



STATE OF MARYLAND
 Community Health Resources Commission
 45 Calvert Street, Room 336 • Annapolis, Maryland 21401
 Wes Moore, Governor – Anna Miller, Lt. Governor
 Edward J. Kasanover, Chair – Mark Luckner, Executive Director



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	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 manuals 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 (7-hours)
OR
- Split two-day mixed didactic and interactive virtual training (3.5 hours each day)

Continuing Education Units: Maryland CEUs are not offered for this training; however, a Certificate of Attendance is available

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.

Ongoing Engagement and Expectations

POC/Supervisor Expectations:

- **Attend Kick-off Meeting:** Meet with the EBP team to discuss the training and implementation plan at the beginning of the grant period. We recommend inviting trainees to this meeting.
- **Attend M&D Meeting:** Meet with the Evaluation and EBP team to discuss metrics and deliverables for the grant including reach and target demographics, service offerings, and outcome expectations. Please see the Outcome Measure Menu included in the RFA documents for sample tools/measures to be used with each EBP.
- **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 newsletter 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 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 completion of 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 quarterly implementation support** meetings offered over the year for each EBP you are implementing

*For more information on this evidence-based practice, please visit the [Safety Planning Intervention](#) website. For questions pertaining to the RFA or to expectations and requirements, please contact: Lorianne Moss, the CHRC Program Manager at Lorianne.moss@maryland.gov.