

Safety Plan in Case of Crisis for _____ and our family

Date: _____

Family Name: _____

Address: _____

Legal Guardian(s): _____

“We experience the complications associated with prenatal exposure to alcohol and FASD within our home. At times, anger and impulses are hard to control for _____, and as a result, sometimes people in our family and our social circles can be at risk of danger.

Sometimes, _____ poses a risk to himself. In these times, we need helpers.

We especially need help when: (briefly explain what happens that lead people in your circle to have safety concerns. I.e., suicidal ideations, threats, weapons, physical altercations).”

Crisis or safety concerns:

1. *I.e., physically fighting resulting in risk of injury or actual injury.*

2. _____

3. _____

4. _____

The people listed below have been very good supports to us in times of crisis or high need. Some of them are formal/professional supports, while others are informal, i.e., social workers, respite workers, spiritual advisors, neighbours, friends and family members, etc.

Support people to call upon, and how they usually help.

I.e., neighbor _____ helps with other children in home; Grandma can help to de-escalate.

Name: _____ Phone number: _____

How can this person be helpful: _____

Name: _____ Phone number: _____

How can this person be helpful: _____

Name: _____ Phone number: _____

How can this person be helpful: _____

Name: _____ Phone number: _____

How can this person be helpful: _____

When to involve the police

Sometimes there is a need to have police involved to ensure that everyone is safe. It is helpful to not wait until there is a crisis before the first police contact is made. Police involvement does not automatically result in criminal charges, and they can be very helpful to de-escalate in times of high emotional responses and crisis situations. Before you call, there are things that should be communicated to the police that will help them know how to best address the situation, keeping in mind that everyone's safety is paramount. Please see below for further details and relevant examples. If the situation changes between initial call and while police are on route, it is helpful to call back and notify the police as this will shift their approach as the level of urgency and concern for safety has changed.

When you need to make a call to the police in a crisis, it is best to be prepared ahead of time. It's a good idea to create and review this plan with all family members especially including the one(s) experiencing the effects of PAE, and /or FASD.

It is advisable to include as much information about your child, youth and family that you are comfortable with, keeping in mind that the police only know what they know, and will act accordingly if there is not specific information that will guide a 'different' approach. There will be times that a police constable will be unaware of the complexities of FASD, and this is an opportunity to raise awareness in general and most importantly in these moments, specifically what will help to address the unique needs of your family in the best way.

When making the call and explaining the circumstances to police, be sure to include words like, invisible disability, a permanent brain injury, the importance of de-escalation and not doing further harm.

List things that 'trigger' the child/youth or family member: I.e., bright lights, loud voices, loud noises including sirens.

1. _____
2. _____
3. _____
4. _____

List things that bring comfort to my child/youth or family member: I.e., a blanket, a backpack, a family pet. If the police are aware of a few of these things, they can be used to build a relationship and trust, and to de-escalate.

1. _____
2. _____
3. _____
4. _____

If there is an emergency, call 911.

Local crisis line: I.e., Here24/7 _____