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**Medi-Cal Mobile Crisis Services Benefit**

**Safety Plan Companion Prompt Guide**



The companion guide is designed to help those who provide mobile crisis services utilize the safety plan template in the field. An effective safety plan is one that is developed collaboratively with the person in crisis. The guide supports training mobile crisis teams to develop safety plans through a person-centered, trauma-informed approach. All safety plans should include what the person can do and who might help them when they are in crisis. The following is a series of **prompting questions** designed to help guide the conversation with the person in crisis as they create their individualized safety plan. When asking these questions, remember to attend to both verbal and non-verbal communications. Be an active listener: paraphrase what is said to you, allow for silence and reflection, and validate feelings. Modulate your tone of voice and ensure that you respect the personal space of the individual in crisis.

**When I Am Doing Well**

* How do you feel when things are going well in life?
* What do you have hopes for during this time?
* What behaviors, thoughts, or attitudes do you hold/have when you feel things are going right in your life?

**My Warning Signs of Potential Crisis**

* How will you recognize when you are entering a crisis state?
* When you begin to feel overwhelmed, what specific emotions or thoughts arise?
* Which emotions or thoughts related to yourself, or your surroundings, make you feel vulnerable?
* Can those close to you recognize these signs and help you become aware of them in the moment?
* What behaviors have you observed in the past before entering a crisis state, such as disrupted sleep or eating patterns, intense emotions, misuse of alcohol or drugs, or isolation?
* Can you pinpoint any circumstances where you feel more activated, whether it’s during a certain time of the year or in specific situations you’ve encountered before?

**Ways To Support Myself**

* What can you do on your own to help you stay safe?
* What have you done in the past that has helped you through a similar situation?
* What types of activities bring you joy and allow you to distract yourself from life’s stressors?
* How do you find balance or calm when feelings of anger or frustration visit you?
* What has lifted your mood in the past? Think about what works for you; different things might help at different times.
* Things to consider incorporating into their safety plan:
* Physical activities – taking a walk or heading to the gym.
* Creative activities – coloring, drawing, writing.
* Ways to relax - listening to music, taking a bath, spending time with a pet, watching a good movie or show.
* People, pets, and places – can you go out and catch up with a friend, go on a walk with your pet, or go to a place that has brought you joy in the past?

**Coping Skills**

* How have you managed in the past when you were upset?
* What are some positive coping strategies to use in moments when you are feeling overwhelmed or anxious?
* Can you talk about three things that you are thankful for?
* What is something you can say to yourself when you feel stressed?
* What is something you can do when you start to feel stressed?
* What can you do to help yourself feel less stressed?

**People or Social Settings That Provide Support**

* Who helps you feel better when you are feeling down?
* Who walks beside you in life supporting you, like family or close friends?
* Is there a person or a place in your life that helps you take your mind off things when you are feeling stressed or overwhelmed?
* Are there any connections you have with friends or family that nurture your spirit?

**People To Reach Out to For Help When I Am in a Crisis**

* Who can you share with when the world is feeling heavy?
* Who is a person to whom you can openly talk about your crisis?
* Who in your life have you reached out to when you need to nurture your spirit or when your heart feels heavy?

**Professional Support**

* Who can you reach out to when you feel you can no longer manage the crisis on your own?
* Have you previously worked with any individuals or professional organizations for support?
* Have you ever received therapy or counseling before?
* Have you ever sought guidance from someone who helps with emotional healing?
* Are there challenges with your emotions or thoughts that you've talked about with someone who helps with healing?

**Ways To Make My Environment Safe**

* Do you own or have access to a firearm?
* What items do you have access to that you may use to attempt to kill or harm yourself?
* Can you remove these means from your house? Consider transferring the gun to a safe holding space within the legal confines of federal, state, and local laws. It is up to county entities to ensure compliance of all federal, state, and local laws around firearms transfers. Please reference [CA Penal Code 27882](https://leginfo.legislature.ca.gov/faces/codes_displaySection.xhtml?lawCode=PEN&sectionNum=27882) for additional conditions on the transfer of a firearm for safety purposes, as well as [CA Department of Justice Firearm Prohibiting Categories](https://oag.ca.gov/sites/all/files/agweb/pdfs/firearms/forms/prohibcatmisd.pdf). Additional information can be found at the [CA Department of Justice Frequently Asked Questions on Firearms.](https://oag.ca.gov/firearms/pubfaqs#5) Additionally, it is important that mobile crisis teams confer and collaborate with local law enforcement agencies when possible. Mobile crisis team members ***should never accept*** firearms from anyone. (*Tip: see* [*M-TAC Crisis Safety Planning training,*](https://camobilecrisis.org/archived-required-trainings/) *presenters begin discussing CA Penal Code 27882 around the 50-minute mark).*
* What could you do to reduce the ease of access to these items?