

## Elopement Safety Plan

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Plan Date: \_\_\_\_\_

This Plan was created by: [Client Name]

In Collaboration with: [Therapist/Advocate Name]; [Caregiver Name]; [Other professional]

Elopement Urge Scale (include warning thoughts, feelings and external triggers)

1 (Low)	2	3	4	5 (Mod.)	6	7	8	9	10 (High)

Distress tolerance skills (I will try to reduce my urge at each level by....):

<u>Skills for Low Urge</u>	<u>Skills for Mod. Urge</u>	<u>Skills for High Urges</u> <b>Call my therapist @ Level</b> —

\* Remember to try urge surfing (skill or radical acceptance for 15 mins with no action)

Vulnerability Factors (I have high urges to run when....):

Internal (things happening in my own body) Factors:

External (things happening in my environment) Factors:



CAARE Center  
Trauma Training Academy

Things I can tell myself/positive reminders to reduce elopement

- 1)
- 2)
- 3)
- 4)

Harm Reduction Plan

If I cannot stay safe in my home and I feel like I HAVE to leave, I will leave safer by:

- 1)Packing an emergency bag with food, water, clean clothes, safety numbers, small amount of medication, cell phone charger, etc. and this elopement safety plan
- 2)Contact a support person to tell them I am leaving, where I am going, and when I can be expected to return
- 3)I will go to a safe public place for 20-30 minutes and return home. I will not contact people involved in any high-risk behaviors/experiences.
- 4)If that does not work, I will contact my overnight support person and with permission I will stay 24-48 hours then return home (or sooner if possible). I have to tell my support people where I am at.
- 5) While I am away, I am agreeing to not engage in high risk behaviors/experiences

Support People

Support Members	Role/Plan	Address	Telephone Number	Cell Phone

**UC DAVIS**  
**HEALTH**

**CHILDREN'S**  
**HOSPITAL**

CAARE Center  
Trauma Training Academy



CAARE Center  
Trauma Training Academy

Crisis Contacts

<u>Name</u>	<u>Type</u>	<u>Contact Information</u>
<b>Police</b>	Immediate Safety Issue	<b>911</b>
<b>Suicide Prevention Hotlines</b>	Suicide Prevention Hotlines	<b>1-800-273-TALK</b> <b>1-800-SUICIDE</b> <b>1-888-628-9454 (Spanish)</b> <b>1-800-799-4TTY (TTY users)</b>
<b>Crisis Text Line</b>	Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support	<b>Text HELLO to 741741</b>
<b>National Runaway Safeline</b>	Runaway Safeline	<b>1-800-786-2929 (Talk)</b> <b>66008 (Text)</b> <a href="http://www.1800runaway.org">www.1800runaway.org</a> <b>(Chat)</b>

I participated in developing this Elopement Safety Plan and agree to its implementation.

\_\_\_\_\_  
Client's Signature Date

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Parent/Guardian's Signature Date

\_\_\_\_\_  
Team Member Signature Date

\_\_\_\_\_  
Team Member Supervisor (if applicable) Signature Date