

## SAFETY PLAN

This packet contains worksheets designed to help you after you have been discharged from the hospital. When you get home, you will be making many decisions, hopefully using your new skills and knowledge to make good choices. Whenever leaving on a new journey, it is good to have a plan in place to help deal with unexpected bumps and turns in the road.

The purpose of a safety plan is to help keep you safe, should you have suicidal feelings, thoughts of aggression, urge to use drugs/alcohol, etc. It is a clear, concise plan to help you handle stressful situations in a healthy, non-destructive way.

NAME: Robbie HawkinsDOCTOR: EasterdayDATE: 5-14-02

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HAWKINS, ROBERT  
2334401-001 M 13 [REDACTED]  
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EASTERDAY, JERRY L MD

FIRST, let's look at some strengths, by completing the following

Three positive traits about myself that I am proud of:

3. good at soccer
3. Smart
3. I have lots of friends

Three positive traits about my family (adoptive, foster, or biological):

3. Nice (occasionally)
3. loving
3. responsible

Three short term treatment goals that I achieved while at Richard Young Center:

3. be assertive
3. get placement
3. learn how to handle anger

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## 10 ANGRY OPTIONS

(10 things I can do to let out my anger without hurting myself or others.)

1. yell
2. run
3. talk to the person I'm mad at
4. talks to friends
5. come here
6. listen to music
7. vide o games
8. ask my sister for advice
9. punch pillow
10. for family forgive them

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Name five situations that cause me to feel stress, be unsafe to myself or to others. Then, name three healthy coping options to use for each situation.

Situation 1 my mom yells

Coping Options:

1. talk to her
2. yell back
3. get away

Situation 2 my mom lies

Coping Options:

2. tell somebody
- 3.

Situation 3 Angry about school

Coping Options:

1. talk to friends
2. talk to counselor
3. talk to parents

Situation 4 my friend is mad at me

Coping Options:

1. tell my sister
2. Talk to friend
3. Say sorry

Situation 5 I want to beat someone up

Coping Options:

1. beat them up
2. hit them in the face while talking
3. have a friend beat them up  
so you don't feel guilty

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