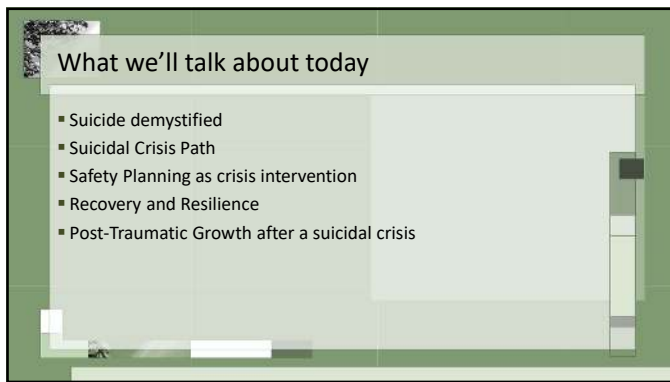
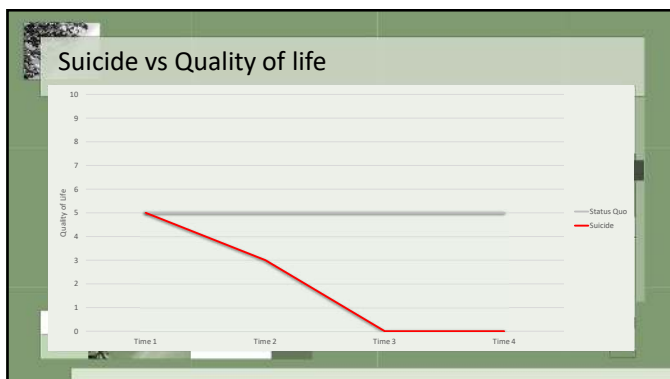


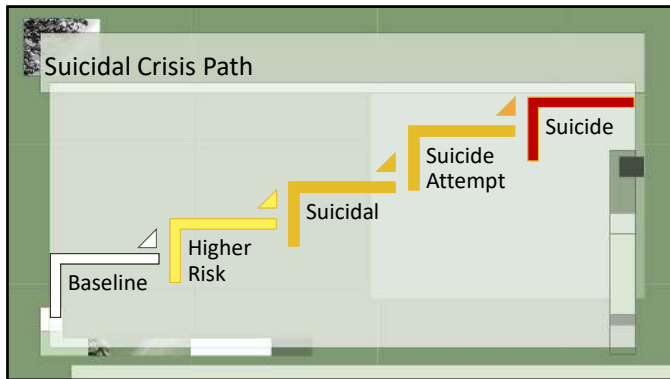
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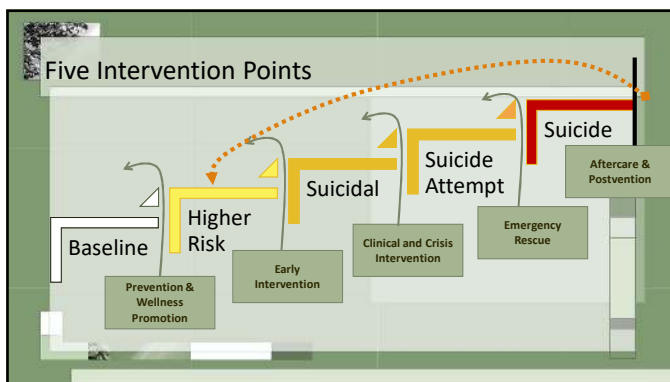
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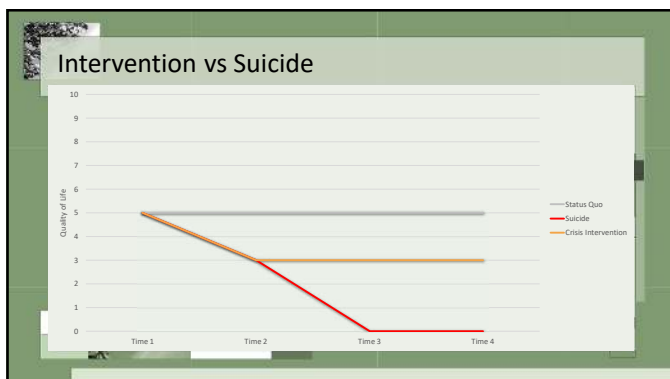
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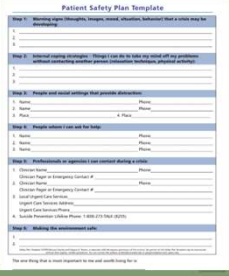


