



## Co-ordinated is Help Risk Intervention Service (Chris)

### 1. Beginning of your journey with CHRIS.

At the beginning it will be about getting to know you and people close to you, this will help us to understand what's happened and be able to offer you the best support

### 2. Making things safer.

Your worker will support you, and the people close to you, to put in an immediate plan (within 24 hours of contact with you) to help make things feel safer. This tends to work better when the people close to you, such as parents, or other safe and trusted adults.

### 3. Making sense.

Your worker will listen to you and the people close to you, and together come up with an understanding or 'formulation'.

Formulations is a way of making sense of what has gone on/is going on and can help people to understand how and why they might have come to feel the way they do.

This helps with planning what needs to happen next, to start tackling the situation and to begin to help you feel or cope differently. CHRIS will explore with you what type of support might be most beneficial with you, before starting this.

### 4. What happens at the end of your journey with CHRIS?

We will support you and the adults in your support network to develop a longer-term safety plan. This will include making sure you know who to contact if you feel unsafe again and how to manage if similar problems happen in the future.

### Your opinion matters

When your journey has ended with CHRIS, we will ask whether you and the adults who support you would like to give feedback.