

Proactive Suicide Postvention Preparation Plan

PURPOSE:

The period of time after a client death is often an incredibly difficult for clinicians involved, particularly when the cause of death is suicide. Like preparing for other emergencies, many clinicians who work with suicidal clients have found it helpful to create a “Just-in-Case” plan in the event that a client on their caseload dies by suicide. This worksheet is intended to be completed proactively – whether or not you are currently working with a person who is acutely suicidal.

Instructions:

There are two sections- a Postvention Worksheet (Page 2) and a Self-Care Worksheet (Page 3).

Postvention Worksheet: Like a crisis safety plan you use with your suicidal clients, this worksheet walks you through the overall plan, including who you will call in the event of a client death. Like all plans, it includes places to write “proactive notes” (to your future self!) to help you cope effectively, compassionately, and wisely with respect to the actions you’ll need to take within the context of your values.

Self-Care Worksheet: This worksheet is intended to help you create a gameplan for the first 30 days (and beyond) to make sure you are doing the things to reduce your vulnerabilities, maintain your self-care, while also doing what’s needed to remain professionally effective. Like all things, the more you have a concrete, behaviorally specific plan in place, the more likely it is that the plan will actually be helpful to you if and when it’s needed.

Proactive Postvention Worksheet

My Life Worth Living Goals

Personal Wise Minded Guiding Statement:

1. What do I know to be true? What is my Wise Mind Statement to my Future self who may be struggling with finding their wise mind?
2. Internal Coping Strategies I can use to Cope Well – knowing that it may be a difficult period of time.
3. Life Worth Living Goals or Notes:

Observing Warning Signs

What are warning signs (e.g. thoughts, images, mood, situation, behavior) which would suggest this plan may be effective for me to look at if and when a situation occurs?

Crisis Survival Skills

What crisis survival skills would be useful for me in a time where it is difficult to find Wise Mind?

Community

Who are the people I can reach to for emotion and concrete support?

Category	Phone Number
Insurance Carrier (name: policy number:)	
Clinical supervisor/Team Lead Name(s):	
Clinical peer: Name(s):	
Clinic Director(s): Name(s):	
My therapist Name(s):	

Initial checklist (within the first 10 days):

- Met with my supervisor and created a wise mind game plan (including meeting with family if indicated)
- Both my supervisor and I have a written/typed copy of this plan
- Made a diary card (see items on next page) to ensure self-care and decrease vulnerabilities
- Called my insurance carrier to inform them of the event
- Have times prescheduled to meet with friends and/or clinical peers for support and social time
- Have scheduled sessions with personal therapist or other support systems as needed

Self-Care and Reducing Vulnerability Checklist

Examples of common behaviors:

Mindfulness practice	Physical activity	Visting friends	Activities related to values
Life worth living activities	Balanced eating	Sleep hygiene	Balanced sleep
Avoiding mood altering substances	Treating physical illnesses	Limiting access to lethal means	Increasing reminders of life worth living goals

Specific Goal: Create a system (such as a diary card or weekly/daily tracker) which helps you to remind yourself to do these behaviors on a daily basis (and to hold yourself accountable!).

Behavior	Goal
<i>Example: Decrease social isolation</i>	<i>Example: Go out with a work colleage for coffee once per week, go out with a non mental health related activity group once per week</i>