



Safety Planning Intervention (Stanley-Brown)

—Tier 3—

Overview: The Safety Planning Intervention assists at-risk adolescents in creating a list of coping strategies and sources of support to reduce the risk of suicide.

Modality	Intended Audience	Staffing Requirements	Additional Materials Needed
Brief, clinical intervention (20-45 minutes) that can be delivered in an individual format, across multiple sessions	Ages 6 and up	School-based staff and related service providers (e.g., school counselors, clinicians, peer support or prevention workers, etc.)	Printed or fillable Safety Plan PDF, handouts, fact sheets, or supplemental materials for students and families <i>*The National Center for School Mental Health will provide training materials to all trainees.</i>

Target Outcomes

- Limit youth access to means of self-harm
- Reduce suicide risk and/or thoughts and behaviors and need for repetitive emergency/crisis care
- Prevent and manage future suicidal crises
- Increase suicide-related coping skills
- Increase collaboration, development, and use of safety plan

Training Requirements and Important Considerations

Type of Training:

- One-day virtual training during regular business hours (7-hours)
- OR
- Two-day virtual training during regular business hours (3.5 hours each day)

Continuing Education Units: Participants can receive 7 CEUs for attending this training.

Expectations for full participation and certificate of attendance: To be considered trained, the expectation is that trainees complete the full training, demonstrate engagement (e.g., on-time, stay for the full session, camera on, participation in role-plays, practice activities). **If you miss key components of the training, you may not receive a certificate of attendance and need to reregister and complete the full training if spots are available.**

Important Considerations: While formal licensure might not always be required, the Safety Planning training is best suited for school-based clinicians and related service providers (e.g., school counselors, peer support or prevention workers, etc.) Each trainee needs to have prior experience working with youth.

Translated Content: Safety Planning form is available in Spanish

Ongoing Engagement and Expectations

POC/Supervisor Expectations:

- **Attend a Virtual Planning Meeting:** Meet with the National Center for School Mental Health and the Maryland Community Health Resource Commission to discuss metrics and deliverables including reach and target demographics, service offerings, and outcome expectations as well as the training and implementation plan for your organization.
- **Maintain regular communication** with coordinator(s) from the National Center for School Mental Health to ensure progress toward training and implementation goals including review of a monthly training email containing training and evaluation updates for your organization, and action items.
- **Provide administrative and supervisory support** to staff, including, but not limited to:
 - Share important dates (e.g. training dates, implementation support call dates), registration links, training evaluation completion reminders, and other important information with staff.
 - Ensure that providers in your organization attend the selected Evidenced Based Practices (EBPs) for which they are registered. If staff register for training and do not show up, there is not a guarantee they can train at a future date, which may impact implementation plans outlined in your grant application.
 - Please provide ongoing communication with your organization's providers about training attendance and expectations. Consider providing funding for staff time to attend training and implementation calls as appropriate.
 - Ensure staff complete all training, evaluation, and implementation tasks.

Providers/Trainees Expectations:

- **Commit to attending the training once registered**
- **Complete the post-training evaluation** survey for each selected EBP
- **Attend each round of implementation support** meetings offered over the year for each EBP you are implementing and complete implementation surveys prior to each meeting
- **Implement Intervention** components as specified in the training and tailored to local community as needed

*For more information or questions pertaining to priority EBP training logistics and expectations, please contact the National Center for School Mental Health at BlueprintEBP@som.umaryland.edu. For grant-related requirements or fiscal questions, please contact Megan Brown, the Consortium Director at megan.brown@maryland.gov. For evaluation or metrics and deliverables questions, please contact the National Center for School Mental Health at BlueprintEval@som.umaryland.edu.