



The Life is Sacred Risk Resilience Conversational Framework April 2026 v 3.0

The *Life is Sacred Risk Resilience Tool* is meant to be **a conversational-relational framework**.

Do not share this tool with the young person; use the questions as a guide only and complete the recording portion out of view or when another staff member cares for the youth.

Do not force the conversation through the answers. Through reflective and authentic listening, allow the young person to control the narrative. The questions listed here are suggestions only; use your existing relationship and knowledge of the young person's history to consider a conversation prompt in each of the key areas.

Complete this tool as much as possible with relational practice considerations. Ensure that you have.

- Changed environment (use outdoor space if possible).
- Light the smudge and or/used a traditional form of creating a safe space.
- **Do not** enter contracts.
- **Do** let the young person lead what they want to happen in the next few hours, days and weeks.
- **Do** begin the Life is Sacred long-term care tree (Safety Plan) when appropriate.

Life (Lethality)	<p>Say: <i>Sometimes, when things feel too much, people can think about ending their lives. I want to ask you directly: Have you been having thoughts about ending your life? Are you thinking of killing yourself today? Soon? Have you spent time thinking about how you would do it? Do you have guns at home? Do you have access to (pills, ropes etc.)</i></p> <p>See: shoelaces in the pocket? Coats with belts, hoodie strings. Other things that might indicate a method.</p> <p>Listen for Access to lethal means or items and knowledge of places that may be considered.</p>
Intent	<p>Say: <i>I really appreciate you being open with me about this. Can you tell me if you've made any plans or if you've thought about how or when this might happen?</i></p> <p><i>Do you have a clear plan?</i></p> <p><i>How long have you been thinking about that plan?</i></p> <p><i>Why did you choose that location?</i></p> <p><i>When did you think X would be a place to do this?</i></p> <p>Listen for: A clear plan, hopelessness, and words that indicate they have no other options.</p>
Feelings	<p>Say: <i>You look like you might be feeling X (agitated, sad, unsettled).</i></p> <p><i>Is this the strongest feeling of X you have ever felt?</i></p> <p><i>Have you ever navigated through this feeling before?</i></p> <p>Listen For: Emotional literacy, can they name a range of feelings? Signs of shame, signs of feeling alone, hopeless, abandoned or burdensome.</p> <p>Feelings related to being stuck or trapped, emotional numbness or disconnection.</p>
Energy	<p>Say: <i>I know/It sounds like things have been hard for you lately. Can you tell me what's been going on for you? How have you been feeling?</i></p> <p>See: Energy level, tone, the pace of voice, any signs of intoxication (higher impulsivity), head down, hands in pockets, fidgeting, pacing?</p>
Spirit	<p>Say: <i>What are your cultural beliefs? Who in your community can you go to for medicines or healing? Do you have a spirit name? What does it mean?</i></p> <p>Listen for: Signs of connection, historical practices, and a traditional name as a source of life continuity.</p>



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<p>Affirmation and Hope</p>	<p>Say: <i>I can see that things are really tough for you right now. But you've made it through some hard times before. Can you tell me about a time in the past when you felt like you were struggling but were able to get through it?</i> <i>Before today, when this feeling got so big, what are some of the things you looked forward to?</i> You have been through a lot; I see strength in what you have overcome. See: Any change of body language in future talk? Listen for: threads of hope and belief in their future self.</p>
<p>Connection & Community</p>	<p>Say: <i>Whom do you feel you can count on in the centre? In your family? In your community? What are the things that make you feel at home or comfortable in your community?</i> See: A change in mood as certain people, places or things are mentioned Listen for: Threads of connection and names of people that can be on a regular contact list or invited to visit.</p>
<p>Resources & Resilience</p>	<p>Say: <i>Were there specific things or people that supported you or helped you cope? Have you ever had suicide support before?</i> Listen for: Any names you can connect with in the next short while to bring into the care circle.</p>
<p>Exploration</p>	<p>Say: <i>Next week, do you think you will want to go to X?</i> <i>When you were little, how did you picture your future? Do you see yourself as a parent, partner, or job? What are some events you look forward to in summer?</i> Listen for: A connection to next week, next season, a different stage of life</p>
<p>Design Care Plan</p>	<p>Say: <i>What are some of the things that make you feel better, even just a little bit? Maybe something simple like taking a walk, listening to music, or talking to a friend?</i> <i>What do you need to keep you safe? Whom do you want to be involved?</i> Listen for: The ability to plan, and connect to needs and wants, desire to be involved in feeling better, a desire for change, healthy choices.</p>

		None	Low	Moderate	High
L	LETHAL/LIFE: The client has access to lethal means	Method not available, no opportunity.	Weak - Method would take time/effort, an opportunity not readily available, e.g., would have to purchase poisons, get a prescription, borrow or buy a gun	Moderate - Future opportunity or availability anticipated	Strong - Method/opportunity available – pills, gun, car available
I	INTENT	Not considered method not thought about location	Minimal Consideration of method, location	Moderate consideration, of method and place	Details Worked out, well-formulated plans, time and place may be selected.
F	FEELINGS	Can name feelings and talk about ranges of experience. Expresses emotional options.	Can name several basic feeling states related to the present situation	Can name a few basic feeling states.	Uses no words to describe feeling states, is very flat in affect. Expresses feelings of shame, being trapped or feeling burdensome.



