

Tabitha's Life Promotion Plan



Date: Oct 21, 2022

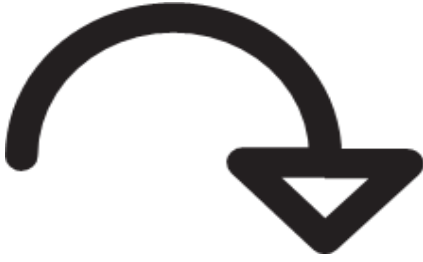
Reviewed: Feb 30, 2023

Reviewed: Mar 1, 2023

Reviewed: April 8, 2023

Reviewed: May 13, 2023

Review: June 15, 2023



Things that may lead to suicidal thoughts or behaviours:

- When I know or assume that peers are talking/ gossiping about me in public places or on social media. I cannot convince them to stop.
- Peers telling me to Kill myself.
- Isolation from Peers and Loneliness (want connection)
- Rapid transitions (both in my environment and with caregivers).
- Not enough front loading/ pre planning prior to activating events.
- Saying goodbye to people I love without still feeling connection.
- Long periods of time without famii connection.
- Not being heard by my parantii and famii when I express my need for affection, attention, and hugs.
- Being told “NO”, without understanding why.

Warning signs that I might notice or others might notice when I have these thoughts or feelings

(thinking, imagining, feeling, doing, saying):

Early signs

I dissociate (I stop hearing you)
My arms and legs become stiff.
Broken Eye Contact
My voice rises louder
My body moves faster.
I play with my fingers.
I tell you to stop talking to me.
I cry.

Escalated signs

My head is down, and my shoulders are rolled forward. My body is cocooned. I am compressing and protecting myself. When my body is shielding like this, I feel like I am about to lose it.
I yell at you. I tell you to “Fuck off” and name call.
I break, kick, and smash things.
I self-harm by cutting my body.
I seek medications to overdose.





What I most want and need when I feel this way or start thinking these thoughts:

- I **need** an emotional outlet that is not hurtful or dangerous for me or others that I care about. (Prompt Life Promotion Wheel and Page #5 of Life Promotion Plan)
- I **need** to feel safe and secure enough in my environment (place and space).
- I **need** to feel safe and secure in relationships (Dad/ supporting staff). **** If staff must walk away, I need the plush animal and Elder Fran's Metis values cards, so that I know I am seen, and my supports are here when I am ready.**
- I **need** to be shown that I am understood. If I tell you to stop talking; stop talking and just hold space for me. Listen to my words to understand and not to respond.
- I **need** validation. (hug me, talk to me, tell me you are proud of me).
- I **need** to hear, "We are Here, We see You, and We are here when you are ready.
- I **need** supporting people to be aware of timing, and I need distraction.
- I **need** someone to encourage a body brake (environmental change) fresh air, sitting down, soften body.
- I **need** someone to Prompt interests (ie) writing,

Tools to be implemented BI recommended

- Tabitha's urgent request board (process mapping that shows who, what, when)
- See attached EFFT support statements

What works for me when I feel this way or think these thoughts:

(see the Safety Plan Wheel too)



A delay (holding space for the pause)

Visual to know why there is no immediate Action.

Sensory distraction

Candy

Two scoops ice cream

Nice smelling hand cream

For myself I can (self-regulate)

Pause

Take deep breaths

Walk Away,

Go for a walk and say to staff “I need to go for a walk ALONE”.

Remove myself from Space, Go to my bedroom.

Pop rocks/ cold things/ whistle

Dim lighting

Listen to Music / Sing

ART IT OUT (art party)

paddleboarding

Journalling/ Creative Writing

Cover up in a comfy blanket or my weighted blanket.

Release my ANGER by hitting punching bag, or my bed mattress.

Scream into a pillow.

Go for Starbucks (a cold drink and ham and swiss sandwich)

With others I can (co-regulate)

Be an open book and share with caregivers what I am feeling.

Read Elder Fran’s messages to me.

Use our “Plush stuffy” when staff and I honor a boundary.

Bake cookies or cake.

Collaborate on an art project.

Ask for Help with situations and feelings.

Text Dad and ask for call back. Just talk to him.

Ask for and receive a meaningful hug.

Ask to connect with Elder Fran

Smudge or ask someone to smudge space.