6

Safety Planning Intervention

- Brief and helpful therapy
 - With a plan to take home.
- Created for use in the Emergency Department
 - Now used in many more places.
- Research evidence: Less suicidal, Better follow-through
 - Depends on QUALITY and USE over time


http://suicidesafetyplan.com/Home_Page.html



The form is titled 'Patient Safety Plan Template' and contains several sections for planning, including identifying warning signs, coping strategies, and support systems.

7

Preventing crisis recurrence




The diagram shows a central box with the following components:

- Individualized Warning Signs
- Individual Coping Strategies
- Social Coping Strategies
- Friends / Family crisis support
- Professional crisis support (including 988)
- Specific means restriction plans

Stanley Brown
Safety Planning Intervention

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Preventing crisis recurrence: Community roles

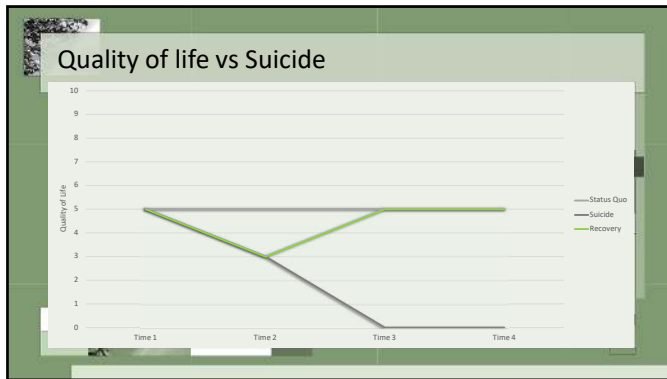


The diagram shows the same components as slide 8, with additional arrows pointing to specific sections:

- Mental and Emotional help, self-help (points to Individualized Warning Signs)
- Mental and Emotional help, self-help (points to Individual Coping Strategies)
- Potential roles of friends, family, community (points to Social Coping Strategies)
- Potential roles of friends and family (points to Friends / Family crisis support)
- Community health resources (points to Professional crisis support)
- Potential roles of friends and family (points to Specific means restriction plans)

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Safety Planning Intervention

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Recovery oriented outcomes

- Suicidal crisis
- Post-traumatic stress
- Recovery
- Resilience

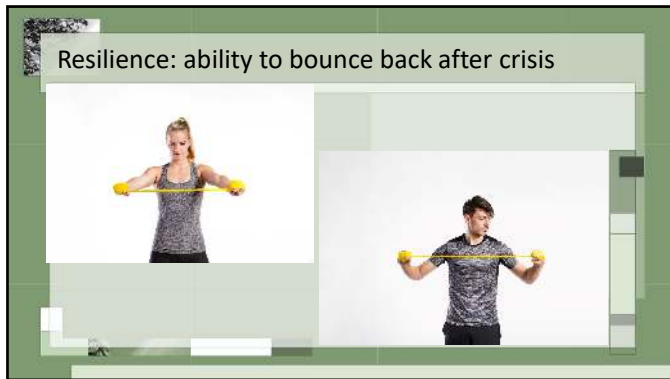
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Recovery

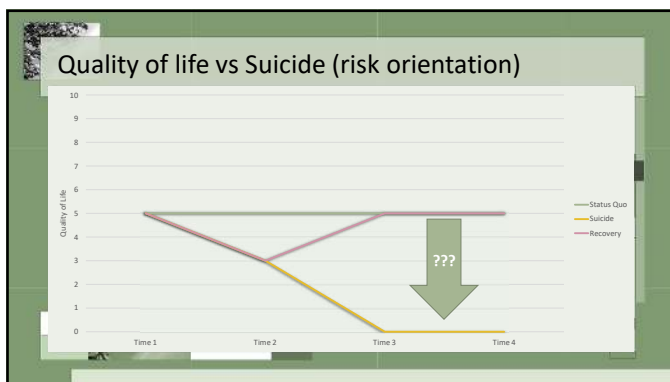
- From "high risk" to 'OK' baseline / pre-crisis level
- Dimensions of Wellness
 - Emotional health: perceptions
 - Physical health: capacity
 - Spiritual health: beliefs
 - Social health: tangible and emotional
 - Financial: basic needs
 - Occupational: employment
 - Environmental: living space
 - Intellectual: clear thinking

