



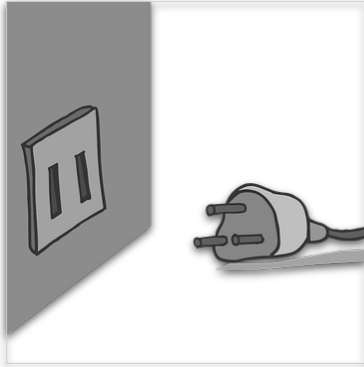
# Stormont Vail

BEHAVIORAL HEALTH

Name: \_\_\_\_\_

## Unit Guidelines

### ORIENTATION



### Electronic-free zone.

- All phones, iPods, etc. must be turned off and put away.
- Phones are available, if needed, for you to make one outgoing call each shift during free time. Please limit time to 5 minutes.
- Phone calls are monitored by nursing.

### Keep it appropriate!

- Please stay to your own room, use furniture correctly, and keep any food to your area.
- Keep your phone number and social media information to yourself.
- Please keep your hands and feet to yourself.



### Be respectful.

- Please keep language appropriate and respectful.
- Keep conversations away from drugs, alcohol, self-harming, sex, etc.
- Focus on your treatment and recovery!

<b>Bed Times</b>	Sunday – Thursday	Friday and Saturday
Ages 5 – 8	8:30 p.m.	9 p.m.
Ages 9 – 12	9 p.m.	10 p.m.
Ages 13 – 17	10 p.m.	10:30 p.m.

# Prepare for Safety Plan Review Meeting

What needs to change at home for you to remain safe?

---

---

---

What are you worried about happening at your meeting?

---

---

---

What do you think will go well in your meeting?

---

---

---

**Complete on day of safety plan review meeting:** Date: \_\_/\_\_/\_\_ Time: \_\_\_\_\_

- Safety plan \_\_\_\_\_
- Medications: Are you taking them? Do you feel good about the medications?  
\_\_\_\_\_
- Thoughts of suicide and self-harm: Are you having any thoughts to hurt or kill yourself or others? \_\_\_\_\_
- Are you feeling hopeful and positive today that you can stay safe and complete your safety plan if you feel overwhelmed in the future? (*emotional check in*)  
\_\_\_\_\_



# Treatment Tasks

**TASK:** \_\_\_\_\_

\_\_\_\_\_

How can I work on this task while here? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How can the treatment team help me with my tasks? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**TASK:** \_\_\_\_\_

\_\_\_\_\_

How can I work on this task while here? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How can the treatment team help me with my tasks? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





## Meet My Needs

How my support can help when I am feeling upset



When I am **Angry** my support can:

- SAY \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- DO \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



When I am **Sad** my support can:

- SAY \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- DO \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



When I am **WORRIED** my support can:

- SAY \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- DO \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Support Name: \_\_\_\_\_



# How **Awesome** I Am

## **THINGS I AM GOOD AT:**

- 1.
- 2.
- 3.

## What others like about me:

- 1.
- 2.
- 3.

## *What I like about myself:*

- 1.
- 2.
- 3.

## **Challenges I have overcome:**

- 1.
- 2.
- 3.

## **TIMES I'VE MADE OTHERS HAPPY:**

- 1.
- 2.
- 3.

## What I value the most:

- 1.
- 2.
- 3.




# Coping Skills

Practice makes perfect, and practicing coping skills while not actively in a crisis situation can help make them easier to use when needed.

Ask staff for exercises, worksheets and practice material to get started.

