

## Suicide Prevention Plan – Follow-up (SPP-F)



### Managing the suicidal episode-Post-Suicidal episode follow-up

**When?** Within hours or days following the initial MAAS episode, based on the level of danger and the person's needs

Name, Last name :	Follow up date :
Name of person conducting follow up:	Relationship with person :

<p><b>Information to collect:</b> Indicators on which to base your <b>clinical judgment</b> about the evolution of the danger of suicide and of the episode</p> <p><b>Changes in the MAAS</b> Types of MAAS present at follow-up: Verbal/ Non-verbal communication, behaviours, thoughts Elements of planification present at follow-up: Method/means, time, location preparations for death, danger at follow-up, access to method, lethality of method (real and perceived by person), planning ability</p> <p><b>Changes in trigger events</b></p> <p><b>Critical moments/trigger events identified at follow-up</b> Ongoing or anticipated, positive and more difficult moments within the last few days, since initial MAAS episode</p> <p><b>Changes in current risk and protective factors</b> Proximal risk factors that may increase the danger level at follow up</p> <p><b>Protective factors present at follow-up</b></p>	<div style="background-color: #4a7c9c; color: white; padding: 2px; font-size: 8px;">Observer</div> <div style="background-color: #4a7c9c; color: white; padding: 2px; font-size: 8px;">Decider</div> <div style="background-color: #4a7c9c; color: white; padding: 2px; font-size: 8px;">Agir</div>	<div style="background-color: #d9e1f2; padding: 5px;"> <p><b>Observe:</b> Collected information Source: Questions to person, observations, questions to professionals or close persons, person's file</p> </div> <div style="border: 1px solid black; height: 150px; margin-top: 5px;"></div> <div style="background-color: #d9e1f2; padding: 5px; margin-top: 5px;"> <p><b>Decide:</b> Decision based on the changes in the episode and the level of danger</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%; padding: 5px; vertical-align: top;">Changes in the level of short-term danger for the person:</td> <td style="width: 70%;"></td> </tr> </table> </div> <div style="background-color: #d9e1f2; padding: 5px; margin-top: 5px;"> <p><b>Act:</b> Intervene to adjust the action plan based on the evolution of the person's needs</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%; padding: 5px; vertical-align: top;"> <ul style="list-style-type: none"> <li>- Increase or reduce the security measures put into place</li> <li>- Adjust the action plan</li> <li>- Plan the next follow-up</li> </ul> </td> <td style="width: 70%;"></td> </tr> </table> </div>	Changes in the level of short-term danger for the person:		<ul style="list-style-type: none"> <li>- Increase or reduce the security measures put into place</li> <li>- Adjust the action plan</li> <li>- Plan the next follow-up</li> </ul>	
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