



CRISIS PREVENTION & INTERVENTION



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WHAT IS A CRISIS?

An emotional and physical response to some precipitating event or series of events that disrupts our normal day-to-day functioning.

**HOW DO
PEOPLE FEEL
WHEN THEY
ARE
DEALING
WITH A
CRISIS?**



WHAT HELPS?



WELLNESS RECOVERY ACTION PLAN

Toolkit created by Mary Ellen Copeland
www.mentalhealthrecovery.com



WELLNESS TOOLS

- The things you do to keep yourself well.
- The things you do to help yourself feel better when you don't feel well.
- Work with parents and children to create a Wellness Toolbox.
- Encourage them to think about all the things they like to do.

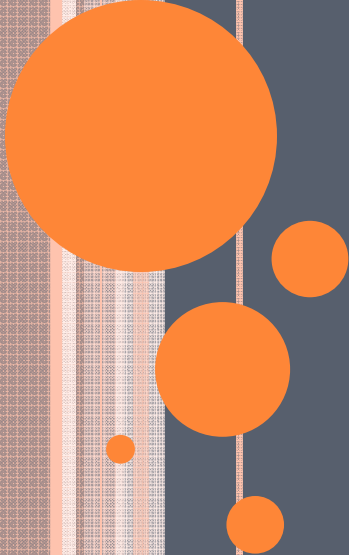


POSSIBLE WELLNESS TOOLS

- Read a book
- Take a walk
- Color
- Listen to music
- Talk to friends
- Take a bath
- Get something to drink
- Talk to my parents
- Talk to my therapist



**WHAT ARE YOU LIKE
WHEN YOU FEEL
REALLY GOOD?**



WHY THINK ABOUT THIS?



THIS IS HOW I'M FEELING WHEN I'M FEELING WELL:

- **Have child/parent make a list of how they feel when they are feeling well:**



DAILY MAINTENANCE PLAN



- Ask child/parent to think about things they do or need to do everyday to maintain wellness.
- Some examples:
 - Go to sleep by 7:30
 - Play outside or take a walk each day
 - Drink water
 - Eat breakfast
- Charts may be helpful, especially for younger kids.



CONSIDER STRESSFUL EVENTS OR TRIGGERS

- External events that may make the child/parent feel upset, sad, grumpy, hurt.
- These are normal reactions to life events, but if we don't deal with them, it may make us feel worse.
- Being aware of these triggers helps us to cope better.
- Help the child and family you are working with to make a list of potential triggers or stressful events



EXAMPLES OF TRIGGERS



- Having to visit with biological mom or dad
- Being rushed in the morning
- Not being understood
- Making mistakes
- Having lots of homework
- Being told “No” when I really want to do something
- Having to go to therapy group
- Getting into trouble at school



WHAT TO DO TO FEEL BETTER



- Encourage both the child and parent to make a list of actions to take to feel better
- These are wellness tools for dealing with stressful events.
- Some examples:
 - Ride my bike
 - Talk to my friend
 - Yell my feelings into my pillow
 - Think about good things
 - Snuggle with my teddy bear



EARLY WARNING SIGN

DANGER!

- Help the child and parent to consider that there may be times when they notice they are starting to feel badly and they don't know why.
- Thinking about these things ahead of time, makes you more aware of them and helps you take action before things get worse.
- For example:
 - Feeling tired
 - Don't want to get out of bed
 - Snap at people over little things
 - Can't slow my thoughts down



EARLY WARNING SIGN ACTION LIST

- **Have the child/parent make a list of things that have worked in the past when they start to feel the early warning signs**

For example:

- **Reading a book**
- **Going to bed early**
- **Taking one day off of school to sleep and give myself a break**

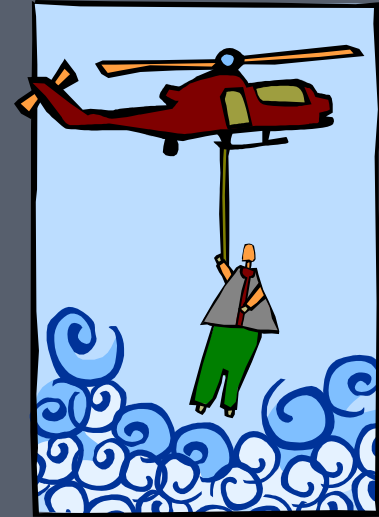


BREAKING DOWN & GETTING WORSE

- Encourage the child/parent to think about what happens when things are really bad.
- Make a list of these things along with possible actions the child and parent can take
- For example:
 - I start breaking things
 - I hear voices telling me to do mean things
 - Hit my mom
 - Run away



CRISIS PLANNING



Despite your best planning you may find yourself in a crisis situation where others will need to step in and take responsibility for your care

CRISIS PLAN COMPONENTS

- **Part One:** Provides information about you when you are feeling well.
- **Part Two:** Lists the things that will let other people know that you are in crisis and they need to help.
- **Part Three:** Lists the people you want to take over and help if things become worse
- **Part Four:** Lists medical providers and medications and treatment preferences.



CRISIS PLAN COMPONENTS CONT'D

- **Part Five: Identifies a plan for staying in your home or the community.**
- **Part Six: Identifies the treatment facilities/hospitals you'd prefer if you are unable to stay in your home.**
- **Part Seven: Lists how others can help you during this process.**
- **Part Eight: Outlines a plan for when this crisis plan can become inactive.**

