



FAMILY LED CRISIS PLANNING

Making It Work For You



**GOALS FOR
TODAY**

- Understand How Crisis Plans Are Created And Used
- Understand Why Families Must Lead The Planning Process
- Increase Family Voice And Choice In Crisis Planning
- See How All Life Domains Are Involved In Crisis Planning
- Take Home Practical Strategies To Guide The Process

Mom

Grandma

Trainer

Oregon Native

Family Support Specialist

15 years working with youth and families



Oregon
Family Support
Network



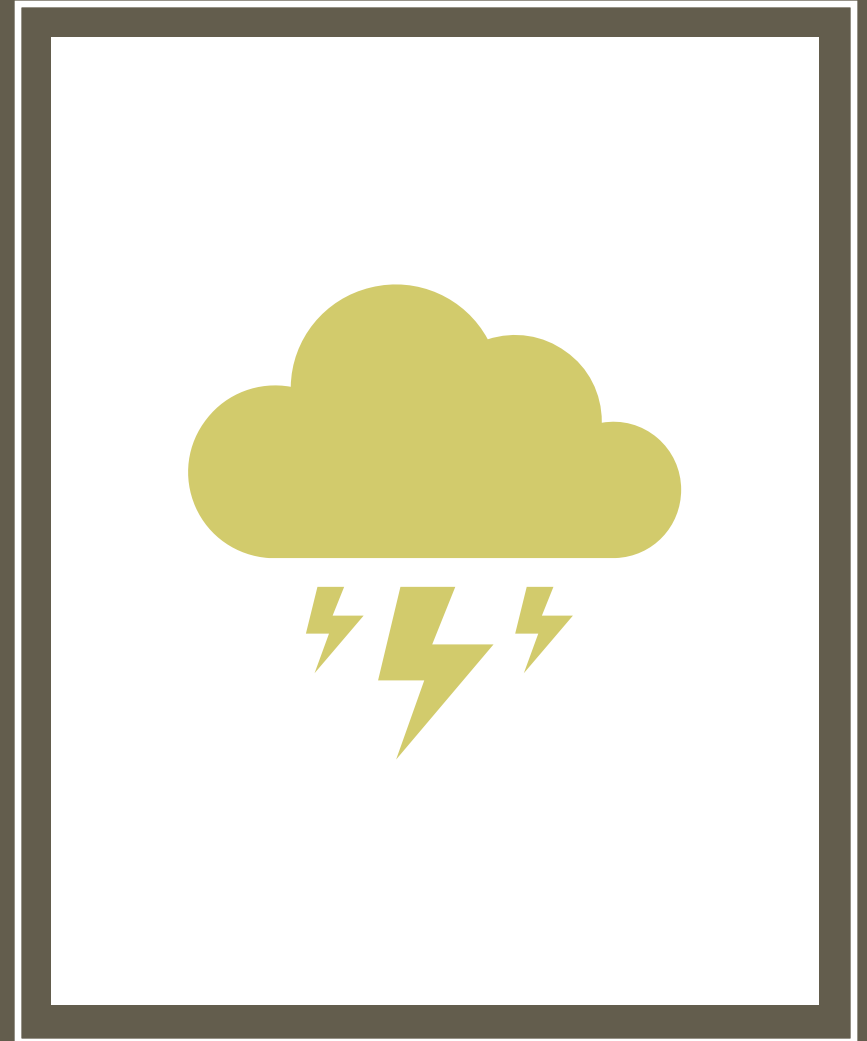


Ok,
So let's
dive
in

WHAT IS A “CRISIS”?

Definitions of crisis that can be found in several dictionaries:

- A time of intense difficulty, trouble, or danger
- A time when a difficult or important decision must be made
- A crucial or decisive point or situation; a turning point
- An emotionally stressful event or traumatic change



