/teen's knowledge
 - · Announce need to complete a search in the moment (no advance warning). · Offer child/teen the opportunity to be present. Never complete without their
 - knowledge.
 - Share that you prefer honesty and would rather they "hand over" or share where
 you will find concerning items, rather than finding them on your own. · If they do so, thank them for their honesty and commitment to their own safety.
- If you have questions or concerns about discussing these
- expectations with your child/teen, please be sure to speak with your child's primary therapist.

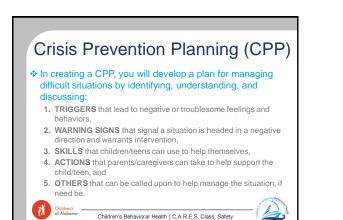












Crisis Prevention Planning (CPP)

- Caregiver, your child, the primary therapist
- This ideally takes place a few days prior to discharge
- Crisis Prevention Planning Worksheet bring to CPP meeting 7 Childre of Alob

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