Suicide Prevention: Building a Safety Plan

#suicideprevention
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March 20th, 2018
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Suicide Prevention – A High Priority

For every death by suicide, 25 people are severely devastated and 125 people are directly impacted.

Over 4,000 Canadians die by suicide every year*  
Over the past decade that equates to 5,000,000 Canadians directly impacted by suicide ...or 1 in every 7 Canadians.
#Sharehope Campaign

- Year-round, online social media campaign
- A safe space to share messages of hope
- End stigma related to mental illness and suicide

As an individual, you are not powerless. It makes a difference when you #sharehope
[https://www.mentalhealthcommission.ca/English/sharehope](https://www.mentalhealthcommission.ca/English/sharehope)
Presenter

Dr. Yvonne Bergmans
Suicide Intervention Consultant at the Suicide Studies Research Unit of the ASR Chair in Suicide and Depression Studies Program
Safety Planning

Yvonne Bergmans, MSW, RSW, PhD
Mental Health Commission of Canada
March 20, 2018
Why a Safety Plan?

- Suicide risk fluctuates over time.
- The ability to problem solve and/or to access autobiographical memory is limited for people with suicide attempts,
  - Unable to “think” when flooded with emotion.
  - Practicing and discussing when “iron is cold” provides opportunity for skill development, rehearsal and making strategies explicit

(Kaviani, Rahimi, Rahimi-Darabad et al. 2003; Maurex, Lekander, Nilsonne et al, 2010; Gimaggio, Salvatore, Popol, Lysaker, 2012; WHO, 2014)
Why a Safety Plan?

- Suicide is a behavior and we wish to create options for safer behaviours
- Elements of CBT, ACT, DBT, SfSL in the intervention-dependent on the facilitator skill, interest, comfort and applicability at the given session
• Adaptation of Stanley and Brown’s (2008) safety planning template with a focus on keeping safer.
1. **Early Warning Signs**: physical, emotional, behavioural, cognitive.
2. **De-escalation and Coping**: Distraction, self-soothing, grounding on an individual basis.
3. **De-escalation and Coping**: People and Places.
4. **Personal Supports**
5. **Professional supports**
6. **Creating a Safer Environment**
“Dig deeper”
Look for and discuss potential patterns.

“I didn’t think anything about forgetting my keys three times in a week. Now when I think about it; it was a sign something was off.”
“Watching too much news.”
De-escalation and Coping: Distraction, self-soothing, grounding on an individual basis.

- Focus on internal coping strategies.
- Review what has worked on previous occasions.
- Iterate “It may not make you feel better, the goal is to keep as safe as possible and alive.”
- Point out the fluidity of this section both asking for crisis-de-escalation support from friends/family and professionals.

- “Sitting in silence.”
- “Break things down/making lists.”
- “Watching TV.”
De-escalation and Coping: People and Places

- People or places that can provide distraction, support, self-soothing and grounding.
- Important to distinguish between de-escalation strategies and support.
- Emphasize boundaries.
- Even when a person is not helpful and are part of our lives they can play a role;
- E.g mom that is not a good listener and she cleans really well so invite her over to help me clean all of the kitchen cupboards.

  “Off-leash dog park”
  “That path by my house that goes out to the beach”
  “Just being in public spaces”
- Discuss the process of how to have a conversation with someone the participant wants on their list.
- Make sure the name and phone number is written on the plan.
- Discuss potential boundary issues.
- Use this conversation to educate participants on identifying what the needs are to keep safer and how to ask for those needs to be met.
- Remind participants that changing people on this list is not unusual given that needs change as we change.

- “Dom.”
- “Mother.”
• Identify professional supports and indicate availability.
• Introduce well-known crisis supports in GTA.
• Share experiences (good or bad).
• Emphasize the importance of “identifying the need” when accessing crisis lines or warm lines.
• Discuss the limitations.
- **Canada Suicide Prevention Service:**
  - 1-833-456-4566
  - Text: 45645
  - Chat: [www.crisisesservicescanada](http://www.crisisesservicescanada)

- **Canadian Association for Suicide Prevention:**
  - [www.suicideprevention.ca](http://www.suicideprevention.ca)

- **Local Respite Centre:**
  - **Local Warm Line:**
• Removing means and methods by which the person could hurt themselves.
• Identifying objects, sounds, textures, visualizations, tastes that may enable the person to keep themselves safer.
• Removing oneself from the environment when feeling unsafe or escalated.

• “Pen and paper beside the bed.”
• “I made a safety box and made it visible and accessible”
- Identify obstacles that could get in the way of implementation.
- Identify possibilities to overcome those obstacles.
- Encourage client to share plan with family/friends.
- Encourage client to keep plan in an accessible place.


World Health Organization www.WHO.com
Questions?
Next Suicide Prevention Webinar

Date: Thursday, May 18th, 2017 at 1:00pm to 2:30pm ET

To rewatch or share this webinar visit:
http://www.mentalhealthcommission.ca/English/suicide-prevention-webinar-series-archive
How did we do?

Please fill out the survey that opens after you leave the webinar.
Thank you!

Ashlee Mulligan, Manager, Prevention and Promotion Initiatives
amulligan@mentalhealthcommission.ca

Samantha Fauteux, Program Coordinator, Suicide Prevention
sfauteux@mentalhealthcommission.ca

Yvonne Bergmans
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