Job loss

Car Accident

Death

Divorce

Assault

Missing person

Houselessness

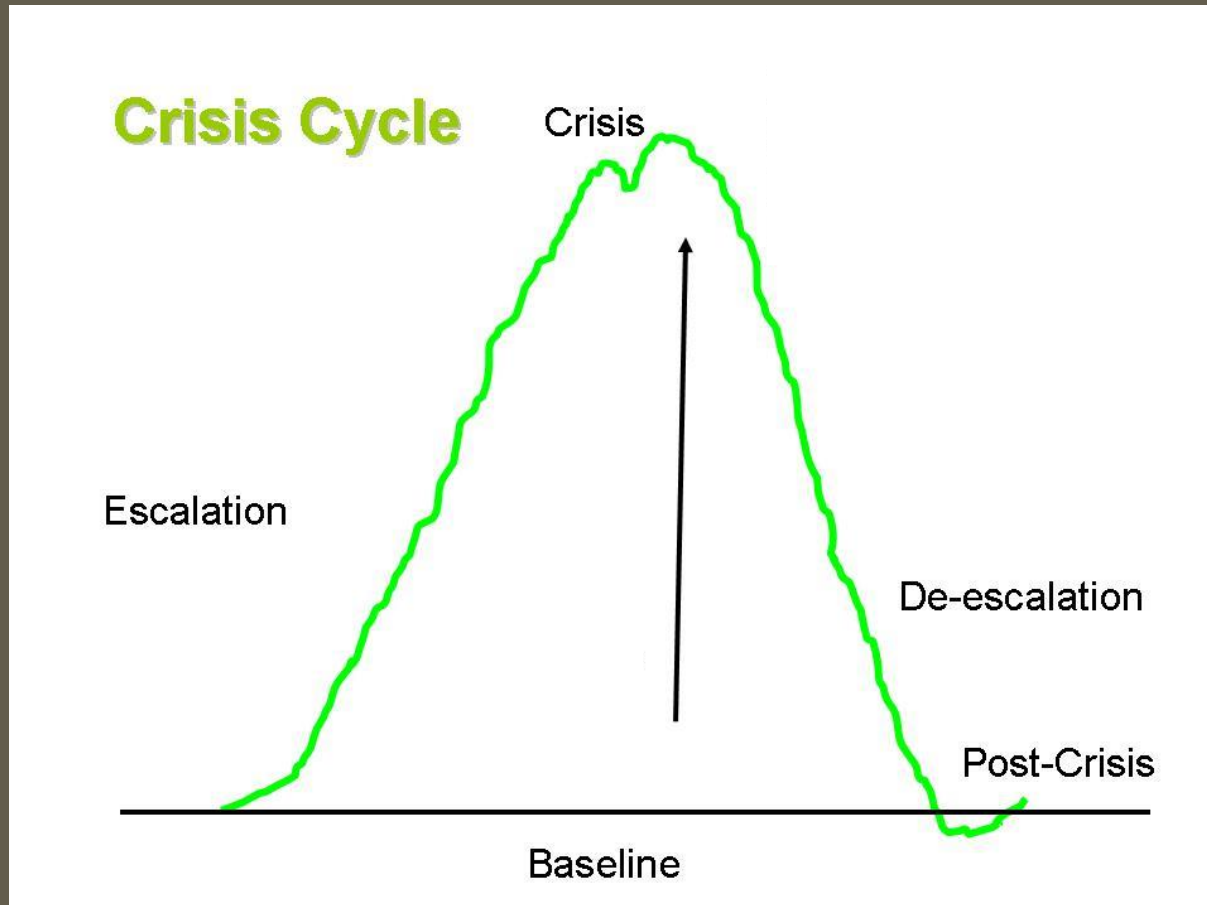
Illness

Injury

Financial Insecurity

Activations

Activations are situations, events, circumstances, environments, language, fears, stressors and challenges that can potentially escalate someone to the point of being in crisis.



Fight/Disagreement

Illness

Raising Voices

Change

Hopelessness

Stress (work, school, life)

Swearing

Discipline, or consequences

Transitions

Large groups of people

Loss of power

Relationship challenges

Loss of control

Change in structure or

Certain people

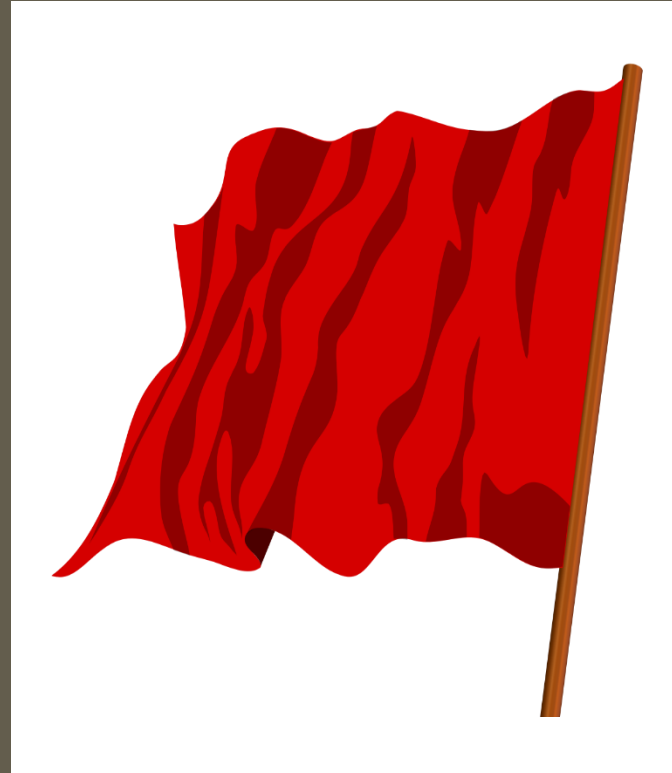
routine

Medications

Lack of sleep

WHAT ARE SOME
“SIGNS” THAT A CRISIS
MAY BE COMING OR
COULD OCCUR?

