

Family Intervention for Suicide Prevention (FISP)

The Family Intervention for Suicide Prevention (FISP) is an emergency/crisis intervention for patients, ages 10-18, presenting with suicidal ideation, attempts and behavior, and/or other self-harm. Originally developed for emergency department (ED) settings, the FISP has been adapted for emergency evaluation and care in outpatient mental health clinics, schools, pediatric and other medical clinics, and a variety of other settings. The FISP is based on the "Emergency Room Intervention for Adolescent Females" (Rotheram-Borus et al., 2000), and designed to use the emergency contact as a window of opportunity to improve linkage to follow-up treatment after ED/hospital discharge and enhance safety. Because the original intervention was combined with a structured outpatient treatment, the FISP was adapted for usual ED conditions, where outpatient treatments vary and barriers may impede access. Both the FISP and original intervention are cognitive-behavioral family interventions, rooted in social learning and family systems theories, emphasize skill-strengthening, safety planning, and empowering the family to prevent repeat suicidal episodes (Asarnow, Berk & Baraff, 2009).

FISP core components include: 1) brief staff training to improve the environment for intervention delivery; 2) a youth and family crisis therapy session aimed at enhancing protective processes, safety planning, developing skills for decreasing risk of suicidal behavior, and providing a positive therapeutic experience that would increase motivation for outpatient follow-up treatment; and (3) care linkage telephone contacts after discharge to motivate and support linkage to outpatient treatment, and continuity of care.

Citations:

Asarnow, J. R., Berk, M. S., & Baraff, L. J. (2009). Family Intervention for Suicide Prevention: A specialized emergency department intervention for suicidal youths. *Professional Psychology: Research and Practice*, *40*(2), 118–125. <https://doi.org/10.1037/a0012599>

Rotheram-Borus, M. J., Piacentini, J., Cantwell, C., Belin, T. R., & Song, J. (2000). The 18-month impact of an emergency room intervention for adolescent female suicide attempters. *Journal of Consulting and Clinical Psychology*, *68*(6), 1081–1093.