

Safety Plan

Family: Smith
Client: John Smith
Therapists: Joel A. Falco, MA, LCSW (John's individual and group), Ron Pestana, MS (family/couple)
Date: June 13, 2003

I. Supervision

1. Nancy Smith, Kelli Underwood, and Jim Sanford are the only adults allowed to supervise John. Any added supervisors must meet and be approved by the treatment team.
2. John Smith will always have adult supervision. He should not be alone with any children.
3. While supervising John, the supervising adult will remain within eyesight and/or hearing distance at all times.
4. All approved supervisors will be informed of this safety plan and will agree to enforce it.
5. It is the supervisor's role to observe, provide feedback, and ensure the children are safe from all physical, verbal, and/or sexual abuse. It is NOT their role to baby-sit or provide therapy.

II. Privacy and Boundary Guidelines

1. When the bathroom is occupied, the door is to remain closed.
2. Only one person is allowed in the bathroom at a time, with the exception of married partners or Nancy needing to provide bathroom supervision/duties.
3. John will knock and get permission before entering a closed door.
4. John will refrain from providing bathing, hygienic care, and toilet care for the children.
5. John will not assist the children with changing their clothing.
6. All family members are clothed at all times in common living areas. Appropriate clothing includes pajamas or shorts and a t-shirt.
7. Adults will engage in sexual contact only behind closed doors (not within eyesight or earshot of the children).
8. The adults will not engage in communication "through" the children (i.e., "tell your mother/ father...").
9. The adults will remain cordial with each other in front of the children, even when angry.
10. John will follow the "appropriate touch and affection guidelines" as described below.
11. John will only change his clothing or get undressed behind closed and locked doors.
12. Children should have the option to lock the bathroom door.
13. John should not keep any secrets of any kind with the children.

III. Appropriate Touch and Affection Guidelines

1. Family members will practice gaining permission before giving or receiving any expressions of affection. Each person has the right to say no to a good touch any time he/she wants to.

