



Safety Planning Worksheet

Developing a family-owned safety plan with parents, children and la paraantii takes time. There will always be a number of key issues that need to be addressed (for example, drug use, violence, depression etc.). It is important that case manager works with family and la paraantii one issue at a time since to try and address all the issues at once will be overwhelming and makes failure more likely. This work sheet is designed to assist the internal care team to prepare for safety planning sessions and it is important that the worksheet is used for one issue at a time and for one session at a time. Case Managers should use a new worksheet for each session and each issue.

- 1. *Identify the key issue to be addressed in the next session or the current stage of work***
- 2. *Create a clear scaling question connected directly to that issue***
- 3. *Create questions to explore: What's Working***
- 4. *Create questions to explore when, where and how problem and danger for the child/ren have been managed in the past even a little (existing safety)***
- 5. *Create questions to explore the Triggers and Stressors that lead to the problem happening***
- 6. *Create questions to explore what are the Red Flag signs that the problem is happening***
- 7. *Create questions to explore who, will do what at any time in everyday family life, to keep the children safe when the problem happens (i.e. the Triggers, Stressors, Red Flag signs that are seen)***