Families and caregivers who are raising children with mental, behavioral and/or emotional challenges live this life 24 hours a day, 7 days a week. We become attuned to changes in tone, pitch, language, body language, environments, and actions that may increase concern that our child is in the escalation phase of the crisis cycle.





A Crisis, What Leads To It And What The Signs Can Be,
Is Different For Everyone.
It Is Individualized To Each Unique Child, Parent, Guardian, and
Family.

CRISIS
STABILIZATION
VS
CRISIS
PLANNING



Reactive



**Identified
Symptomatic
Behavior Reduction**



**Increases Immediate
Safety**

Reactive plans generally focus on the behavior of one person and seek to provide immediate increased safety in that moment. This is important in many cases, but does not look at long term skill building, awareness, self efficacy, or change needed for the family. It can also unintentionally send a message that other members of the family are not needed in the process or have no role to play.

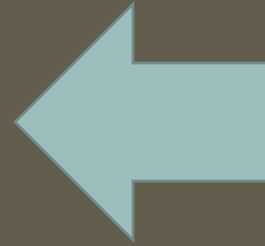
Proactive



Whole Family



Uses/Builds Protective Factors as a Strategy for Response to Crisis



Identifies Activations, Signs, Symptoms

Crisis planning in contrast is a supportive mindfulness process that addresses the unique strengths and needs of each youth and family.

The goal is a proactive disruption of the crisis cycle in times of distress so that crisis stabilization needs can be reduced.

Safety and crisis planning should be balanced between intervention and prevention. Both are very important. System-Led plans tend to be more heavily reactionary in nature. “If this behavioral crisis HAPPENS, then do _____”.

There are a variety of reasons this happens. Lack of resources, low protective factors, lack of providers, family centered planning is a “new” concept, training challenges, families feeling dependent on the system, lack of hope, just “fix it!” mentality, feeling powerless, agency mandates, etc.

