

Code RED

Universal Safety Plan
Adult Training





Acknowledgement

TEAM  KENTUCKY[®]

CABINET FOR HEALTH
AND FAMILY SERVICES



 College of
Social Work

SPEL

SUICIDE PREVENTION & EXPOSURE LAB



CIBRS

Center for Instructional & Behavioral
Research in Schools

Code RED

- 01 **Suicide in Kentucky**
- 02 **Why we need a Plan**
- 03 **Universal Safety Planning**
- 04 **Components of Code RED**
- 05 **Creating your Code RED Plan**
- 06 **Resources**



Suicide in the U.S.

- 49,476 deaths per year
- 11th leading cause of death
- 79.4% male
- 54.6% by firearm

Suicide in the U.S.

- One suicide death every 10.6 minutes
- Over 1 million people in the U.S. attempt suicide each year
- 823 Kentucky suicide deaths a year (20th worst state)

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Universal Safety Plan

<u>C</u> ONTACT	<u>D</u> ELAY
Always Call 911 if you are in immediate danger of harming yourself. Suicide & Crisis Lifeline: Call or Text 988 Crisis Text Line: Text "KY" to 741-741	
<u>R</u> ELAX	<u>D</u> ISTRACT



What are things we plan for in life?



FINANCIAL PLAN

What are things we plan for in life?



Why do we need a Plan?



Plans Help Us Navigate



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Language Matters

How we talk about mental health and suicide matters.



Confidence



Competence

CODE RED



Language Matters

**It is just as important to know what to say
as to know what NOT to say.**

~~Committed~~

~~Failed Attempt~~

~~Successful Attempt~~

**Died by
Suicide**

**Suicide
Attempt**

**Died by
Suicide**

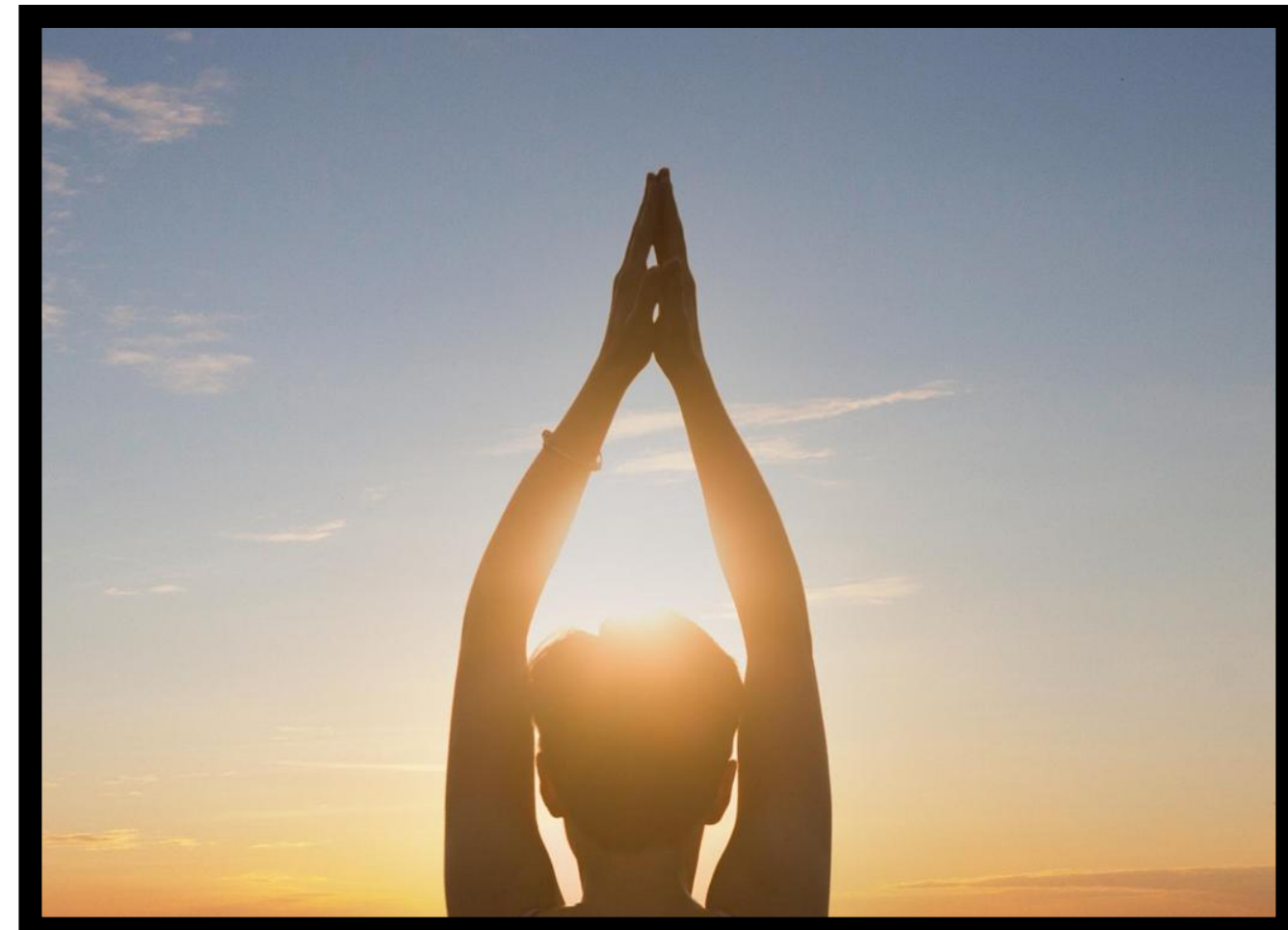
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HOPE