Connect around the dining table



Ways to make my environment safe when I feel this way or have these thoughts:

In community

- Carry nasal Narcan with me.
- Have a visible Narcan kit on my body if I plan to use drugs.
- Tell my parantii where I am going and who I am with when I go out.
- Have my “plan to keep myself safe” available (on person or on device).
- see RIH discharge plan

At home

- Follow house rules re: poisonous drug supply.
- Keep medications locked away safely.
- Keep sharp objects locked away safely.
- Keep my art and journalling in a similar and accessible place so that I can access it if needed.
- Support me and prompt me to use Life Promotion Plan consistently when needed.
- See RIH discharge plan

Monitoring the Life Promotion Plan

0- I have thoughts to die by suicide every day. I am unable to disengage with peers when they bully me in person or on social media. I keep responding while they verbally attack me and call me pedo or tell me to kill myself. I do not feel connection to my parantii because I never see them. My need for loving affection, attention, and hugs is not being met. I just keep being told "no" and don't understand why. I avoid expressing my sadness by crying and instead act in anger and kick, punch and swear at people. I am using poisonous drugs such as Meth and Fentanyl and attach to older strangers who aren't protecting my heart and are making my body unsafe. I know I might overdose again, but I don't care. I do not use my LPP with support from my parantii and supporting staff. My dad and my supports worry that I will die by suicide or an accidental drug poisoning overdose if things don't change.	10- with support from my parantii I am reconnecting to my hope, meaning, belonging, and purpose. I can give examples of when I have disengaged with cruel peers when they bully me. Staff have noticed that I have disengaged both on my own and with support from my parantii. I notice early signs of distress in my body and such as when my arms and legs stiffen, my voice rises, and I walk fast. I allow myself to cry sad tears. I am even beginning to share my more vulnerable feelings that are underneath the anger with my famii, staff, and professionals that I trust. I am feeling listened to, understood, and proud of the solutions we discover together. On more challenging days I am able to follow my plan and release my bigger angry feelings by punching and kicking my punching bag, screaming into a pillow, and even taking big breaths under the weight of my weighted blanket. I visit with my dad, and sometimes chat other paraantii. Although my friends change from time to time, I have two friends that I can reach out to when I need to. Although I have hard days, I continue to strengthen my Life Promotion Plan because I know that I matter in my Metis community. I am important to the Elders, the young ones, and the Nation. My famii and the staff supporting me have all seen how I am changing and have been there when I need them. My paraantii are no longer worried that I will end my life by suicide or accidental drug poisoning and I am showing everyone that I can be safe around others in the community. Can you shorten this up so it just references the plan more than including the plan?
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Life Promotion Plan Collaboration

Name:	Position:	Org:
Tabitha	Youth	
Gerald	Father	
John (He/Him) MSW	Outreach Clinician Provincial Child and Youth Mental Health	Adolescent Treatment Centre
Caroline	Child Safety Social Worker	Lii Michif Otipemisiwak Family and Community Services
Annabelle	Program Coordinator	Specialized Home & Support Services
Margaret	Resource Manager	Specialized Home & Support Services
Francis	Executive Director and Behavior Consultant	Social Activities and Learning LTD.
Julie	Michif Wellness Counsellor	Lii Michif Otipemisiwak Family and Community Services

Monitoring the Life Promotion Plan

LPP Review: May 13, 2023

In Attendance: Julie, Tabitha, Caroline, Merida, Annabelle, Sophia, Francis, John

Tabitha scaled a 10 general wellbeing and then scaled a 5.5 on her life promotion plan. What brings Tabitha up on the scale is that she reviewed “plan to keep herself safe wheel” and amended [3 people she trusts to reach out to]. (it now includes Arthur, Ebony, and Tracy). Tabitha changed

[a place she can go to stay safe] to Resource Home. Tabitha's best friend Tracy helps bring her up to a ten. Tracy said I am kind, passionate in helping people, and he likes how I relate to others by making them laugh by talking about things I like. I cried when I heard this.

What would bring dad up on the scale would be seeing me have better hope, getting a job or volunteering, making new friends, graduating high school, and spending time with loved ones. What would bring Ebony up on the scale would be for me to be able to show up and control my anger, to be able to come home and care for her sometimes. Ebony needs to see me not yell and scare her. What would bring me up on the scale would be for Resource Home to help make a schedule for Dad to come hang out and see me. Little steps.