Reactive Plan

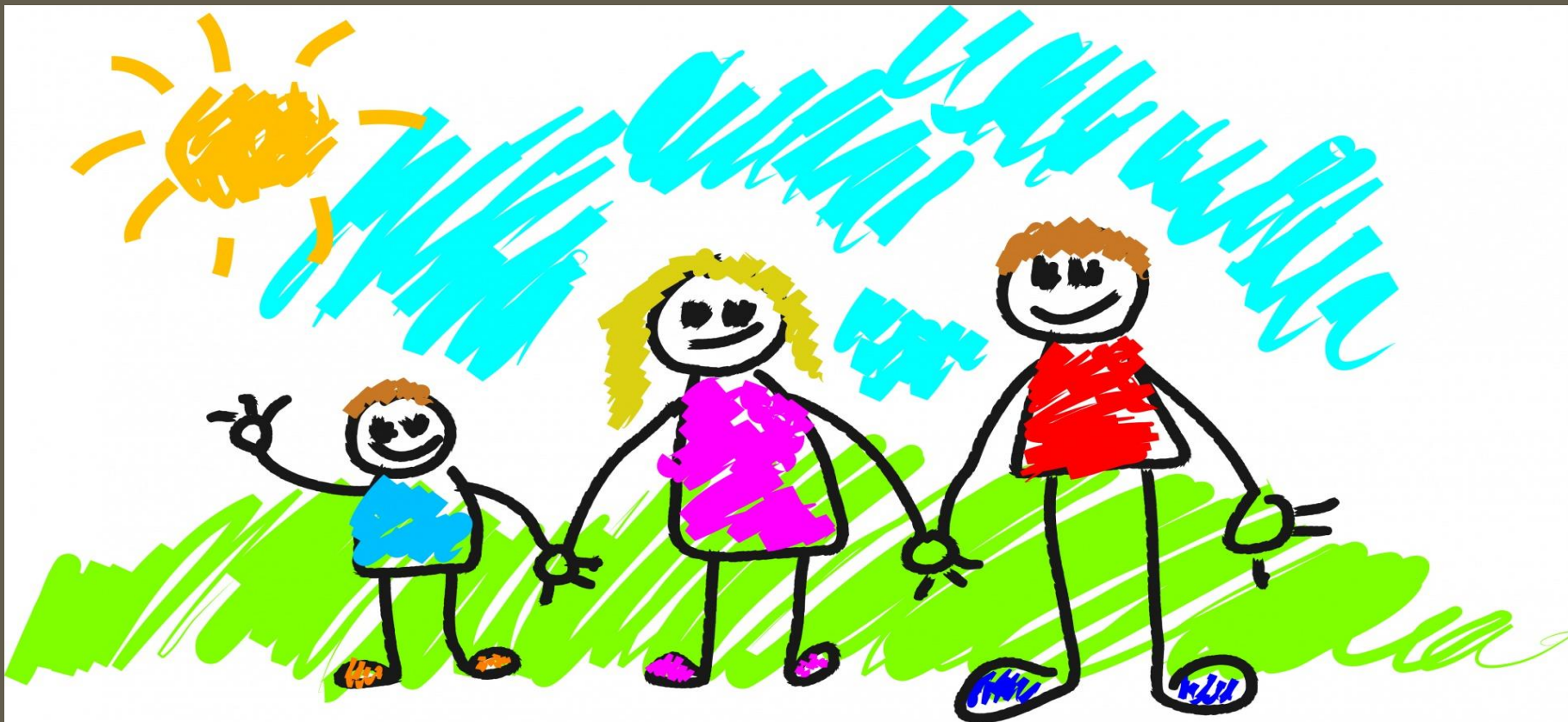


Proactive Plan

Family led crisis planning promotes a tipping of the scales, in a holistic family centered way.

Family led crisis plans end up as authentic, meaningful, usable, and family OWNED. It helps to strengthen bridges between the family, the informal network and the formal provider network. It should increase self management skills over time and evolve as a living document.

FAMILY LED CRISIS PLANS: THE CORE OF FAMILY DRIVEN CARE



THE WHAT....

Family-driven means families have a primary decision making role in the care of their own children as well as the policies and procedures governing care for all children in their community, state, tribe, territory and nation.

THE WHY....

Families know what works for them.

Families know what their limitations are.

Families can keep track of services and change.

Family and youth comfort and buy-in are necessary for success.

Family experience is holistic.

Families face the challenges all day and every day.

Families have credibility.

WHAT IT LOOKS LIKE....

Families don't feel judged or blamed because
of their child's behavior.

Families can ask for the services and supports they need and maintain a
sense of dignity and respect.

Families feel valued and validated.

Families express challenges, ideas, or plans without
fear of alienation or retribution.

