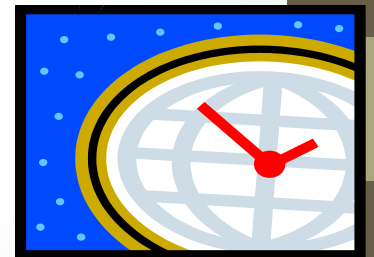


CALM

Video Discussion and
Counseling

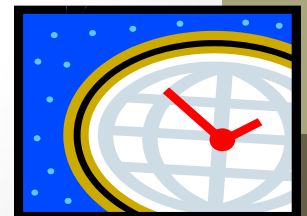
Key Principles:

- Ask about suicide
 - Empathy, build rapport, listen
- Inform about situational risk
- Inquire about means availability if appropriate
- Discuss benefit of reducing access
- Focus on **increasing safety** not on issues of trust or guns
- Language matters (culture)



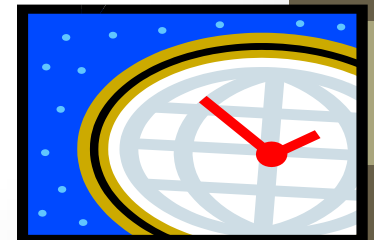
Principles and Rationale

- Once there has been a threat or an attempt, probabilities have shifted.
- Familiarity with firearms may increase rather than decrease risk
- When a gun is used, there is little chance for a good outcome.
- Accessibility, impulsivity, and emotionality are interactive and potentially dangerous.



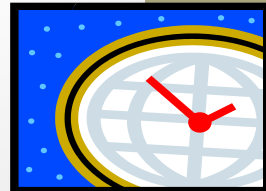
Conducting a Home Firearms Assessment

- Involve all adults, especially males.
- How many firearms are in the home?
- How are the firearms stored and secured?
 - What type of safety measures are currently in place?
 - Is ammunition accessible?



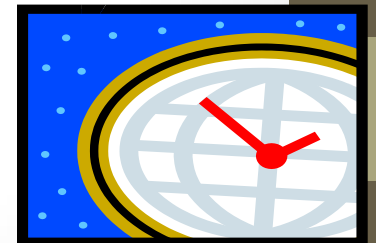
Conducting a Home Firearms Assessment

- Who uses the gun(s) or has knowledge of their use?
- Is access to a firearm a job requirement for anyone in the household?
- Is access to firearms needed for home security?



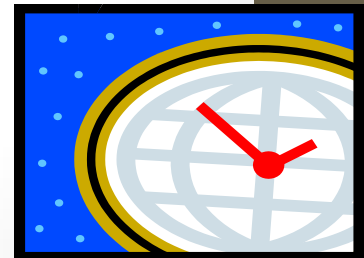
Conducting a Home Firearms Assessment

- If firearms are kept loaded and accessible, why is that the case?
- What changes can be made to **increase the safety** of the situation?



Conducting a Home Firearms Assessment

- Is there someone trusted to hold firearms if they are removed?
- What barriers or obstacles exist to their removal?
- Can a solution be found that preserves the individual's sense of control?
- Follow up and document



Reducing Access to Firearms

- **Temporarily removing all firearms from the home is the most effective option**
- Where to store them?
 - Family and friends (if legally able to have guns)
 - Police in jurisdictions where they are willing*
 - Gun shops and ranges, pawn shops, shooting clubs*
 - Self-storage units may be appropriate

*Background checks and/or fees may apply

Other options to reduce access if removal is not acceptable

- Lock **all** firearms in a safe or in a lock box.
- Change combinations and/or key locations
- Store all firearms unloaded
- Lock ammunition separately or remove ammunition from the home
- Remove a key component of firearms – such as the bolt

What about a self-defense gun ?

- First, discuss probabilities of suicide attempt by person at risk versus risk of home invasion
- If self-defense is essential, keep the self-defense gun either in a quick access lock box or on their person (in a safe or on your hip)
- If the gun owner is the person at risk, seek creative solutions to reducing access if suicidal. e.g. put pictures of loved ones on the lock box

Things you might say to a person at risk...

- What helps you feel better when you are feeling bad? Who can you talk to? What activities help?
- Some people in situations like yours become suicidal. What would help you stay safe if that happened?
- Given how you are feeling, do you trust yourself to make life and death decisions?
- Remember, these are temporary safety measures until you are feeling better.

Reducing Access to Medications

- Remove out of date, unused and excess medications and over the counter remedies (see handout for safe disposal)
- At risk person should not have control of quantities of medication
- Avoid policies that require prescriptions for long periods of time. Short term prescriptions can also provide a check-in for patients

Reducing Access to Other Methods

Suffocation

Difficult to remove all possible means

Focus on maintaining emotional and visual contact and other parts of the Safety Plan

Other Methods

Reduce access wherever possible

Maintain contact

Focus on the rest of the Safety Plan