STRENGTH

HEALING



Language & Practice Matters



Universal Safety Plan







UNIVERSAL = ALL



Upstream Model of Prevention

SOCIAL DETERMINANTS AND SOCIAL NEEDS – MOVING UPSTREAM

STRATEGIES

Improve
Community
Conditions

Addressing
Individual's
Social
Needs

Providing
Clinical
Care

TACTICS

Laws, policies and regulations that create
community conditions supporting health for
all people

Include patient screening questions
about social factors. Use data to
inform and provide referrals.

Social workers, community health workers,
and community organizations providing
Direct support to meet patients social needs

Medical
Interventions

UPSTREAM

MIDSTREAM

DOWNSTREAM

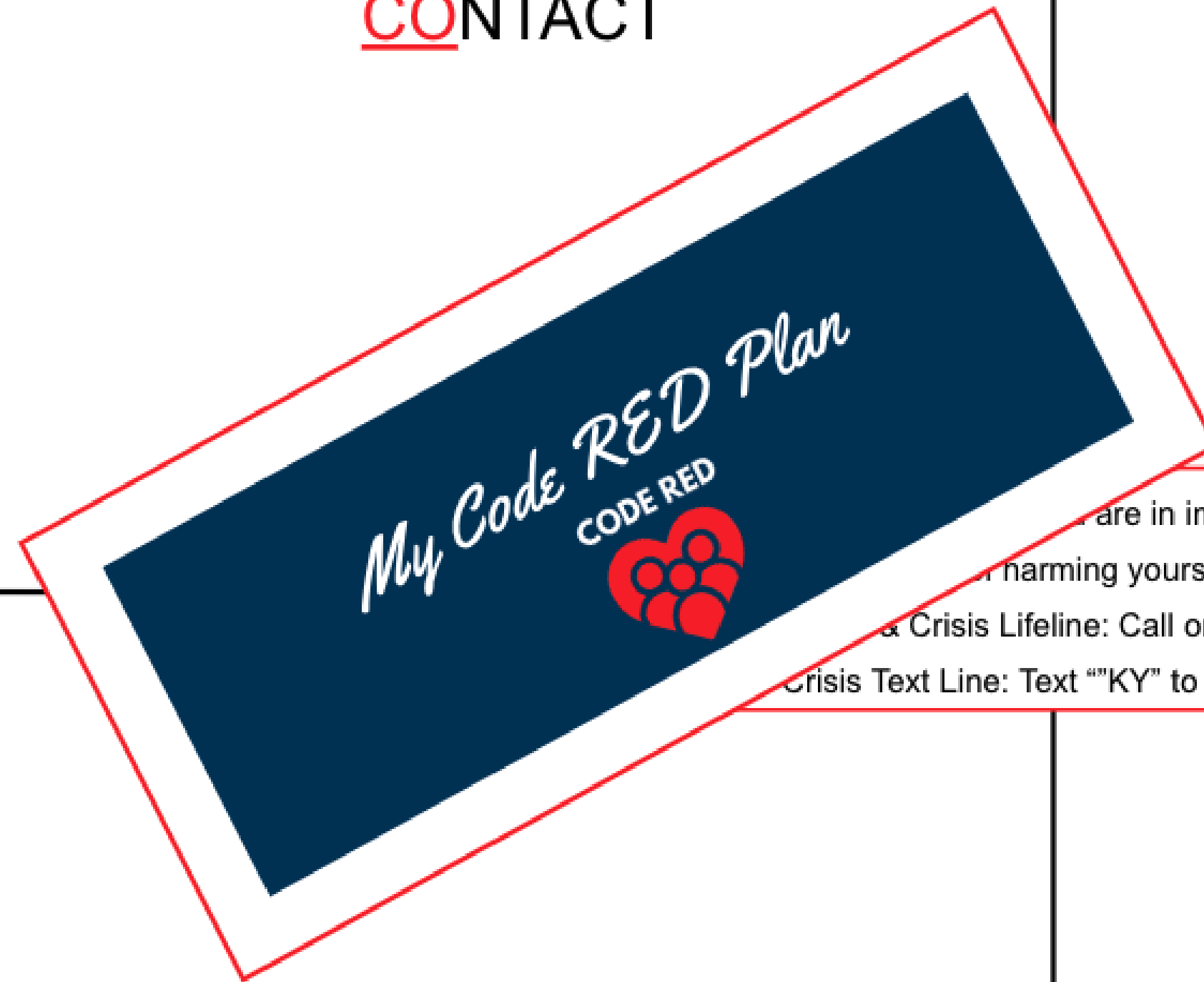
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My Code RED Plan

CONTACT

DELAY



If you are in immediate danger of harming yourself.
Crisis Lifeline: Call or Text 988
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RELAX

DISTRACT



CONTACT

**Who can I reach out to,
to help me?**

DELAY

**What are my reasons
for living?**

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danger of hurting yourself.
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**What helps me calm
down?**