CRISIS PLANNING

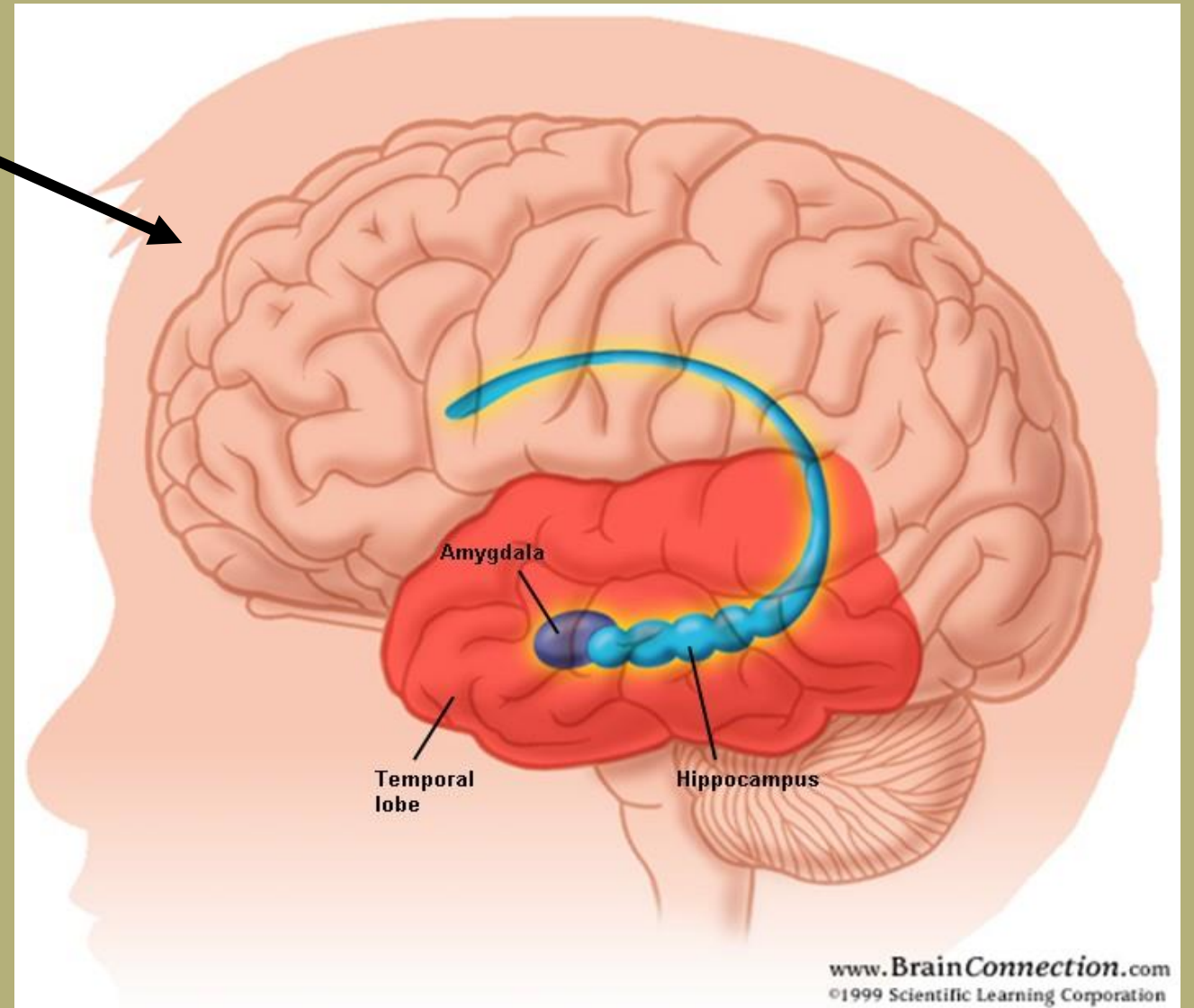
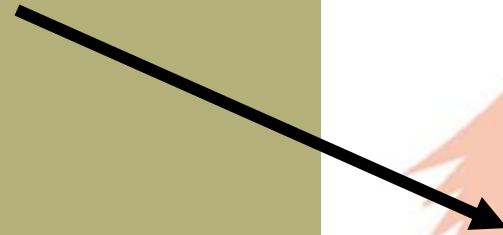




