

Meet Carolina - Beginning the safety planning process

Back Story – You have been working with Carolina for the past six months. You have a good relationship and Carolina has been receptive to goal setting and has made steady progress. You did notice a pause when you handed her the Futures Without Violence Safety Card, *Healthy Moms, Happy Babies*, but you decided to let it sit and see if Carolina came back to you with any questions. At your last visit, Carolina seems very sad and talks about things being very hard. You have seen an accumulation of little things, and today, Carolina says she wants to talk to you about something that happened last week.

Carolina's story

Carolina: I had to send Jo-Jo (who is 4) to Amy's last night (lives down the hall in her apartment building). I knew Sid was going "to blow." I had worked out a plan with Jo-Jo to go to Amy's when I say there is "a popsicle for him." I want Sid to get counseling for his anger. I know he is worried about losing his job but I can't take the stress anymore. I am worried about how everything is affecting Jo-Jo. I dropped out of high school when I was pregnant with Jo-Jo. My mother said she would pay for me to take the GED classes to get a high school equivalency degree. I don't know how I will pay for childcare and Sid doesn't like my mom anyway. My mom used to help with childcare but Sid said "no more, she interferes with our marriage." I would like to figure out how to get more education when Jo-Jo goes to kindergarten but I am worried that I might get pregnant before I am ready for another child. I think that things are getting harder and harder between us; and I dread it when Sid comes home. It makes everything easier if I get Jo-Jo fed and to bed early.

Step 2

Work together and answer the questions below.

What risks does Carolina see?

What risks do you see?

What are Carolina's short-term priorities?

What are Carolina's long-term priorities

Identify Carolina's safety strategies