

# 12Steps Safety Plan as a part of the online program for students in higher education

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## AIM

To determine if 12 Steps Safety Plan (12SSP), a web-based application can be used as a part of suicide prevention educational program for students in the higher education, healthcare staff and people with lived experience.

## INTRODUCTION

University students experience high level of distress. Lifetime prevalence of ideation, plans, and attempts were 32.7%, 17.5%, and 4.3%, respectively in first-year students from colleges in eight countries worldwide (Mortier, 2018). Stallman (2019) shows that web-based interventions are effective in supporting students and improving emotional regulation. It is important as research shows that both students and healthcare professionals are reluctant to seeking professional help.

## METHODS

It is a qualitative study with descriptions of the reactions of the students, academic teachers, healthcare staff and people with lived experience to the 12SSP. We include reactions of people with the lived experience, as some of students interested in suicide prevention have at the same time lived experience of suicidal issues. And, then they can hopefully using the application after the studies with their patients and clients.

## RESULTS

In the Focus Groups organized as a part of the ELLIPSE-project co-funded by the EU Erasmus+ programme students were telling us that they would like to have access to suicide prevention courses during their studies, from the first to the last year. They were saying that they need to survive the first years, that are most difficult, and that then they need be prepared to work with patients with suicide risk. To bridge the gap between student's wishes and the inaccessibility of suicide prevention programs at the universities, we developed 12SSP, that can be used both as brief intervention (as traditional Safety Plan), as well as a part of education during all years of the study. It has functionalities helping in coping with stress, helping other students, as well as it can be used by professionals during work with their patients after studies. First reactions to the 12SSP are positive of students, academic teachers, and people with lived experienced.



**ELLIPSE Gatekeeper+ Course**

**Course organizer:** Jagiellonian University in Kraków  
**Course edition:** 2022\_Sept

The course is dedicated to people interested in suicide prevention. The aim is to help you to save someone's life.

## CONCLUSION

Our very preliminary findings give support to the use of 12 SSP as part of the education program for students, but it needs further studies.

## REFERENCES

**For more information visit:** The ELLIPSE-GATEKEEPER + Educational Program at [Navoica.pl](http://Navoica.pl) e-learning platform of Ministry of Education of Science available 10<sup>th</sup> Sept 2022 (access via [ellipse.com](http://ellipse.com) website) co-funded by the Erasmus+ Programme of the European Union.

## 12 STEPS



**SEAT: ANALYZE**

**SITUATION**

**EMOTIONS**

**ACTIONS**

**THOUGHTS**



**RIDE: BOOST YOUR SELF-ESTEEM**

**REPLACE**

Restrict access to self-harm means

**IMPROVE**

Create a new healthy habit (tradition)

**DISTRACT**

Use STOP, TIPP, 5S or other acronyms

**ENGAGE**

Care about your inner child and protective factors



**CCS C112: CONNECT**

**Chat/SMS**

**CALL**

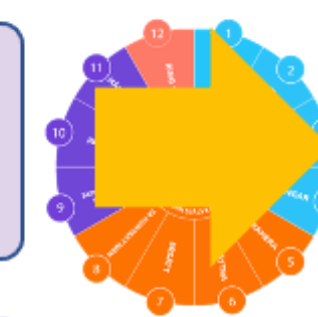
**STAY SAFE**

**CALL 112**

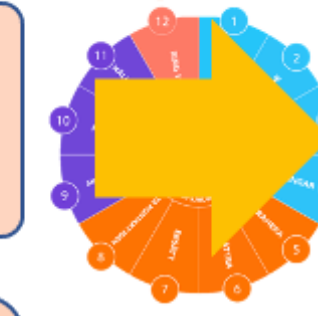
## Theoretical Framework

Joiner's Interpersonal Psychological Theory of Suicide (5):

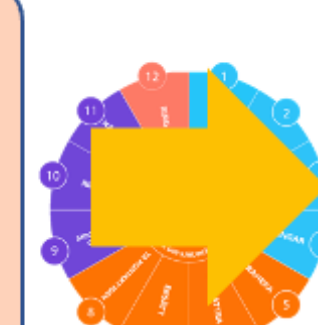
**A: Feeling Alone?**



**B: Feeling a Burden?**



**C: Feeling Capable to kill?**



**In 12 Steps Safety Plan:**

**Connect! (CCS-C112) (CCS-C113 (Norway))**

Aim: to practice help-seeking skill and communication, that can help in creating protective connections). **Helper: Stop-Connect-Ask**

**Boost your self-esteem! (RIDE! Validate!)**

Aim: to increase mastery of understanding self and others) **Helper: Validate!**

**Replace (Restrict means) & Engage (RIDE)**

Aim: to keep a person safe during the temporary disturbances in the state of acute and imminent suicidality) **Safe Place** (= a place where suicide risk is zero). **Helper: Help to make a place safe!**

## Why should we use 12 steps safety plan every day?

**Simmelweis procedure**

WASHING HANDS PROTECTS US AND OTHERS FROM BACTERIA AND VIRUSES.



**12 Steps Safety Plan procedure**

12 STEPS SAFETY PLAN HELPS US TO COPE WITH AN EMOTIONAL CONTAGION A DIFFICULT SITUATION, EMOTION, BEHAVIOUR, INCL. SUICIDAL IDEATION AND SELF-HARM URGES



Take 12 SSP before meeting your friend, family, patient, client, employee

**HORIZONTAL PREVENTION: A BROAD-BASED APPROACH ATTEMPTING REDUCTION OF ALL INFECTIONS DUE TO MANY DIFFERENT "PATHOGENS" SELF-HARM, SUICIDE, BULLYING, MOBBING, OPIOIDS...**

**HEALTH: WE NEED ANTI-STIGMA ATTITUDES, RESPECT, SKILLS, STRATEGIES, AWARENESS, NETWORKING, POSTVENTION & SHARING RESPONSIBILITY**

**Emotional contagion**



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