**WHY THE
BRAIN IS SO
IMPORTANT
TO
CRISIS
PLANNING**

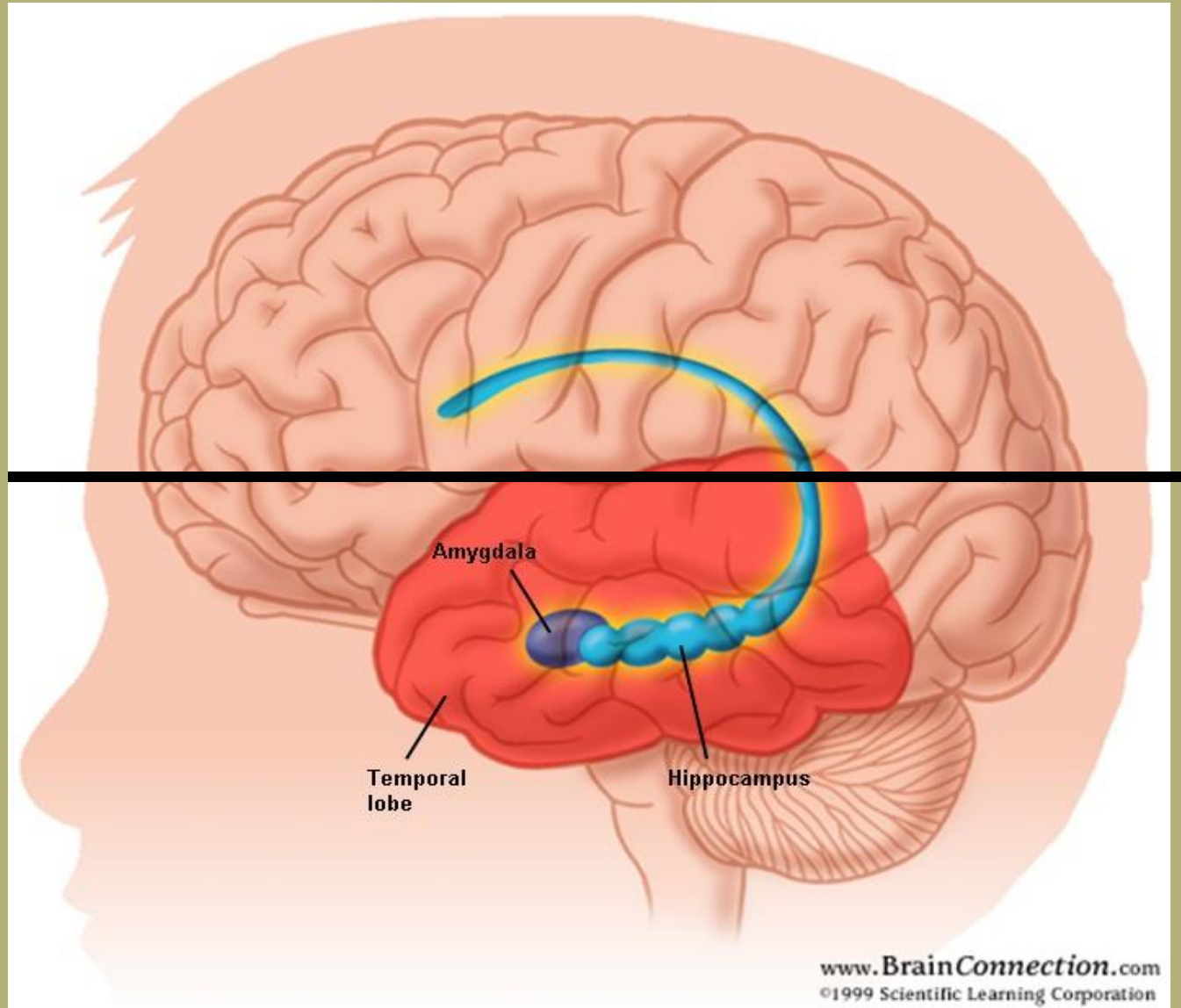
Cortex

Learning
Thinking
Problem Solving
Creativity
Impulse Control
Time
Location
Memory with Context
Language
Judgement



In moments of real OR
perceived Danger as
well as toxic stress...
(Fight, Flight, Freeze)

Catecholamine gets
released and creates a
muted conversation
between the cortex
and the low brain. Like
a communication
barrier.