I love my mom. She is my everything. To move up on the scale I'd like to hear my mom say, "are you okay?" rather than respond with, "what did you do?" I want my mom to listen. I overdosed on purpose. It would make a difference if I had a mom who feels like she cares about me. I need a mom to be with me. To go up on the scale, I wish I had an hour every two weeks, and I could see my mom one to one. Even go on a mom/ daughters date, so that mom could get confident that I could be safe. Also to move up on the scale, I like to be hugged and supported with affirmation/ affection in the moment.

After hearing meeting participants scale, Tabitha scaled a 5.5. What brings Tabitha up in the scale is that she is good with family, and this part of her family (resource). She decently agrees with everybody. Community is still hard. She temporarily needs people to shut up when they are being A-holes. She wants to do something better. Tabitha has hope that in the future she can do it without needing help. What Tabitha needs to move up on the scale is remember that the overdose traumatized her to the point that she won't do that again. Also to move up on the scale Tabitha would like to go to public school. She recognizes kids are problematic and believes with more people, she would be less targeted. She is interested in KBE.

John scaled a 1: What brings John up to one is the information we know. There are a lot of conflict with people and others in community. There are a lot of assaults where Tabitha is both victim and perpetrator. In difficult community situations, John has seen many assaults in his work and people can end up getting scared /reactive getting hurt badly and this makes John worried for Tabitha. To move up on the scale John would like to see safety- a whole working/integrated thing. Team is doing a great.

Caroline scaled a 5: prior to this meeting I would have scaled lower but even since the move there is such an improvement in hope, mood, safety. Tabitha needs space to be in the big feelings and for the staff to also model setting boundaries and taking breaks. I want this to be a safe landing for Tabitha in a chaotic and cruel world. I would go up on the scale when this environment can shift and be a safe space and when I see Tabitha shifting and using these skills in community.

Annabelle scaled a 4: What brings Annabelle up to a four is Tabitha is making better choices, having harder conversations about understanding safety, and returning to the conversation. Hard

conversations about how this home will be different. Freedom, expectations, and we had hard conversations where Tabitha recognized and had the conversations. She can sit for longer and talk about hard things.

What prevents Annabelle from scaling higher is that there are still a lot of risks for her such as social media. Tabitha is not using the “best brain” choices and I worry. I see Tabitha can but I see social media makes her vulnerable to others hurting and taking advantage of her.

To move up on the scale Annabelle would like to see Tabitha utilize her paraantii more and create safety - reaching out. Let us help you out of the situations, Lean on your paraantii. Annabelle would like Resource Home supports to be more supportive, not worry about later or tomorrow, just hold space.

Francis scaled at a 5: what brings Francis up to a 5 is that Tabitha has strength, she is strong. She is willing to help others, but less willing to help herself. He hopes that Tabitha can fulfill this plan and be a counsellor for others in the future. Tabitha and Francis have similar art interests and are creating a strong bond. Francis highlighted two environmental areas to strengthen (community and Tabitha’s safe space at home). What prevents Francis from scaling higher is the fears of Tabitha being drawn into negative and hurtful situations. To move up on the scale he would like to see Tabitha explore her musical ability more. Maybe get into lessons etc. He strongly believes with focus and support Tabitha can move up in the scale even towards a ten.

Sophia scaled a 5: What brings her up to a five is Sophia sees Tabitha working hard and she had a fantastic week at the new resource. Tabitha’s been showing up for herself and advocating for herself. Tabitha and Sophia have been open and honest with eachother. To move up on the scale Sophia needs to see Tabitha and resource staff working together to work out avoiding dangerous situations. Sophia would like to see increased pre-planning before an outing and using some of the Life Promotion strategies prior to an outing and then again once they return.

Julie scaled at a 3: What brings Julie up to a three is the refreshing new beginning at the new resource Resource Home. The space is supported, light, and very welcoming. Culture is visible in the home. Tabitha has done an exceptional job creating her life promotion plan and has shown that she has tried to use the resource in the past. What prevents Julie from scaling higher is that Tabitha rapidly acts on her big emotions, and is continuously and relentlessly targeted by peers and bullies in the community. I worry that Tabitha is extremely vulnerable and limited in her capacity to process let alone respond to activating situations in and around her. Her ongoing challenges to cope with stressors impact her negatively by further isolating her from her famii, parantii, friendships, cultural events, and even hope to create a sense of belonging in her community. To move up on the scale Julie would like to see intentional use of the Life Promotion plan created by and for Tabitha. I would like to see her kinship (famii and resource) offering her prompts to access the skills, and Tabitha to be participating in the steps needed to build her sense of hope, meaning, belonging, and purpose. I’d also like to see ongoing interprofessional collaboration to support Tabitha in her LPP.

