Children at Risk for Self-Harm or Harm to Others:

Home Safety Guidelines for Families

Your child exhibited signs of being at risk of self-harm or harming others. When your child leaves school, there are some things you need to do for safety at home. You are strongly encouraged to follow the recommendations for support and follow up of the school-based or district threat assessment team, mental health clinician providing assessment or school resource deputy.

# Closely Monitor your Child

Monitor your child at all times until at least the first appointment with a mental health professional. The clinician can assess your child’s safety and talk to you about the continuing need for close supervision.

1. **Close supervision means:**
* Keep your child’s bedroom door open at all times.
* Do not allow your child to be alone in any room of the house, including the bathroom, without leaving the doors open. Check on him often.
* Do not let your child visit friends, relatives or others unless there is constant adult supervision.
* Talk to the counselor or administrator at your child’s school. Schedule a meeting with the threat assessment team to develop a safety plan for school if recommended.
1. Let your child know you are available and willing to listen when he is ready to talk to you about what happened. Do not try to make him talk about the reasons for his actions. Many children are not comfortable discussing issues soon after discharge.
	1. Pressure to do so may make him feel worse. A more in-depth discussion will take place during your child’s visit with a mental health counselor.
	2. Continue to use the support systems and coping strategies you and your child learned while he was in the hospital.
2. Encourage your child to follow his or her personal safety plan. It is helpful to make a few copies of the safety plan so you can post one in the child’s room and on the refrigerator. Your child and his guardian or caretaker should each have a copy of the safety plan to carry with them all the time.
3. If your child seems to be in a better mood, do not assume this means that he is not at risk to hurt himself. Many times children hurt themselves when they feel less depressed and have more energy to carry out such actions.

# Safety-Proof the House

1. General guidelines:
2. **It is very important that all knives, guns and ammunition be removed from the home.** If that is not possible lock these items away to deny your child access. Store ammunition in a separate place from the firearm.
	1. **Research shows that having a gun in the home increases the risk of suicide.**
	2. **Firearms are the most common means of suicide for adolescents in the United States.**
3. Search your house and your child’s room. Look for any items that could be used to self-harm. These items include weapons, sharp objects, over-the-counter and prescription medicines (these might be hidden), belts, ropes, and cords.
4. Lock up or remove all prescription **and** over-the-counter (OTC) medicines. We recommend a safety lock box for all medicines kept in your home. This includes such items as:
* aspirin
* Tylenol®
* vitamins
* supplements
* all other OTC and prescription medicines
1. Your child should not have access to alcohol, cleaning supplies and power tools. **“Out of reach” is not enough.** These items must not be accessible to your child at all. It is possible that all of these different items may have to be removed from your home for a long period of time.
2. Be aware of items in the home that your child could use to cut off his air flow. These items include: plastic bags, balloons, belts and cord of any kind (electric cords, cords from window blinds and vacuum cleaner cords).
3. Take away your child’s keys. Do not allow him or her to have access to a car until the first follow-up appointment with a mental health professional.

# Act Right Away on Your Child’s Comments

1. If your child mentions wanting to hurt himself or others again, always take it seriously. This includes comments about death, dying, serious self-harm, seriously harming another person or an attempt to end his life or end another person’s life.

1. Take **ALL** comments and attempts seriously and **keep trying these resources until you reach someone:**
2. **Call 911 for immediate medical or safety concerns**.
3. Call your child’s provider at: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Call Meridian **Mobile Response Team** @ 1-800-330-5615 Press Option 1
5. Call a 24-hour crisis line:
	1. Local: Meridian **Crisis Line** 352-374-5600.
	2. National **Suicide Prevention Lifeline** 1-800-273-TALK (8255)
6. Take your child (or use emergency transportation) to the emergency room.
7. **Follow-up**

It is extremely important that your child have follow-up care after expression of thoughts of suicide, self-harm or harm to others. Please refer to the attached mental health resource list for local providers; or see your child’s school counselor or administrator for a referral.

**Follow-up care is very important. Even if it seems everything is fine, you need to continue to follow up as discussed at the time of treatment planning.**

You may also contact your health care provider for a list of counseling services covered by your health care plan.

Mental Health Providers

Serving Bradford County Schools

| Crisis Response |
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| **Call 911 for immediate medical or safety concerns.** |
| **Meridian Behavioral Healthcare, Inc.\***Crisis Line ● Mobile Response Team ● 24/7[mbhci.org/mobile-response](https://www.mbhci.org/mobile-response-team/)1-800-330-5615, Option 1 |
| **Crisis Text Line\***24/7<https://www.crisistextline.org/>Text HOME to 741741 | **National Suicide Prevention Lifeline\*** 24/7<https://suicidepreventionlifeline.org/>1-800-273-TALK (8255) |

To request a referral to any of these agencies, please contact a school counselor.

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| Licensed Mental Health Providers |
| **Meridian Behavioral Healthcare, Inc.\***School-based ● Outpatient ● Inpatient <https://www.mbhci.org/>352-374-5600*Individual and group therapy**Substance abuse counseling**Psychiatric evaluation* *Medication management**Crisis intervention* | **Step-by-Step Behavioral Health Services\***School-based ● Outpatient ● In-home <http://step-by-stepbehaviorhealth.com/>352-225-3710*Individual and group therapy**Substance abuse counseling* *Behavior analysis**Crisis intervention* |
| **Florida Health Department of Health**School-based ● Outpatient<http://bradford.floridahealth.gov/>904-964-7732*Individual and group counseling**Substance abuse counseling**Medication management* | **Village Counseling Center**School-based ● Outpatient ● In-home<http://www.villagecounselingcenter.net/> 352-373-8189*Specialized individual and family therapy**Psychological evaluation**Parent education classes* |
| Non-licensed Providers |
| **CDS, Family and Behavioral Health Services\***School-based ● Youth shelter<http://www.cdsfl.org/>904-796-3070*Social skills* *Self-advocacy* *Decision-making skills**Safe Place* | **Communities and Schools (Secondary)\***School-based<http://www.cisbradford.org/>904-964-7776*Social skills* *Self-advocacy* *Decision-making skills**Academic support**Clothing closet**Mentors* |

\*ALL students have access to these services regardless of insurance or financial status.

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| **SAFETY PLAN @ HOME for:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| **Created on: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_By:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |

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| **Step 1: Warning signs:** 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Step 2: Internal coping strategies - Things I can do to take my mind off my problems without contacting another person:** 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Step 3: People and social settings that provide distraction:** 1. Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. Place\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. Place\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Step 4: People whom I can ask for help:** 1. Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Step 5: Professionals or agencies I can contact during a crisis:** 1. Clinician Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Other contact\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. Clinician Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Other contact\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. Suicide Prevention Lifeline: 1-800-273-TALK (8255) 4. Local Emergency Service \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Emergency Services Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Emergency Services Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Step 6: Making the environment safe:** 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ The one thing that is most important to me and worth living for is:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |