

# CRISIS RESPONSE/SAFETY PLANNING

Crisis/safety questionnaire or checklist that can be utilized as necessary. These are less formal, less intrusive questions that can expand discussions about safety/crisis situations. Care coordinators can select questions during face-to-face visits that are dependent upon clear or suspected concerns.

The conversations should be initiated in a judgment-free, neutral tone and should be age-appropriate. Follow-up questions can be anticipated to be utilized as necessary, depending on individuals' responses. Keep an ear out to listen "between the lines"; keep in touch afterwards with check-ins about expressed concerns.

Examples:

- "Is there anything that's been irritating/bugging/annoying/frustrating you lately?"
- "Anything you're worried or upset about?"
- "What were your highs and lows this week?"
- "Any really heavy thoughts you've been having lately?"
- "What's taking up most of your headspace?"
- "Have you had a hard time focusing lately?"
- "Is there anything else that would be helpful for me to know?"
- "Has it been easy to go to sleep? Do you feel like you've been getting enough sleep? Do you feel like you have enough energy?"
- "How's your appetite been? Have you been getting enough to eat/ full meals? Have you been drinking enough water/ staying hydrated?"
- "Have you had enough chances to exercise?"
- "Have you been keeping in contact with friends and relatives?"
- "What's on the calendar that you're looking forward to?"
- "What are you thankful for?"
- "What is something that you'll do later today that would be beneficial to you?"

Note: always make sure to check with caregiver to determine whether youth is running low on meds as compared to when next med review is. Ask open-ended questions about medication compliance/satisfaction.