- Talk to friends
- Listen to music
- Do a puzzle or play a game
- Draw, color or paint

**Distraction** 


- Do yoga or meditate
- Use your senses
- Practice grounding exercises

**Grounding** 

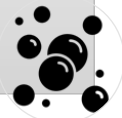
- Go for a walk or run
- Scream into a pillow
- Let yourself cry
- Start journaling

**Emotional Release** 


- Eat a balanced diet
- Go to your doctor appointments
- Stay active

**Health** 

- Take a hot shower or bubble bath
- Cook a special meal
- Clean your room

**Self Care** 


- List negative thoughts and reasons they may not be true
- Make a list of pros and cons

**Thought Challenge** 

- Help someone else
- Pray
- Volunteer
- Do random acts of kindness

**Access Your Higher Self** 

- Connect with nature
- Do breathing exercises
- Smell flowers
- Practice gratitude

**Mindfulness** 

# Identify Coping Skills

List below your favorite kinds of coping skills and some techniques or exercises you have done in the past or want to try.

Coping Skill

*(example) Grounding*

- *Counting backward from 100 by 10*
- *5-4-3-2-1 technique*
- *Progressive muscle relaxation*

Coping Skill

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Coping Skill

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Coping Skill

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Coping Skill

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Building Support

### **IDENTIFY SUPPORTS**

List people, groups or communities that provide you with support.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### **LIST HOW THEY HELP**

Describe how the supports above help you or could help you.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### **USE YOUR SUPPORTS**

What specific steps could you take to use your supports more?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### **GET HELP NOW**


Could your supports above help with your current problem?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_



# Dealing with Anger

## S.T.O.P.P. Exercise

<b>S.T.O.P.P. Steps</b>	<i>Example</i>	<b>Your Example #1</b>	<b>Your Example #2</b>	<b>Your Example #3</b>
Notice that you are angry or upset.	<i>I get angry when I have to put up my phone for the night.</i>			
<b>Stop!</b> 	<i>Stop yelling at Mom and trying to get my phone back.</i>			
<b>Take a breath.</b>	<i>Take five deep breaths.</i>			
<b>Observe</b> thoughts, sensations, feelings, images around you.	<i>I feel that I'll miss out on what my friends will say on SnapChat. I worry that Mom won't give it back.</i>			
<b>Pull back.</b> What's the bigger picture?	<i>I was on the phone since this morning. Mom said I can use the phone tomorrow.</i>			
<b>Practice</b> what works.	<i>Watch a couple of TV shows with Mom and bake cookies.</i>			

Modeled from [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) © Carol Vivyan 2011. Permission to use for therapy purposes. [www.get.gg](http://www.get.gg).



## Gratitude Journal Exercise

**Day:**

- 
- One good thing that happened to me today:
  - Something good that I saw someone do:
  - Today I had fun when:

**Day:**

- 
- One good thing that happened to me today:
  - Something good that I saw someone do:
  - Today I had fun when:

**Day:**

- 
- One good thing that happened to me today:
  - Something good that I saw someone do:
  - Today I had fun when:

