WSCA Handout – Collaborative Suicide Assessment

1. Explain confidentiality – will need to discuss this with a parent/guardian
2. Do you have a plan? – document specificity, lethality, accessibility, proximity of social support
3. Practice SFBC scaling question to understand emotional state – if you were to rate yourself from 0-10 where 0 is so distressed, if you left this office you would want to escape this pain so badly that you would complete suicide, and 10 is so happy, it’s the happiest you could ever imagine, where would you be? Tell me about this – what’s going on where you’re a (1,2, etc? – focus on positives)
4. What are times when you feel more distressed? Specific triggers.
5. In the past when this has happened, how did you keep from killing yourself?
6. When are the times you’ve had joy in your life? What would have to happen for things to be a little bit better?
7. What could you do in the future when one of your triggers happens? (Make a list of 5-7 things) Make sure means are available to them and cover all settings – home, school, work, etc.
8. Go through a scenario – choose specific trigger – trigger happens, what strategy can you use? What if that doesn’t work?
9. Lethal means restriction – you mentioned you had access to \_\_\_\_\_\_\_\_\_. Typically for people who are considering suicide, removing that option from their environment helps them feel more safe. What can we do to make sure you feel safe? How can we remove that? (Can include parents’ help – doesn’t have to, but will Segway into next question).
10. What are your thoughts about sharing this with Parent/Guardian? I can help.

Document:

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|  | Problems | Strengths | Assessment Techniques/ Tools |
| Emotional |  |  |  |
| Mental/Cognitive |  |  |  |
| Interpersonal/Social |  |  |  |
| Physical |  |  |  |
| Cultural/Spiritual |  |  |  |
| Behavioral |  |  |  |