<https://store.samhsa.gov/product/Learn-the-Eight-Dimensions-of-Wellness-Poster/SMA16-4953>

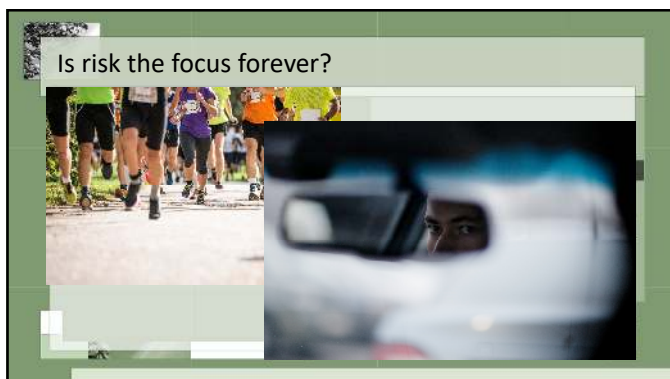
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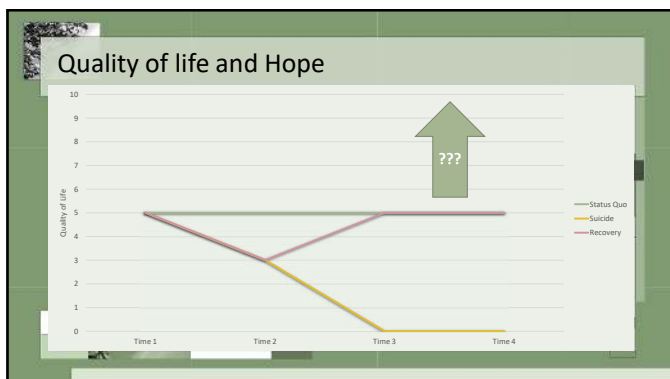
Constant alert

- Constant attention to risk elevates anxiety and stress
- Chronic elevation in stress can lead to:
 - Anxiety
 - Depression
 - Sleep problems
 - Memory problems
 - Difficulty with concentration

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What is our focal point?


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Recovery and Growth outcomes

- Suicidal crisis
- Post-traumatic stress
- Recovery
- Resilience
- Growth
- Post-Traumatic Growth
- Post-Suicidal Growth




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Reflection and growth

PTG

- Overall experience
- Philosophy about 'life' in general
- Gestalt impression of crisis
- Life mission or values
- Evaluation of self (capabilities, strength, virtues)
- Life lessons



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Post-Traumatic Growth (PTG)

- Happens after initial coping with trauma
- Happens after recovery ("return back to pre-trauma functioning")
- Involves finding meaning and benefits
- Includes learning that creates change beyond pre-trauma level
- Evidenced by transformation or qualitative change in functioning

Zoellner, T., & Maercker, A. (2006). Posttraumatic growth in clinical psychology—A critical review and introduction of a two component model. *Clinical psychology review*, 26(5), 626-653.

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PTG and PTSD

- Cancer patients
- PTG had a positive correlation with PTS (high impact)
- PTG moderated the connection between PTS
 - And quality of life
 - And depression
- PTG help isn't necessarily by decreasing symptoms

Morrill, E. F., Brewer, N. T., O'Neill, S. C., Lillie, S. E., Dees, E. C., Carey, L. A., & Rimer, B. K. (2008). The interaction of post-traumatic growth and post-traumatic stress symptoms in predicting depressive symptoms and quality of life. *Psycho-Oncology: Journal of the Psychological, Social and Behavioral Dimensions of Cancer*, 17(9), 948-953.

