

## (PIPSS): Prevention of Injury Problem Solving Sheet

**Purpose:** On occasion, when people are faced with stressful or difficult personal problems, they will exercise poor judgment and act (or think about acting) on a destructive impulse. Often these impulsive actions do not actually solve the underlying problem, perhaps even making things worse. They may create a situation of danger to the person or others they interact with. Quite often professional intervention is needed in order to reduce the risk of harm by assisting in the working through of more effective ways of dealing with problems.

The purpose of this problem solving exercise is to assist a person in the thinking through of the underlying problem enough to identify specific alternatives or solutions they may take in the future. Unless one has identified more effective solutions to these problems, they are likely to continue to act impulsively and are not a good risk for a reduction in precautions and to be recommended for discharge from the hospital.

1. DESCRIBE THE SPECIFIC THINGS YOU DID TO LEAD MEDICAL AND MENTAL HEALTH PROFESSIONALS TO DECIDE THAT YOU NEEDED THE ADDITIONAL STRUCTURE PROVIDED BY HOSPITALIZATION.
2. WHAT UNDERLYING PROBLEMS WERE YOUR ACTIONS INTENDED TO SOLVE? WHAT DID YOU HOPE TO ACCOMPLISH BY TAKING THAT ACTION?
3. IF YOU WERE AGAIN TO ENGAGE IN THOSE BEHAVIORS, WHAT MIGHT HAPPEN TO YOU? WHAT COULD BE THE LONG TERM CONSEQUENCES OR RESULTS FROM SOLVING THE PROBLEM THIS WAY?

4. BRAINSTORM OR THINK OF FIVE CONSTRUCTIVE ALTERNATIVE SOLUTIONS TO THE UNDERLYING PROBLEM. (YOU MAY NEED TO RESEARCH IDEAS FROM OTHER PEOPLE WHO HAVE SOLVED SIMILAR PROBLEMS THEMSELVES.)

1.

2.

3.

4.

5.

5. SELECT TWO OF YOUR IDEAS YOU THINK WOULD BEST WORK FOR YOU. THESE SHOULD BE LONG TERM SOLUTIONS THAT SATISFY YOU AND RESOLVE THE UNDERLYING PROBLEM.

1.

2.

6. LIST THE SUPPORT AND ADDITIONAL SKILLS YOU NEED TO DEVELOP IN ORDER TO TURN THESE IDEAS INTO EFFECTIVE ACTION. HOW CAN OTHERS HELP YOU BECOME MORE SUCCESSFUL WITH YOUR PLAN?

7. COMPLETE THE FOLLOWING STATEMENTS:

*In the future, whenever I feel* \_\_\_\_\_

*And start to do:* \_\_\_\_\_

*I will stop, recall my alternatives and (do):* \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*SIGNATURE:* \_\_\_\_\_ *DATE:* \_\_\_\_\_  
(Reviewed by: \_\_\_\_\_ )