RELAX

**What can keep my mind off
things that are upsetting me?**

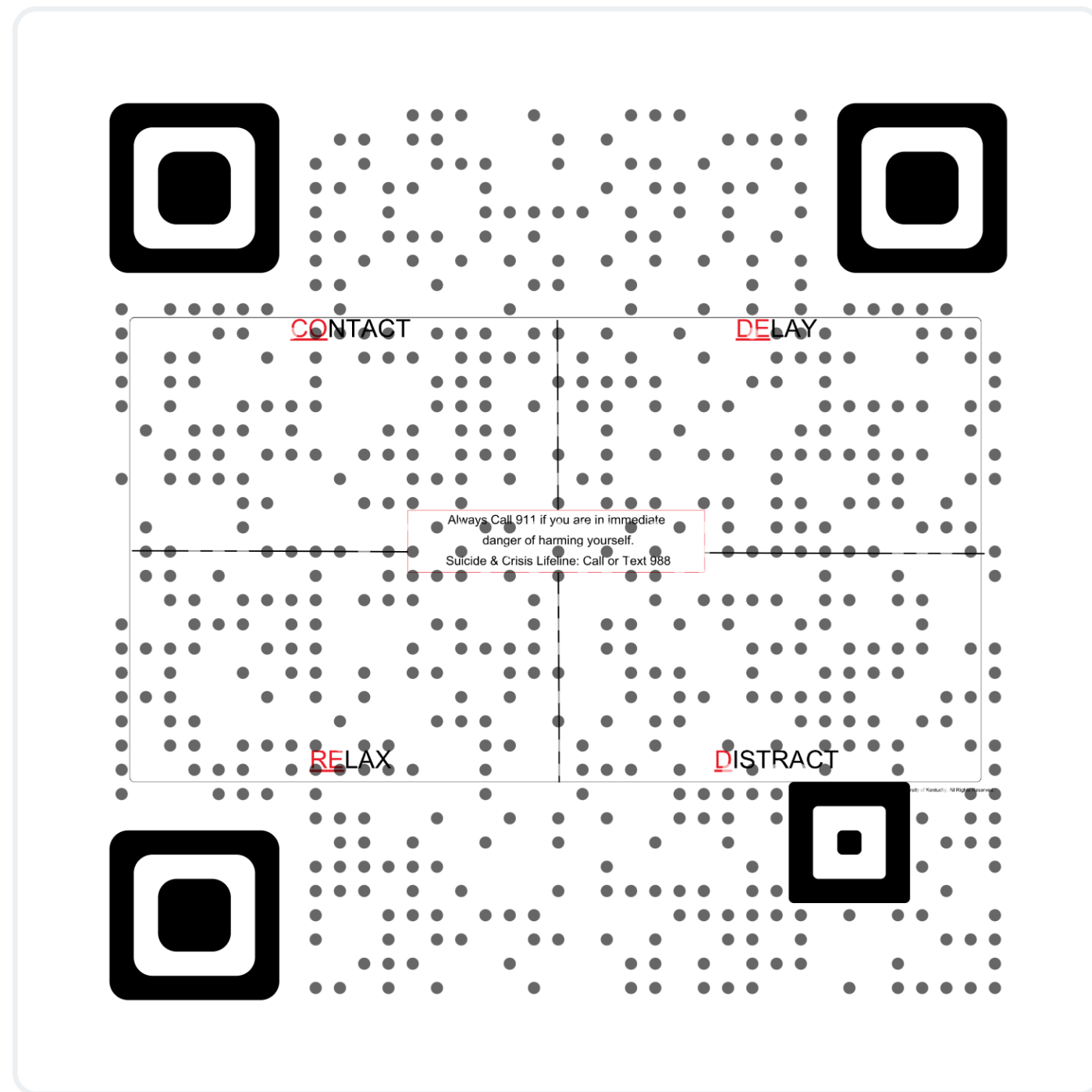
DISTRACT

CODE RED



My Code RED Plan

<https://tinyurl.com/CODERED-CANVA>



Canva

<https://tinyurl.com/CODERED-GOOGLE>



Google



COntact- *Who can I reach out to, to help?*

- ☐ Think about the people you can turn to when you need someone or something.
- ☐ Who will walk with you through your safety plan and connect you to help if needed?

Contact- *Who can I reach out to, to help?*

- Positive Friends
- Co-worker
- Family
- Mentors
- Counselor
- Therapist
