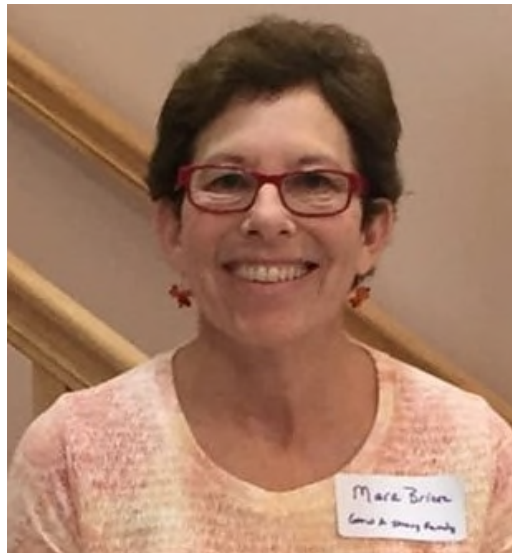


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It is all about Safety

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Certified Family Life Educator
President and Founder



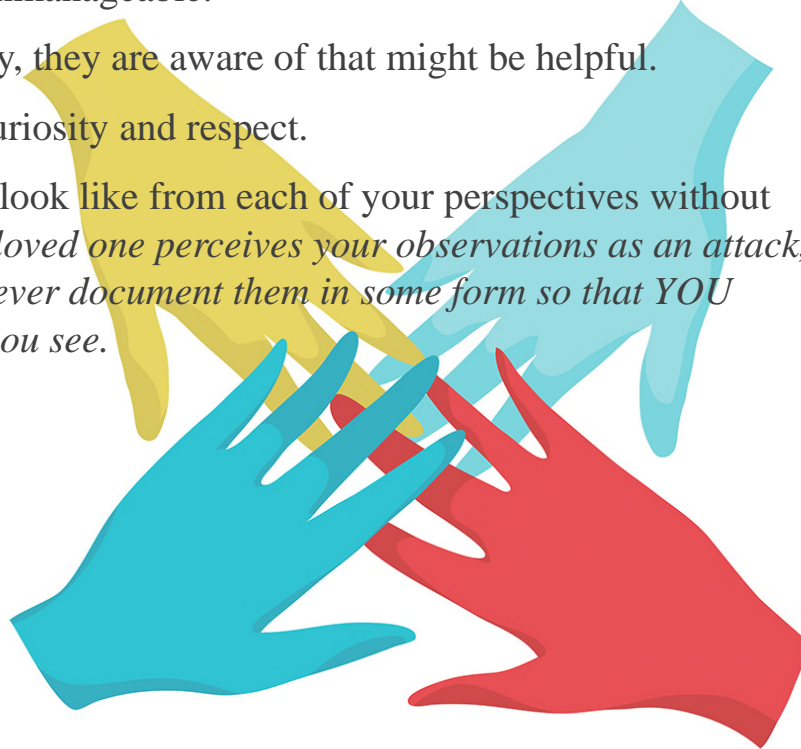
Acknowledgements

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When our loved ones are stable!

- ▶ Start with each of you agreeing that it is in your mutual best interests to defuse episodes before they become unmanageable.
- ▶ Find out which strategies, if any, they are aware of that might be helpful.
- ▶ Approach with an attitude of curiosity and respect.
- ▶ Agree on what symptoms may look like from each of your perspectives without judgment or criticism. *If your loved one perceives your observations as an attack, refrain from sharing them however document them in some form so that YOU remember when you see what you see.*
- ▶ Emergency plans.



Safety Plans

- ▶ <https://growastrongfamily.org/safety/>

CBHI Safety Plan is an excellent model for developing one with your loved one/for your family:

You can choose to write a Safety Plan on either side of this document. The formatted side of the Safety Plan has three sections. You can complete any or all of the sections as you find them useful. The Safety Plan can be updated at any time as you gain experience with what is working, change the goal of the plan, or think of new/different actions to take. Below is a description of each of the sections and some questions to think about as you complete the plan. From <https://www.mass.gov/service-details/cbhi-home-and-community-based-behavioral-health-services> as of 10/16/18



1. CONTACTS AND RESOURCES: This is a section for you to list in one place all of the names, roles, and numbers of individuals who you think will be most helpful to you or your family in a crisis.

