

COUNSELING ON ACCESS TO LETHAL MEANS (CALM)

Assess access to means

- Always ask about firearms
 - How can we make the environment safer?
- When you've been suicidal, what have you done?
- CSSR-S #3—intent with any means
- Have you thought about how you would kill yourself?

Manage Ambivalence

- Use Motivational Interviewing skills
- **Evoke**: You mentioned you're a gun owner; What kinds of guns do you have?
- **Focus**: I've been meaning to ask you about gun safety as a gun owner.
 - Can we talk about how you maintain safety in the home?
 - if they say "no", you can ask "what do you think will happen if we talk about this?" and debunk myths they may have that they'll lose their weapons forever or go to the hospital)
- **Evoke**: I wonder what some of the ways are that you can maintain safety in the home
 - Have a list of options for firearm storage inside and outside of the home
 - Use Pros/Cons List

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Be Collaborative

- Scale how do-able the plan is and work through obstacles

Emphasize Short-Term Nature of Plan

Involve Family Members

- Determine reliability and willingness to implement

Implement Plan

- Locked storage, Weekly Med refill, Discard Unused Meds

Follow up with Implementation. Make Adjustments, if Necessary