- Neighbor
- Teammate



CONTACT



Both have
consented

Do not want to go
to hospital/ED.

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danger of hurting yourself.

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DELAY

RELAX

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DElay Decisions-

What are my reasons for living?



- ☐ List the things that you can think of that give you motivation, hope, and strength to delay you from hurting yourself.



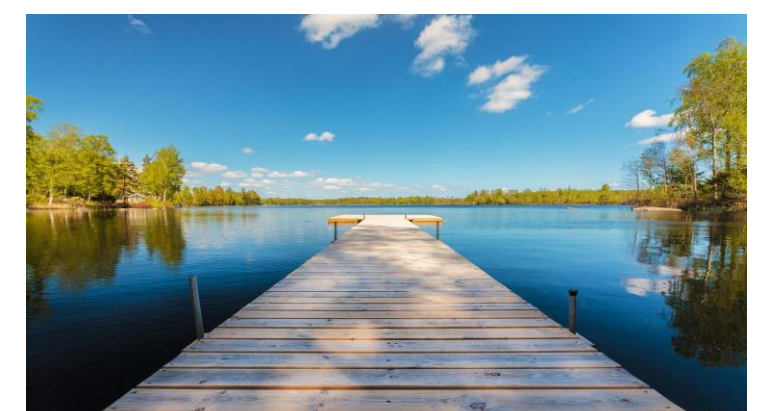
DElay Decisions-

What are my reasons for living?

