

**Home and Community Based Services Waiver  
and Safety Plan Contract**

These are the things that usually make me most upset:

This is what I do when I start feeling upset:

The best things for me to do to stop feeling upset are:

When I feel upset, the people I would like to talk to or be with are:

When I am upset, I wish people would:

***I agree that I will try my best to do the things that make me feel better, when I first notice that I am starting to feel upset.***

**Required Signatures:**

Child: \_\_\_\_\_ Date:

Parent: \_\_\_\_\_ Date:

ICC: \_\_\_\_\_ Date:

Teacher (if school is involved): \_\_\_\_\_ Date: