

Mini-Safety/Sobriety/Wellness Plan

You are not alone.

Remember that safety, sobriety and wellness plans will change as your situation does. Each day can bring new challenges as well as rewards. Know your resources and develop safety and survival strategies.

Components of Mini-Safety/Sobriety/Wellness Plan:

- Strategize: Secure and hide money, an extra house or car key, important documents, prescription medication information, ID, receipts, pay stubs, passports, children's school and immunization records, immigration papers, social security cards, etc.
- Develop: A code with family/friends to signal the need for help.
- Identify: Safe neighbor to call, network of resources who can help.
- Plan: Escape routes, places to hide and store clothing, jewelry, photos.
- Discuss: Referral resources, local advocates, shelter, legal options, 911.
- Avoid: Rooms where weapons or dangerous implements are present (e.g., kitchens and knives).
- Tools: Recognize vulnerability cues such as **HALT** (be aware when you are **hungry, angry, lonely or tired**); deal with safety, sobriety and wellness issues "one day at a time" to avoid being overwhelmed; use meditation or other activities that help you stay centered.

12 Strategies for Safety, Sobriety and Wellness

Women attempting to stay safe, sober and well may develop a plan that may include but is not limited to:

- 1.) Identifying who to call for help (e.g. advocate, sponsor, counselor, peer), forming support systems, knowing about safe support groups and meetings.
- 2.) Knowing information and getting education about domestic violence, sexual assault, substance use disorders and mental health concerns.
- 3.) Removing substances and paraphernalia from the home. Removing weapons from their usual spot in the home.

- 4.) Recognizing unsafe persons, places and things.
- 5.) Understanding how to deal with legal and other problems stemming from domestic violence/sexual assault/behavioral health issues (e.g. health, children's services involvement, poor nutrition).
- 6.) Assembling paperwork to determine eligibility for assistance or to begin seeking employment, school, housing or other options.
- 7.) Knowing how domestic violence/sexual assault can be a relapse issue, as well as contribute to depression, anxiety and other mental health concerns.
- 8.) Knowing how substance use and mental health concerns can be safety issues.
- 9.) Understanding physical, emotional, cognitive, environmental and other cues indicative of risk, and having a plan to deal with it. Recognizing the role of stress and craving, and having a plan to deal with it.
- 10.) Learning how to parent, engaging in relationships, developing sober friendships.
- 11.) Knowing when and where to run in a life-threatening situation that puts your safety, sobriety or wellness at risk.
- 12.) Having a code word children will recognize to let them know it's time to call 911.