- Future Plans, Dreams, Goals, Career
- Accomplishments, aspirations
- Upcoming events, birthdays, anniversaries, projects

Activities:

- *Call/FaceTime/Visit family, kids or grandkids/grandparents*
- *Make a list of people that depend on me*



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DElay Decisions: Reduce Access to Lethal Means



This tool can help you make decisions about temporarily reducing access to potentially dangerous things, like firearms, medicines, sharp objects, or other household items.

Lock to Live

<https://lock2live.org/>

RElax - *What helps me calm down?*

This is anything you can do to feel calm and relaxed.

- ☐ What are the ways you can release tension in your body, what brings your heart rate down?
- ☐ What are the ways you can release tension in your brain, what slows your brain down so you can think clearly?

RElax - *What helps me calm down?*

- Take a drive
- Sit outside in quiet location
- Meditate, body scan, mindful breathing
- Take a walk/run
- Dog park, walk dog, play with dog/cat
- Plant flowers, mow the yard, bush hog
- Play card games
- Listen to music
- Fishing/boating
- Take a hot bath
- Visit a coffee shop
- Read a book
- Mow the yard
- Craft, paint, draw, sew



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CONTACT



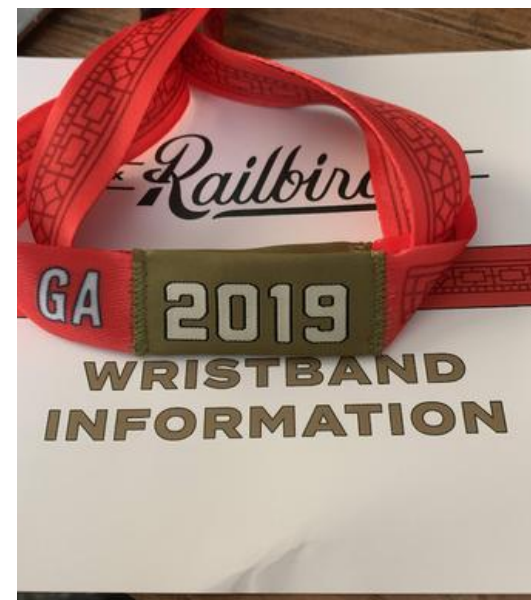
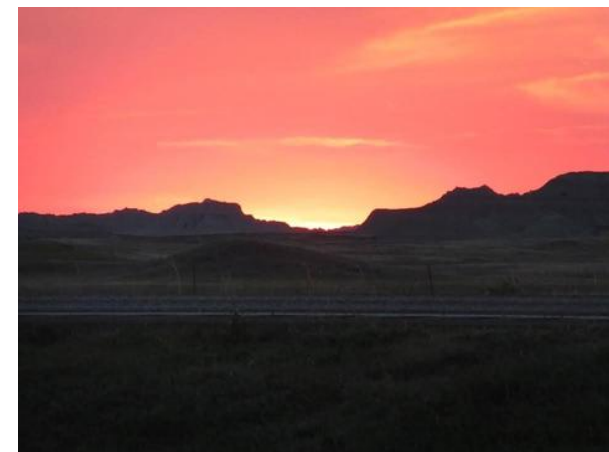
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RELAX

DISTRACT

Distract - *What can keep my mind off things that are upsetting me?*

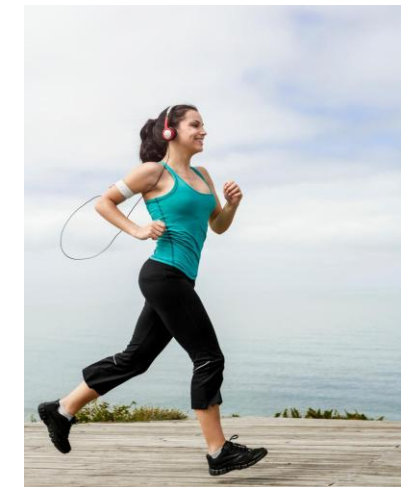
What can you do in
30 seconds?