Merida scaled a 2: What brings me to that number: Tabitha cares about those in her world and shows that care through acts of kindness (baking cookies for people, making a card for Elder Fran when she was sick). Tabitha can vary clearly state when she needs space. Tabitha has so

much courage to have hard conversations and address changes. Tabitha is proud of her Metis heritage.

What do I need to see to be higher? I would like to see Tabitha connected to her Metis community and building her connections with people who can support her (broadening her supports at LMO through contributing and helping with the community. My hope is that by building this network, Tabitha would feel comfortable reaching out when she needs support and feels confident that those people will help.

LPP Review Date: June 15, 2023

In attendance Julie, Tabitha, Caroline, Merida, Annabelle, Sophia, Uncle Cameron, John,

- Julie reviews the history of the creation of the plan.
- Reviewed how to use plan and implement for new people.
- *T wants video games in her room
- *T also wants smudging in the house

Merida is a 5 or 6 – what brings Merida up to a 5 is work with Elder Fran, art, Métis values - Tabitha is open sharing difficulties/ asking for help, she articulates what she wants/talks about action plans to keep her safe, what would bring me higher - when difficult moments, being able to call on people in the plan - have people support her through moments. - Fran and Merida can employ the plan- if stuff is coming up, connection with staff to ensure elder support.

Tabitha declined scale and still offered the following - working with Fran - she comes to hard meetings - making me bring emotion out and sharing and talks and hugs me - in a better way - she treats me like a daughter. Hugs me, talks to me, loves me, proud of me. Elder Fran- her presence - she shared in buffalo group, she is a person just like me (Sameness). Tabitha uses plan in big behaviours

Fran - scale is on the plan - sent to Caroline.

Annabelle - 6- seen T using LPP.

What brings Annabelle up is Tabitha reaching out, asking for help, what would make Annabelle scale higher would be connection with caregivers. We want to help, do the right things- collaborating to make it better even when we need to say no On the life promotion- add in something when decisions are made and we are trying to explain why. Meet her where she is - make sure she feels validated in moments - caregivers understand why she is feeling that way.

Uncle Cameron- 5 or 6- historically Tabitha would attack me- now it's more property damage – Tabitha can pause and stop before broke other TV. She was feeling low and suicidal and she said came and talked to me. Community members, successful interactions - walking away from people- compliment people - use kindness and walk away. To move up, have some tools to work. Try the feather strategy.

Elder Fran and Merida- signs of safety cards to use in crisis. Pocket size (plush)

Caroline - 5- what brings Caroline up is observing Tabitha tolerate and stay through the hard meeting. She can see that T responds well to physiological responses like showing care, touching, hugging, showing Tabitha that she is loved. What prevents Caroline from scaling higher is all the external factors that are a major worry- T is dealing with safety. To move up on the scale Caroline would like to see the Team have a strategy to respond in ways that show, we are here, we see you, and we are here when you are ready. At the same time Tabitha's kinship and support team have the right to their safety and to set boundaries that support that.

John- 5 or 6- there are two things. Dysregulation at home and a lot in community. Considering bullying, she is dealing with tough stuff. Trying to regulate the best she can. All of this are response to situations - that attests to strength to T and team that support her. The external pressures add to cup and everything going on with her. To move up. System issues and police responses. Justice for Tabitha.

Relationships are important and validation. - tools around validation to get through "stimulant phase". Tools - environment changed. Cold cloth/ some DBT skills - hand/face to be incorporated.

Julie scaled a 4- Tabitha is honest, resilient brave and authentic. She is slightly less vulnerable to online bullying now that phone use is limited. I see Tabitha self soothing during distressing moments by taking breaths and covering in blankets. Tabitha was receptive to co regulation with writer during a distressing moment. Tabitha's support staff care deeply and are invested in strengthening relationships and mentoring strategies, other plans are on the horizon. What Julie needs to see to move up on the scale is Tabitha to continue to use her wheel to keep herself safe and other self and coregulation strategies identified on the plan. If Tabitha can think of other option, I'd like to see her try them out as well. I want to see staff supporting LPP in the ways scaled and collaboratively we can make amendments where needed. To move up on the scale I would like to see Tabitha accumulating some wins on her life promotion plan, and her support staff celebrating and honoring when those wins take place.

Do you have the evolution of this plan? Would be good to see how the plan changed as a result of the scaling etc.