

Safety Planning: Building Provider Comfort and Reducing Client Risk

Learning Objectives:

1. Identify situations where safety planning may be appropriate utilizing the Columbia Suicide Severity Rating Scale
2. Understand the concept of risk factors and protective factors
3. Complete a Stanley-Brown Safety Plan collaboratively with clients
4. Improve self-care and boundaries following a client crisis

Abstract: Describe your proposed presentation; no longer than 250 words

Many providers struggle in crisis situations, especially when it comes to the ins and outs of safety planning. This presentation will focus on helping providers understand when a safety plan is appropriate, how to evaluate for risk and protective factors, and how to work collaboratively with clients to complete a safety plan. Providers will be introduced to the Columbia Suicide Severity Rating Scale and Stanley-Brown Safety Plan during this session, which are both useful tools for providers in various positions. Emphasis will also be placed on self care/wellness techniques providers can use following a crisis situation.

Presenter:

Lindsey Saltzman, LCSW, MSW, Equinox Counseling and Consulting, LLC

Bio: Lindsey Saltzman, LCSW is a 2013 USI MSW graduate and has extensive experience working with trauma survivors, first responders, and individuals in mental health crisis. Lindsey has assisted on crisis/hostage negotiation scenes, trained multiple first responder agencies on crisis and trauma-informed care, and provided services on every level of treatment throughout her career. Lindsey currently owns her own private practice, Equinox Counseling and Consulting, LLC, where she specializes in individual services for trauma survivors and first responders. Lindsey is also involved in several local agencies supporting first responders in various capacities.