What can you do in
3 minutes?



What can you do in
30 minutes?



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Distract - *What can keep my mind off things that are upsetting me?*

- Take a drive
- Driving range (golf)
- Gym, swim, run, dancing, ride horses
- Visit a pet store, zoo, aquarium
- Visit a greenhouse
- Watch a funny movie
- Eat, healthy/ice cream
- Live concert, play, show
- Shopping
- Volunteer, Charity



CONTACT

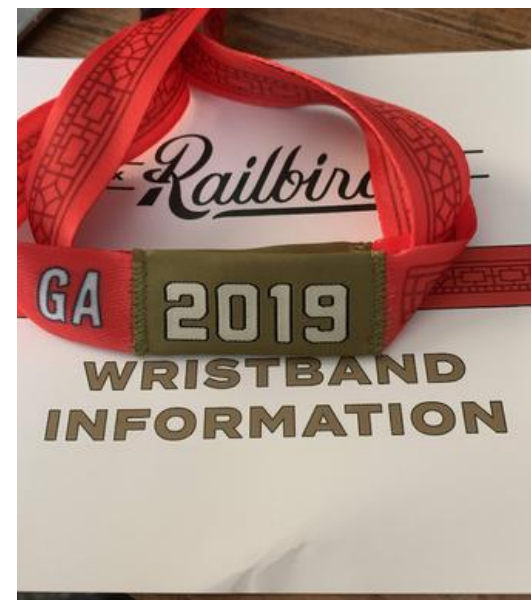
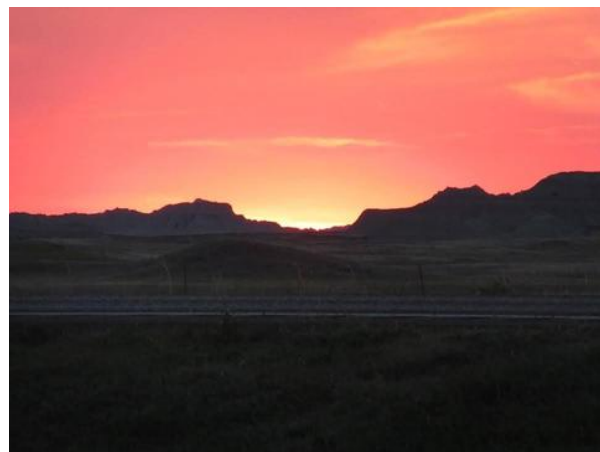


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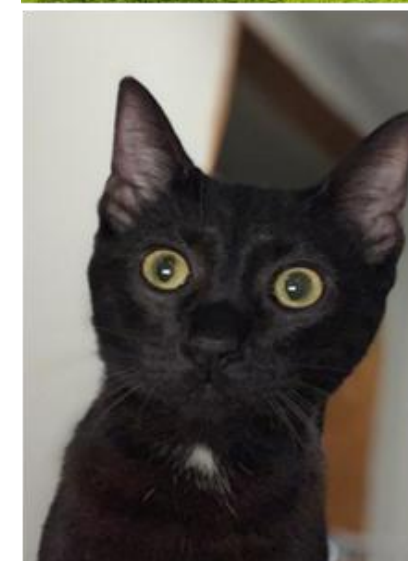
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Suicide & Crisis Lifeline: Call or Text 988



RELAX

DELAY



DISTRACT

Code RED Plan: Crisis Support

If these coping strategies and skills are not working for you or a friend, contact crisis support.



ALWAYS call 911 if you are in immediate danger.

