

Safety Plan

Student/family name: Nina R.	Facilitator name: Sharon	Date: 10/8/10
Team goal: The family will have a network of supporters who help them through tough times.		
I do this: <small>(What's the problem?)</small>	Cut on my arms	
When I feel: <small>(Why is it happening?)</small>	Sad, alone, mad at myself	
I'd rather do this instead:	Talk to someone about my feelings	
What helps: <small>(What do we have to work with?)</small>	Reading, computer chat, thinking about something else, writing about my feelings (sometimes), listening to music.	
Who can help?	What can they do?	
Dad, Mary Jones	Meet and share information about cutting and self-injury.	
Nina	Explore reconnecting with Aunt Nancy.	
Susan Powell	Help Nina practice journaling.	
Nina, Mary Jones	Explore online support groups for young people who cut.	
Dad, Nina	Spend an evening or two a week together, watching TV, playing a game or looking through family picture albums.	
Dad	Make an iTunes playlist for Nina of some of his favorite music.	
Review date:	Outcomes: <small>(How did the plan work?)</small>	

