



Youth Safety Planning Worksheet

Developing a youth owned safety plan with youth and la paraantii takes time. There will always be a number of key issues that need to be addressed (for example, mental health, depression, addictions etc.) It is important for Case Managers to work with youth one issue at a time since to try and address all the issues at once can be overwhelming and will not lead to good planning. This work sheet is designed to assist the Internal care team to prepare for youth planning meetings. Case Managers should prep a new worksheet for each meeting session and each issue.

- 1. *Identify the key issue to be addressed in the next meeting 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 in the family/youth especially in relation to the issue explore***
- 4. *Create questions to explore when, where and how the problem and the worries for the youth 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 the youth's life to keep the youth safe when the problem happens (i.e. the Triggers, Stressors, Red Flag signs that are seen)***