Suicide Crisis Lifeline: 988

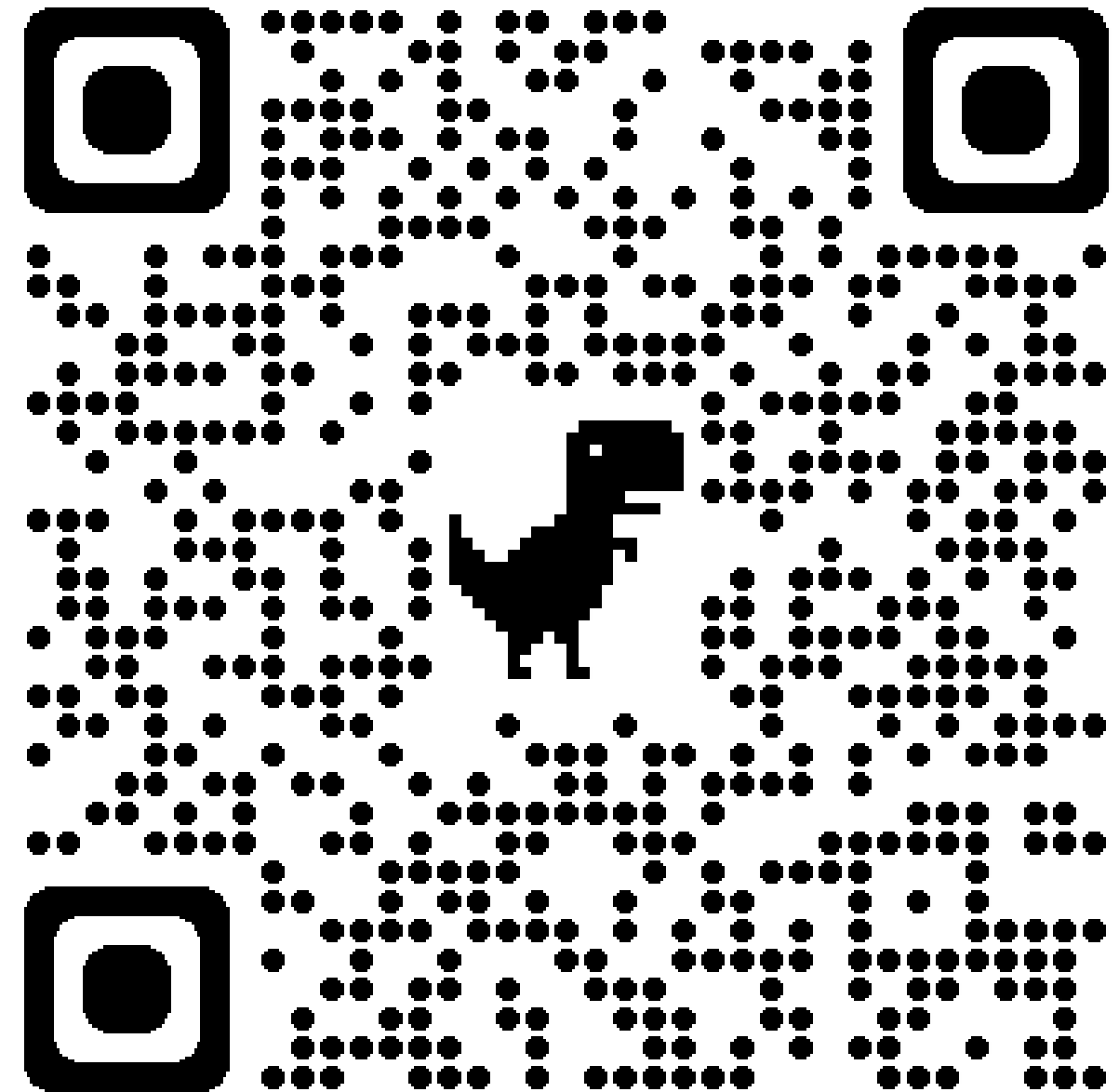
Call, Text, or chat online :
Text “KY” to 741741