22


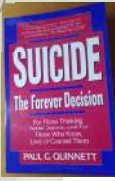
Strength of Character and PTG

- Study by Peterson et al.
- All character strengths correlated with PTG
- Particularly high:
 - Kindness
 - Bravery
 - Gratitude
 - Hope
 - Religiousness

Peterson, C., Park, N., Pole, N., D'Andrea, W., & Seligman, M. E. (2008). Strengths of character and posttraumatic growth. *Journal of Traumatic Stress: Official Publication of the International Society for Traumatic Stress Studies*, 21(2), 214-217.

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Can PTG follow a suicidal crisis?

So if you have attempted to end your own life I hope, for your sake, that good things will now begin to happen. I hope that now that you have survived the crisis, you will see this is a time to look to new beginnings, new possibilities, new opportunities, and new relationships. An attempt on your own life need not, automatically or in that awful power of the self-fulfilling prophecy, lead to another attempt. Rather, I hope that your suicide attempt can be an opportunity for a new start, a rebirth if you will.

believe this is true:

Rather, it is my feeling that the more we learn about dying, the more we learn about living. And, when we have learned more about both, maybe we are better able to fully live all of the life we have left to us.

PAULA C. GINNETT

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PTG and Post-Suicidal Growth (PSG)

PTG

- Overall experience
- Philosophy about 'life' in general
- Gestalt impression of crisis
- Life mission or values
- Evaluation of self (capabilities, strength, virtues)
- Life lessons

PSG

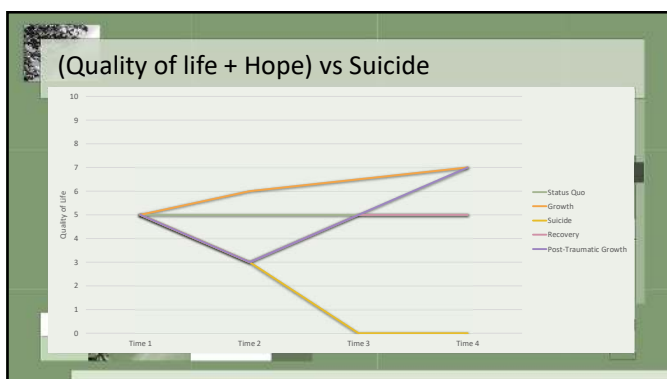
- Specific crisis experience
- Information about person
- Details of the crisis
- Critical beliefs and values
- Personal risk and protection
- Personal priorities
- Self-defining QOL
- Examining relationships affected

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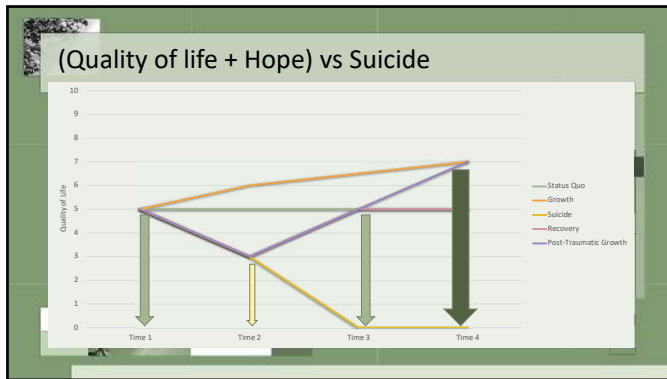
PTG or PSG - review

Question or quote	PTG or PSG?
What is my life purpose?	
Who are the people I couldn't stand to lose?	
What are my critical values or beliefs?	
What life lessons could I get from the crisis experience?	
"I can't believe I got through all of that."	
"When I lost my best friend, my world ended."	
"I guess I'm stronger than I thought."	
"These symptoms bother me the most."	

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Safety + Growth Planning

Safety Plan	Growth Plan
<ul style="list-style-type: none"> Warning signs Coping Strategies Social situations / distractions People who could help Professional help Safe environment 	<ul style="list-style-type: none"> Needs / Values / Strengths Ways to improve coping Ways to improve social connects People who help growth Professional resources for growth Wellness environment

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Question & Answer

DeQuincy A. Meiffren-Lezine, Ph.D.
Prevention Communities & Lived Experience Academy
drlezine@livedexp.academy

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