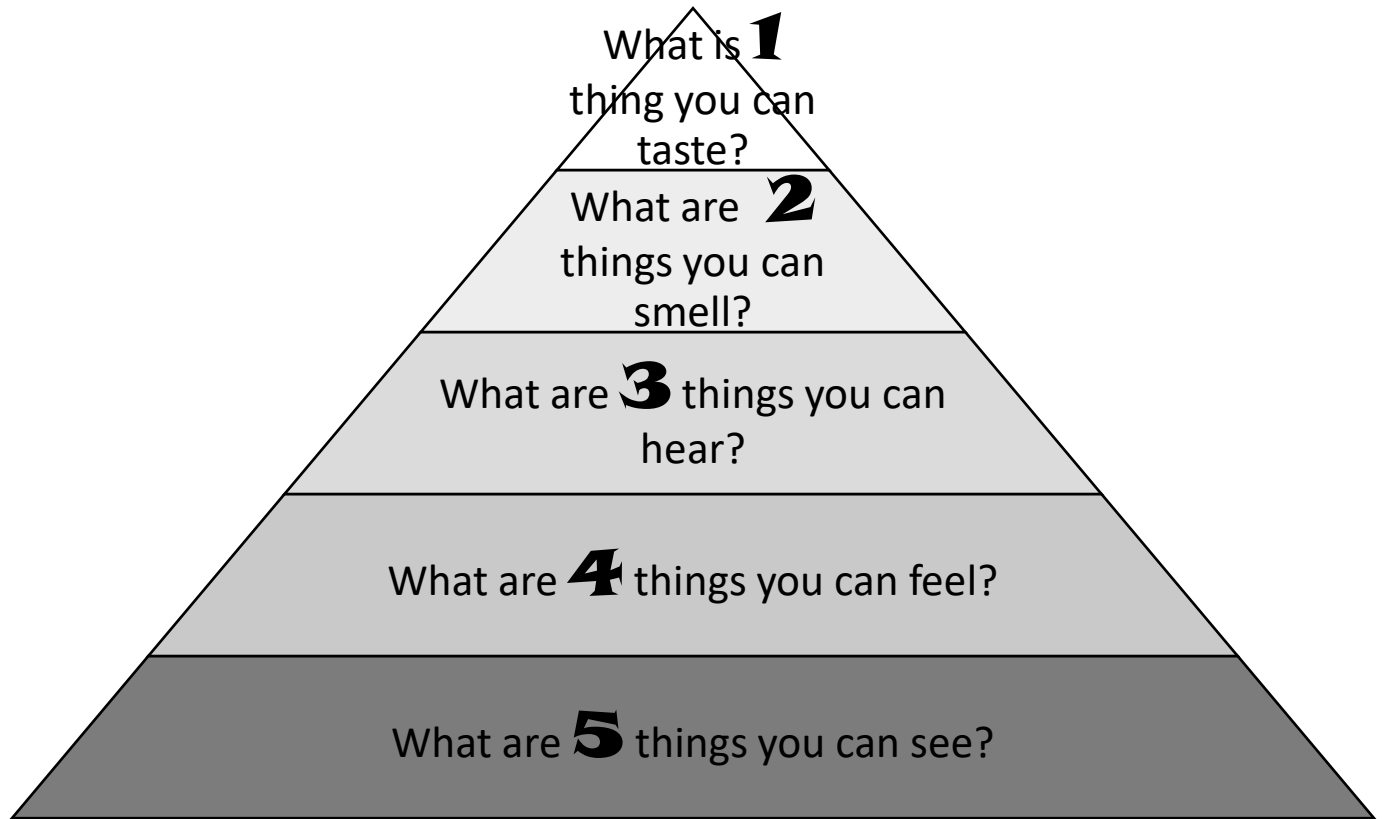
**Day:**

- 
- One good thing that happened to me today:
  - Something good that I saw someone do:
  - Today I had fun when:



## Grounding Techniques

### The 5 Senses



*Work your way up the pyramid with this mindfulness exercise.*

### Body Awareness

*(Use physical sensation to get out of your head.)*



- \*Bubble breathing: slow, deep breaths like you are blowing bubbles.
- \*Take five long, deep breaths in through your nose and out through fish lips.



- \*Stomp your feet on the ground like you are a giant.
- \*Clench your hands into fists, then release. Repeat 10 times.
- \*Reach over your head like you are touching the sky. Bring your arms down and shake them. Repeat five times.



## Breathing Exercises and Meditation

### Breathing Color



Breathe in **Blue**: close your eyes as the sensation of cool air comes through your mouth or nose.



Breathe out **Red**: keep your eyes closed and feel the warm air blow out of your mouth or nose.

## Progressive Muscle Relaxation

*Sit back or lie down. Tense each of the below muscle groups and hold for five seconds, then release.*

### Feet

- Curl your toes tightly.

### Calves

- Point or flex your feet.

### Thighs

- Squeeze your thighs together tightly.

### Shoulders

- Lift and squeeze your shoulders toward your ears.

### Back

- Squeeze your shoulder blades together.

### Torso

- Suck in your abdomen.

### Arms

- Make fists and squeeze them toward your shoulders.

### Hands

- Make a fist by curling your fingers into your palm.

### Face

- Raise your eyebrows as far as you can.