Code RED Plan: Crisis Support



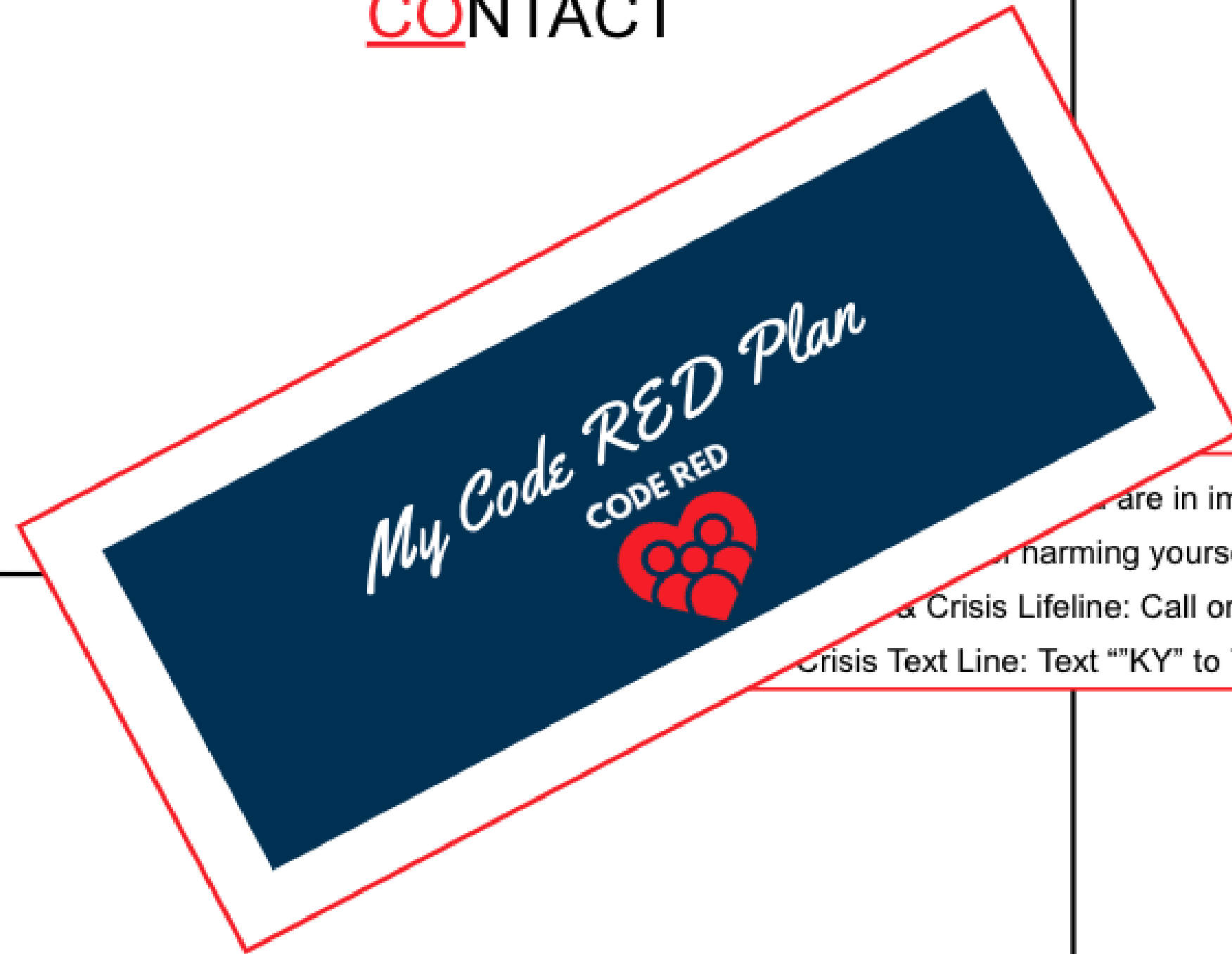
**988 Suicide & Crisis
Lifeline FAQs**



My Code RED Plan

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CODE RED Adult Evaluation





Thank you for participating in **Code RED!**

