

SAFETY PLANNING

CCP Staff will work collaboratively with clients who are experiencing Family Violence to develop a safety plan.

REFERENCE

Pathways to Wellness: An Updated Action Plan for Addictions and Mental Health 2014-2016

PURPOSE

- To support clients who experience family violence in developing an action plan to protect herself.
- To provide support and information for victims of family violence.

PROCEDURE

1. Consider the following factors when a client discloses information regarding family violence:
 - ☐ Family violence is an abuse of power within relationships of family, trust or dependency. This can take many forms of abuse, mistreatment or neglect including physical, emotional, sexual, financial, etc.
 - ☐ Even if a woman has an Emergency Protection Order or other legal remedies limiting the contact from the abuser, she may not be safe.
 - ☐ A woman can have many reasons for accessing family violence shelters and may not leave her partner for good the first time she visits the shelter. It can take many times before she is ready to leave.
 - ☐ Many things can influence a woman's decision to go back to her partner; speak with her about her safety concerns, financial needs, housing needs and other factors that may hinder her from leaving her partner for good.
2. Complete ODARA (Ontario Domestic Assault Risk Assessment) and gather other pertinent information. ODARA is used in cases where a male assaults his female partner and there is an index assault (most recent assault on police record).
3. Have a discussion with the client about her past and current situation including, but not limited to the following:
 - Previous incidents

Revision Date: April, 2015

Director Mental Health and Addictions



Standard

Family Violence

Safety Planning

- What the client has done in the past, what has worked, what has not
 - Her feelings about her level of risk and danger
 - Action that they wish to take, if any (i.e. going to a shelter, contacting the police, etc).
4. Discuss safety planning with the client, using the Information on Safety Planning tool as a guide. This discussion should be about the client making her own decisions and plans for safety.
5. Areas of the safety plan should include information gathered along with the ODARA and other risk factors.
6. Include the following topics in safety planning
- What to do during an incident
 - What to do if she/he wants to leave
 - How to be safe at home
 - Legal options such as a Protection Order
 - How to be safe at work and in the public
 - How to be safe when/if using drugs or alcohol
 - How to protect personal mental and emotional health and wellbeing
 - Items to take when leaving
- NOTE:
- While both men and women can be victims and perpetrators of family violence, it is recognized that those most severely impacted by family violence are women.

FORMS

- ODARA Risk Assessment

TOOLS

- ODARA Information
- Guide to Risk Assessment and Safety Planning
- Information on Safety Planning for Women
- Personalized Safety Plan Template

Revision Date: April, 2015

Director Mental Health and Addictions

