

Home Safety Strategies

Leaving Seattle Children's Hospital

This handout provides strategies to keep your whole family safe when you leave Seattle Children's Hospital.

What safety steps can I take at home?

Use the strategies below to help keep your child safe at home. The ongoing safety of your whole family is the most important concern. Your job as a caregiver is to do your best to prevent another escalation or crisis.

Safety Proofing the Home

Secure and lock up objects your child could use to hurt themselves or others, such as:

- All medicines, drugs and alcohol – including all over-the-counter medicines and vitamins
- Toxic chemicals – like bleach, cleaning products, yard products, and pest poisons
- Sharps – such as knives and razors
- Items that could be used for strangulation/suffocation – such as belts, cords, ropes, zip-ties, plastic bags, and sheets
- Firearms and ammunition – Be triple safe by keeping firearms unloaded and locked, and ammunition locked separately from firearms
- Items that may be easily broken or used as a weapon, if your child has destructive or aggressive behaviors

Make sure that your child does not know where the locked items are hidden.

Supporting your Child

- Structure and routine are one of the most useful tools in the home to manage severe behaviors.
 - Use your child's Safety Plan, Coping Card, and Escalation Cycle to help them manage difficult emotions and problem solve through the use of skills.
 - At home, maintain a "low-key" atmosphere and keep your regular routine.
 - Follow your typical house rules and pick your battles. Safety is your greatest concern.
 - Encourage your child to attend school, unless told not to by your child's provider.
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To Learn More

- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

- Give medicines following your child's medical or psychiatric provider's instructions.
- Supervise your child as needed until the current crisis is over. This may require increased supervision for a number of days.
- Go to the next clinic visit with your child's provider. At this visit keep working on your Safety Plan. Discuss these strategies with your child's outpatient mental health provider.

What should I do if there is another crisis?

If you believe that your child presents a danger to themselves or others, take your child to the closest Emergency Department (ED). If you are unable to safely transport your child in your own vehicle, call 911 to have them taken to the ED. You can also use your county crisis line listed below to help problem solve for you and your family.

What resources are available?

- King County:
 - King County Crisis Line: 206-461-3222 or 866-4CRISIS (427-4747)
 - Children's Crisis Outreach Response System (CCORS): 206-461-3222
 - King County Teen Link: 866-TEENLINK (833-6546)
 - Your teen can talk directly to another teen who receives crisis management oversight
- Snohomish County:
 - Snohomish County Crisis Line: 425-258-4357 or 800-584-3578
- Pierce County:
 - Pierce County Crisis Line: 800-576-7764 or 253-396-5180
- Other County and Crisis Line phone number: _____
- The Trevor Project Hotline for LGBTQ Youth; 1-866-488-7386
- Statewide Resources:
 - Alcohol Drug Help Line: 206-722-3700 or 800-562-1240 (Washington only)
 - Alcohol Drug Teen Line: 206-722-4222 or 877-345-8336