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E	ENERGY	Energy is not overexcited nor completely flat	Energy fluctuates	Energy is mostly low	Energy is low, monotone, completely low energy. Agitation, or hypervigilance present
S	SPIRIT	Names many spiritual connections to ceremony, Elders, speaks their language.	Expresses some connection to land, culture, ceremony.	Expresses several connections to land, culture, ceremony.	Expresses no connection to land, culture, ceremony, or spiritual anchor.
A	AFFIRMATION AND HOPE	Expresses personal strengths and future things to look forward to, and have things that anchor them to life	Names a few personal strengths or things in life to look forward to.	Expresses little personal strengths, or things in life to look forward to.	Expresses no personal strengths or things in life to look forward to.
C	CONNECTION AND COMMUNITY (Belonging)	Names many people who care about them, speaks of friends and family. (siblings, pets etc.)	Names some strong relationships/and connections.	Has few significant relationships supports, talks of loneliness.	Has no significant relationship support, considers self alone in world.
R	RESOURCES AND RESILIENCIES (Belonging)	Names many support services and a variety of individual strengths.	Has several sources of support and connection.	Can name a few community supports.	Is completely disconnected from community sources of support, may not even know what community they are from (adoption, foster care).
E	EXPLORE THE FUTURE (Meaning & Purpose)	Can articulate goals and future, has a strong sense of self-continuity, speaks of things next week, month, season or in years to come.	Some sense of self-continuity, talks of things in coming days, weeks.	Occasional sense of self continuance, mentions some short-term plans.	Low sense of self-continuity, can't picture themselves getting older, or in other life roles.
D	Design the Care Plan	Youth can articulate needs/wants and choices. Actively	Youth shows some interest in being	Youth shows little interest in being	Youth shows no interest in being involved in planning.



		involved in talking about the next few hours, days, weeks.	involved in planning.	involved in planning.	
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Use your judgment to determine immediate risk and risk mitigation. The more red/orange boxes, the deeper the conversation and intervention needs to go. Depending on immediate in centre supports you may need to increase observation or intervention from outside sources. Your centre policy and available resource/supports will guide you in this decision.

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Risk Summary

(Check all that apply)

Stage Setting Factors	Contributing Factors	Trigger Factors	Enabling Factors
<input type="checkbox"/> Diagnosed depression <input type="checkbox"/> Diagnosed MH condition (other) <input type="checkbox"/> Previous Suicide attempt <input type="checkbox"/> History of abuse (sexual/physical/emotional) <input type="checkbox"/> History of substance misuse <input type="checkbox"/> History of Non Suicidal Self Injury <input type="checkbox"/> Family history of suicide <input type="checkbox"/> History of neglect	<input type="checkbox"/> Impulsivity <input type="checkbox"/> Family Instability <input type="checkbox"/> Hopelessness <input type="checkbox"/> Minimal social support (belonging) <input type="checkbox"/> Psychosis	<input type="checkbox"/> Recent suicide (family) <input type="checkbox"/> Relationship Breakup <input type="checkbox"/> Other trauma or Crisis <input type="checkbox"/> Trouble with the law <input type="checkbox"/> Recent loss <input type="checkbox"/> Agitation or anxiety <input type="checkbox"/> Exposure to peer suicide	<input type="checkbox"/> Current intoxication <input type="checkbox"/> Lack of rescue resources <input type="checkbox"/> Accessibility of lethal means <input type="checkbox"/> Current suicidal plan

Notes and immediate safety plan	
Team Debrief Details (Date, time who was involved)	
Level of immediate Risk Determined:	
Transported to Hospital? (take this form with you to communicate what has already been explored with the medical care team)	
Guardian Notified? (Who/Date/By whom)	
The incident Report has been completed, and this form is attached.	
Long Term Life is Sacred Care Tree (Safety Plan) started.	

This assessment is used in conjunction with Life is Sacred Prevention and Intervention Training and is under pilot review 2024-2026. Contact ysac@shaw.ca with questions.



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