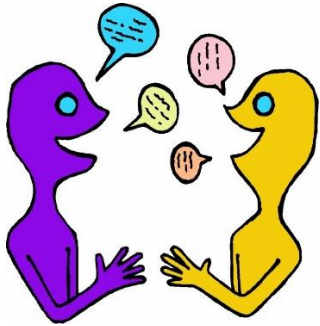


If a family's way of dealing with mental illness is not in the best interest of all its members, then it is not the best solution (Johnson, 1994; p. 169).

When our loved ones are stable

1. Start with each of you agreeing that it is in your mutual best interests to defuse episodes before they become unmanageable.
2. Find out which strategies, if any, they are aware of that might be helpful.
3. Approach with an attitude of curiosity and respect.
4. 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.*
5. Emergency plans.

It is both **What you say** and **HOW you say it** that determines how productive th conversation, **ANY** conversation is.



Safety Plans

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 the 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. There 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

Crisis Planning:

- 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

What's 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

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 when well with likes and dislikes succinctly listed.
6. Advance directives.
7. Medications.
8. Providers.
9. Family.

Resources are on our webpage:

<https://growastrongfamily.org/safety/>
<https://growastrongfamily.org/emergency-psychiatric-services/>
<https://growastrongfamily.org/safety-4-behavioral-health/>

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Kugler, L. PhD (Aug 12, 2015). Crisis-Planning-and-Care-Coordination. Retrieved on 10/07/18 from <http://www.vbh-pa.com/wp-content/uploads/sites/9/provider/training/Crisis-Planning-Care-Coordination.pdf>



Grow A Strong Family, Inc

Support for families uprooted by mental illness.

Safety & Crisis Management



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