

Brief Summary of the session

The Safety Plan session provides the opportunity for the Transition Coach to work with the young person and/or their support networks to identify and understand any areas the young person may need additional support with around their own safety, to identify and work within previous safety plans or support plans and to create new ones.

What is the intended outcome from the session from a young person's perspective?

The Young person doesn't have to repeat or share their story again if there are already safety plans in place that have been developed with their child protection worker or other people/agencies within their support circles.

The Young Person has a clear understanding of the role of the Transition Coach in relation to activating their safety plan, and the Transition Coaches role in this, limits to confidentiality within the Home Stretch Provider and potential escalation points.

The Young person knows what they can do to keep themselves safe in times of crisis and how to activate support.

What Practice or System Principles are Relevant for the coach?

1. Your coach will be persistent and consistent but not intrusive
2. Your relationships are important
3. You are the expert in your life and deserve the freedom and respect to make your own choices
4. You can make an informed choice about the support you receive from Home Stretch
5. Heal and Connect when you are ready.

What do you do (Step by Step Guide) to run this session?

Preparation:

As part of the Stage 2 Referral process use the initial conversation with the referrer to identify if there are already existing Safety Plans in place, safety concerns or areas that the young person may need support with.

Review Leaving Care Plan and any previous Safety Planning documents with the young persons consent

If the young person already has a mental health service or other specific provider in place with the young persons consent you could contact to get some information to best support the young person.

What Tools & Forms

- Stage II Referral Form
- Home Stretch WA- Working Together Protocols
- Leaving Care Plan
- My Safety Plan Template
- Home Stretch WA- Respond to Suicide and Risk policy
- Practice Governance Policies & Guidelines specific to providers (e.g. Outreach Policy & Procedure, WHS Policies, Serious Issues and Critical Incident Policy & Procedure)

Location

It is important that there is a safe space to have the discussion with the young person as it can touch on some personal issues so ensure there is privacy for the discussion.

What do you do (Step by Step Guide) to run the session?

1. Follow the Stage 2 Referral process- identify if there may be any safety concerns or support plans that might be relevant for working with the young person moving forward and any existing documentation (e.g. support plans may be included around Mental Health, AOD, FDV, Child Protection)
2. If there are already agreed upon plans make a time to go through these with the young person and supports to check if they are okay with already agreed plans and how they might like to be supported by Home Stretch
3. The Transition Coach and Case Worker Working Together Protocols could be used as a helpful guide where there are already existing Safety or Support Plans in place.
4. If there are no existing plans in place as part of the general onboarding process you can have a conversation with the young person about whether there are any safety concerns they want the Coach to know about and how they might like to be supported with this.
5. The "My Safety Plan" template can be used as a tool to guide or open up the discussion and framed in a way that its not compulsory to complete but your coach just wants to know if there's anything that is helpful to know in how we work together and to encourage the young person to not have to reshare their story.
6. Use the Safety Planning tool as a template or a guide to complete the session and go through any concerns they may wish to discuss and to come up with an action plan.
7. Use the Home Stretch Policy on suicide and risk as a guideline for the discussion.
8. Use the Home Stretch WA Provider Practice Governance and Policies & Guidelines where relevant when Safety Planning with a young person.

If a Young Person is in crisis or after crisis.

1. Schedule a time to have a conversation with the young person about concerns for their safety or wellbeing
2. Explain to the young person that you want to know how best to support them and encourage them to go through the my safety plan template to come up with a plan together on how Home Stretch can support, roles and responsibilities, identify other support networks and escalation points and responses in relation to confidentiality and duty of care.
3. Follow the Home Stretch **Respond to suicide and risk policy and guidelines or Agency Policy and Guidelines.**
4. ASIST framework is utilised for Suicide Intervention.

How might you include Support Circles?

It can be helpful to include a young person's support circles in their safety plan where appropriate and with the young person's consent. Safety plans can be created with the young person's support network or copies of the safety plan may be provided to the young person's other networks (e.g. external support workers, family members, carers).

Supporting Tools

- [My Safety Plan](#)

My Safety Plan

Name:

Preferred name:

DOB:

Pronouns:

My background; tell us about you

Note: take a photo of this for your phone so you can access anywhere.



Date completed:

Review date:

Completed by:

Things I am concerned about

Emotional & Mental Health

Physical Health

Home, Financial & Legal

Physical Environment

Alcohol & Other Drugs

Family & Domestic Violence

Aggression & Violence

Other

Things others may be concerned about

Emotional & Mental Health

Physical Health

Home, Financial & Legal

Physical Environment

Alcohol & Other Drugs

Family & Domestic Violence

Aggression & Violence

Other

Do you have a diagnosis and/or other information you would like to share?

Current Situation/ Summary of Concerns & Presenting Issues

Risk management is a dedicated process to increase safety and develop a plan to reduce potential issues and improve outcomes.

My Emotional & Mental Health (if relevant)

Signs I am well;

Signs I am becoming unwell;

Signs I am unwell;

Triggers you need to know about;

Risk management is a dedicated process to increase safety and develop a plan to reduce potential issues and improve outcomes.

Creating an Action Plan is so we can help safety plan, to avoid unsafe situations and so we know the best way to support you.

My Action Plan

Things I can do;

Things others can do;

	Things you should never do;
	Other or comments; Escalation Points (At what point should a welfare check/ ambulance/police be called?)

Support

Who are your informal and inform supports and if relevant, how do we contact them if we are worried?

Consent

Please let us know who would you like us to share this form with? (can highlight above)

Some Helplines

Kids Helpline Phone: 1800 55 1800 / Website: <https://kidshelpline.com.au/>

Free, confidential counselling service available any time of the day or night by phone or webchat.

Beyond Blue Phone: 1300 22 4636 / Website: <https://www.beyondblue.org.au/get-support/get-immediate-support>

Call or chat online with a trained mental health professional any time of the day or night.

Alcohol and Drug Support Line: Phone: (08) 9442 5000 / Website:

<https://www.mhc.wa.gov.au/about-us/our-services/alcohol-and-drug-support-service/>

The Alcohol and Drug Support Line is a 24/7 confidential, non-judgmental telephone counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use.

Some web support & information

ehheadspace: Phone: 1800 650 890 / Website: <https://headspace.org.au/ehheadspace/>

ehheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. If you're based in Australia and going through a tough time, ehheadspace can help.

Children of Parents with a Mental Illness (COPMI): Website: <http://www.copmi.net.au/kids-young-people>

Having a parent with a mental illness can be tough. But COPMI have a lot of information and videos to help you get your head around it all.

