

_____ 's Safety & Wellness Plan

Level	Looks Like	Sounds Like	Action Steps
10 Deep Despair			
9 Despair			
7 Isolating			
8 Avoiding			
6 Uncontrolled Worry			
5 Anxious/Down			
4 Okay			
3 Cool			
2 Happy			
1 Great			
Coping Skills I Have How will I choose <ul style="list-style-type: none"> • When will I choose <ul style="list-style-type: none"> • 		Option One: Location: Limitations:	OptionTwo: Location: Limitations:
Places I can go that help <ul style="list-style-type: none"> • When will I go? • Cues to remind me: 		Place: Place:	Limits: Limits:
People who are helpful <ul style="list-style-type: none"> • When will I call/ask for help? 		Name: Name:	Phone Number: Phone Number:

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<ul style="list-style-type: none"> • How do I want them to help? 									
Professionals or Agencies <ul style="list-style-type: none"> • When will I call? 	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Name:</td> <td style="width: 50%;">Phone Number:</td> </tr> <tr> <td style="border: none;"> </td> <td style="border: none;"> </td> </tr> <tr> <td style="border: none;">Name:</td> <td style="border: none;">Phone Number:</td> </tr> <tr> <td style="border: none;"> </td> <td style="border: none;"> </td> </tr> </table>	Name:	Phone Number:			Name:	Phone Number:		
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What I need to keep my environment safe (all the time)									

Guidance:

The levels are based off of the feelings thermometer often used in therapy. It is important to note that a ten means that something bad is going to happen. Interventions need to be put into place before a person gets to a ten. It is important for the person, and a loved one to complete the looks like and sounds like section together. The person may be aware of things that others are not at certain levels, and others may be aware of looks and sounds that the person is not aware of at certain levels, especially as levels get higher and brain function moves to survival rather than rational.

Coping skills limitations include such things as the volume of music, not going for a walk after dark, telling someone where they are going, safety issues, respect of others, time limits, etc. It is important to have a method of choosing a coping skill (a board, random draw, dice, etc) for when the rational brain is not working, and a time when the coping skill will be chosen on the level scale, before the person is too far up the scale to use a coping skill.

The places to go section also lists limitations which may include safety (such as someone has to go with them) or time considerations. A time to go refers to the level at which it is an appropriate time to go to the designated cool down place. Sometimes cues are needed to remind a person who is moving up in levels to go to their cool down place. When the cues are chosen during a calm time they are more likely to be accepted during a time of escalation.

The people who are helpful section includes when to call the person. It is important to call before escalating too far. It also includes a plan for what the person wants their help to do in order to help them. This is to be determined beforehand in order to establish what is helpful and what is not.

Professionals and agencies can be called, but the office hours should be considered. A message can be left with a request to be called the next business day. It should be determined with the professional at what point it is appropriate to call them.

Finally, the section for keeping the environment safe at all times gives the person a say in how much restriction is put on them. Minors have less input on this section, but including them, even if you are simply informing them that you will do bag and room checks daily will help them to be more invested in the plan.

Make copies of this plan for everyone who is listed, and everyone who works with the person for whom the plan is for, with the person's permission. Review and revise this plan as often as necessary.