

FEATURES OF EFFECTIVE SAFETY PLANS

(Adapted from Lucille Eber, Illinois PBIS Network)

- Effective safety plans anticipate crises based on past knowledge. The best predictor of future behavior is past behavior.
- Great safety plans assume the "worst case" scenario and plan accordingly.
- As you build a safety plan, always research past crises for setting events issues, antecedents, and consequent behaviors.
- Effective plans incorporate child and family outcomes as benchmarks or measures of when the crisis is over.
- Good safety plans acknowledge and build on the fact that crisis is a process with a beginning, middle, and an end rather than just a simple event.
- Safety plans should change over time based on what is known to be effective.
- Clearly negotiated safety plans, with clear behavioral benchmarks, help teams function in difficult times.

TIPS FOR BUILDING EFFECTIVE SAFETY PLANS

- Always build "triage" for differing levels of intensity and severity of crisis events. (Small crises do not require the same response as big crises).
- Build safety plans early in life of the team so they are in place when crisis occurs
- Be sure to ask the child and family what can go wrong with the whole plan as the first step in building the safety plan. They know best what can go wrong.
- Clearly define roles for team members, Plan them up front and it will help the team keep to the mission of the overall plan during a crisis.
- Build roles for family members and natural support people as they are likely to be most responsive during a crisis.
- Create time for the team to assess their management of a crisis within two weeks of the crisis.
- Establish a rule that no major decisions can be made until at least 72 hours after the crisis has passed. This can keep a team from overreacting to an event.