Questions to Consider:

- *Is there anyone you feel you MUST notify if there is a crisis situation? (employer, school, other parent)*
- *Are there any people that you think can help calm the situation? (family, friends, teachers, neighbors, clergy)*
- *Are there any support persons or professionals you might want to contact? (current treatment provider, CSA team member, MCI team, helpline, PPAL, mentor, urgent treatment center, hospital emergency department, poison control, 911)*
- *Is there anyone you might want to call who might be able to help with managing other priorities while you are focusing on the crisis (child care, pets, closing up the house, transportation, covering a shift, etc.)?*
- *If you could call/talk to anyone to calm you/your child down when (insert name of crisis/risk), who would it be?*



- 2. GOAL OF PLAN:** It isn't always possible to prevent a crisis, so sometimes the goal of a crisis plan is to manage the situation well or to keep people from getting hurt. The goal might be focused on the person in crisis or it might be focused on how other members of the family act during/respond to the crisis.

Questions to Consider:

- *What do you want the plan to accomplish for you/your family in a crisis situation?*
- *What would be a measure of success in managing a crisis episode?*
- *If you don't feel you can realistically prevent a crisis, what could you do? How could you take a step towards your long-term goal?*
- *What would you like to accomplish as a parent/guardian in managing the crisis?*
- *What could be done to reduce the chance of harm or injury?*



3. **ACTIONS:** Knowing the goal makes it easier to think about actions that can be taken. Only list actions that people are really willing to take and that you think have a chance of working.

Questions to Consider:

- *What things can you see yourself doing that will help you achieve your goal?*
- *What has worked in the past that you could try again?*
- *What actions could (parent/guardian) take to achieve the crisis goal?*
- *What actions could (others) take to help achieve the goal?*
- *What are the ways you think you could calm down the situation?*
- *If you think about trying the actions, does it feel like they would work?*



Contacts and Resources

# _____	# _____
# _____	# _____
# _____	# _____

Name/role	Phone	Name/role
Phone		

Notes:



Goal of Plan

Actions

- ▶

- ▶

- ▶

- ▶

Developed by: <hr/>	This plan is for: <hr/>
Date Completed ___/___/___ Initial Revision	____/____/____ Date of birth ____ First name ____ Last name
Shared With: <hr/> <hr/> <hr/>	(other information, needs, requests) ____ ph: _____ ph: Printed name of the Parent/Guardian, if applicable ____ ph: _____ ph: Printed name of the Parent/Guardian, if applicable



Crisis Intervention

- ▶ In MA: <https://growastrongfamily.org/emergency-psychiatric-services/>
- ▶ Mental Illness Triangle by Nancy Pizzo Bucher **MUST HAVE!**
- ▶ <https://www.crisistextline.org/texting-in/> (Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust: text.)



▶ Crisis Plan - What is included?

- Member's information: name and age of member, mental health diagnosis, medical history, list of member's strengths and interests
- Family information: list of family members who live in the home
- Behaviors: Antecedents of previous crisis situations. Things that tend to escalate situation and those things that tend to de-escalate situations
- Medications: Name, type, dose, prescribing physician, pharmacy, and phone number. Any known drug allergies
- Treatment choices: List of interventions or treatments that are being used. List of interventions that have not worked treatments that should be avoided, list of treatment preferences
- Professional involvement: Phone number of crisis team, family doctor, therapist, social worker, psychiatrist, and hospitals
- Supports: Friends, family, spiritual leaders, coaches, etc.
- Safety Concerns: Access to guns, knives, medications and safety plan for others in the household
- Psychiatric Advanced Directive: Provide a copy if available
- Resources: Advocacy groups



▶ Now that we have a crisis plan - what next??

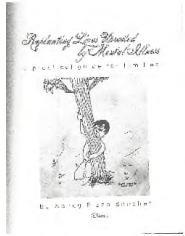
- After a crisis plan is completed- share it!
- Share with important people in the member's life.
- Suggestion by NAMI: Share the crisis plan with local
 - ▶ crisis MH team or police
- Create a safe environment by removing any and all
 - ▶ weapons and sharp objects
- Lock up all medications; both over the counter and
 - ▶ prescription
- Create a plan that keeps other family members safe
- Know the number of your county's mental health crisis
 - ▶ team



▶ Crisis Kit

- Keep a binder with past history
- Snacks
- Things to soothe other siblings
- Change of clothes
- Basic hygiene supplies





Crisis Intervention Portfolio (p.77)

1. Let responders know that this is a mental health crisis.
2. Ask responders to come without lights or sirens.
3. Basic info including: name of loved one; where s/he is in the house' best ways to approach including any concrete interest to enable quick connections.
4. Have safety plan available.
5. Picture of loved one well with likes and dislikes succinctly listed.
6. Advance directives.
7. Medications.
8. Providers.
9. Family.

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Resources

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- <http://www.maine.gov/dhhs/samhs/mentalhealth/rights-legal/crisis-plan/home.html>
- <https://store.samhsa.gov/shin/content/SMA-3720/SMA-3720.pdf>



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