Impulse Control



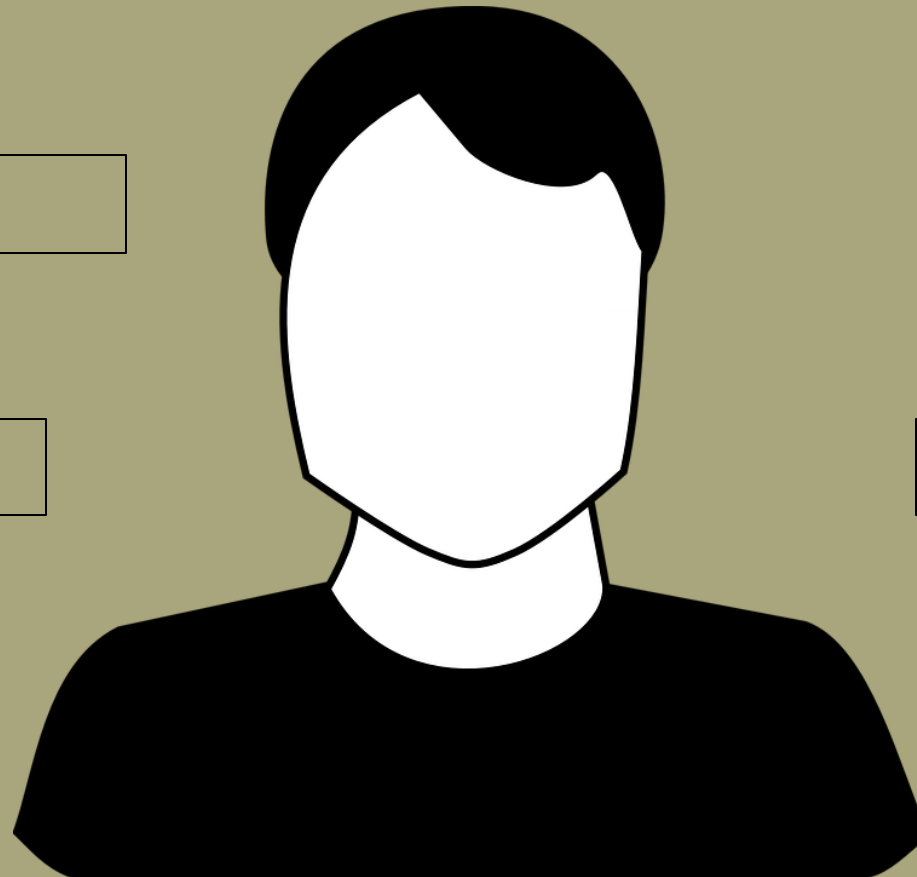
Creativity

Perception

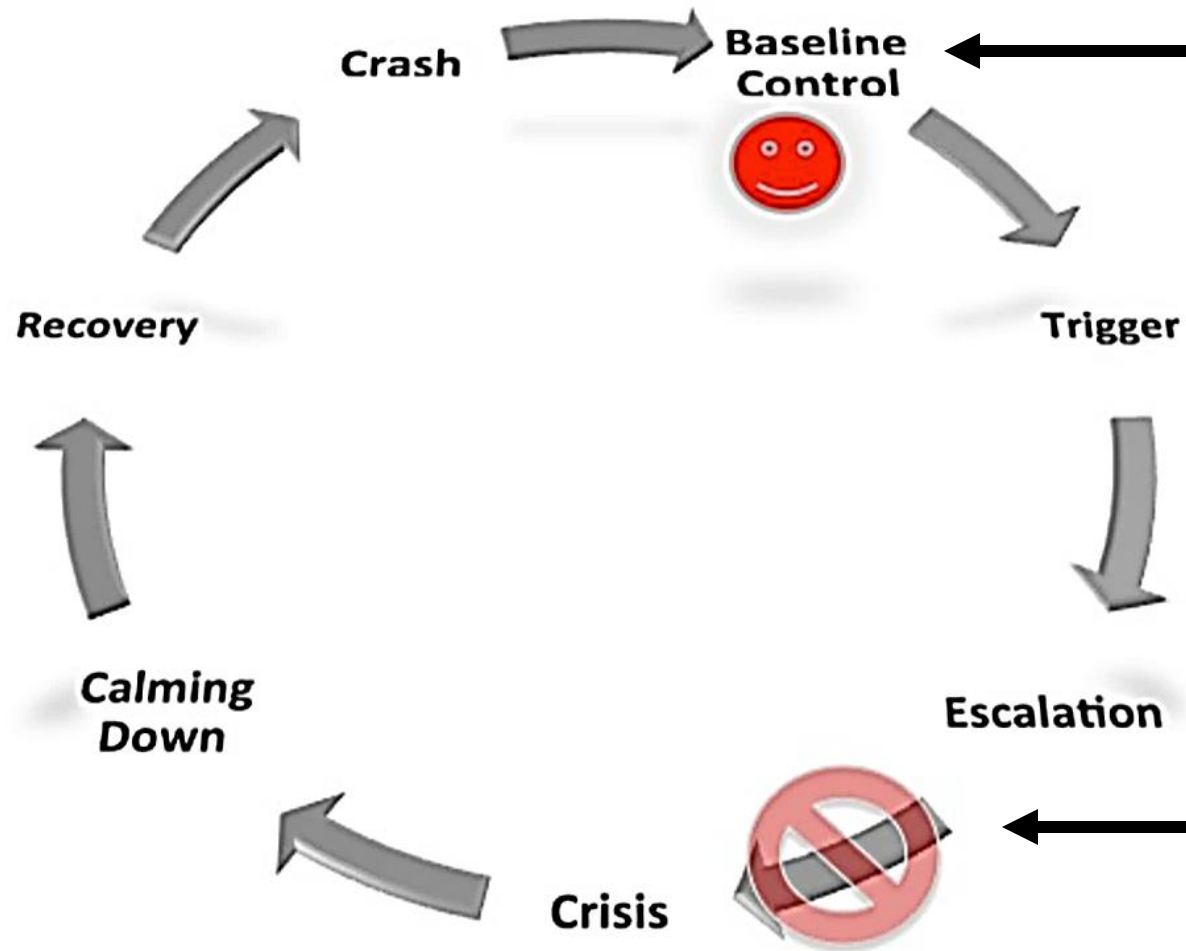
Logic

Problem Solving

Learning



Proactive Crisis Planning



Crisis Planning
and Building of
Strategies Starts
Here

So that families,
and their supports,
can work to
disrupt the crisis
cycle here

Holistic Intervention and Prevention



Looking At Crisis Planning From All Angles



12 LIFE DOMAINS

Emotional/

Legal

Psychological

Spiritual

Social

Family

Safety

Behavioral

Educational

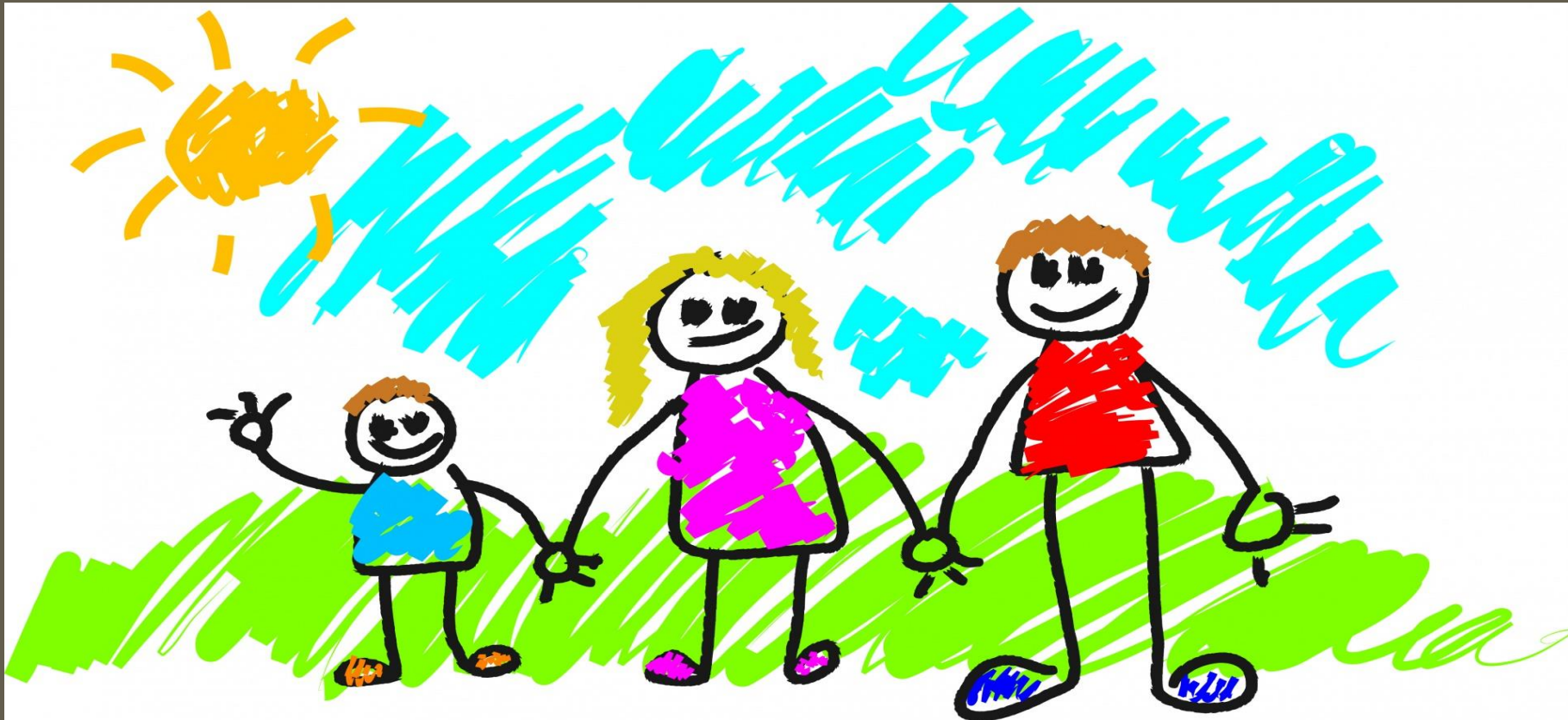
Medical

Financial

Home/Place to Live

Cultural

**FAMILY LED CRISIS PLANS:
KNOWLEDGE, SKILLS, AND ABILITIES**





Plans Are Made At A Safe And Calm Time

Oregon Family Support Network @2021

FAMILIES
MUST
LEAD





IDENTIFY WHO WOULD LIKE TO BE ACTIVE IN THE CRISIS PLANNING PROCESS

- Participation is a choice
- Avoid power struggles
- Be mindful of future opportunities
- Some may be ready to do more than others
- Even young children can contribute
- Change your lens around resistance

IDENTIFY WHAT IS
MOST IMPORTANT
TO YOUR FAMILY

1

2

3

4

5

IDENTIFYING STRATEGIES

LOOKING AT OUR PAST CAN HELP
US TO PLAN MORE EFFICIENTLY.



WHAT HAS WORKED?
WHAT HAS NOT WORKED?
WHO HELPS ME?
WHO IS SOMETIMES NOT HELPFUL?
WHAT MAKES ME FEEL BETTER?
WHAT MAKES ME FEEL WORSE?
IS THERE AN ENVIRONMENT THAT
ACTIVATES ME?
HAS A SERVICE HELPED? HURT?
WHAT HAVE I NEVER TRIED BUT WANTED TO?

WHAT IS THE
GOAL FOR
YOUR
STRATEGY?



Based on your goals, who
can do what action step?



Yay shopping!!! I'm going to tell work to pay for this as a mental health day.



Plans must
be realistic
for the family

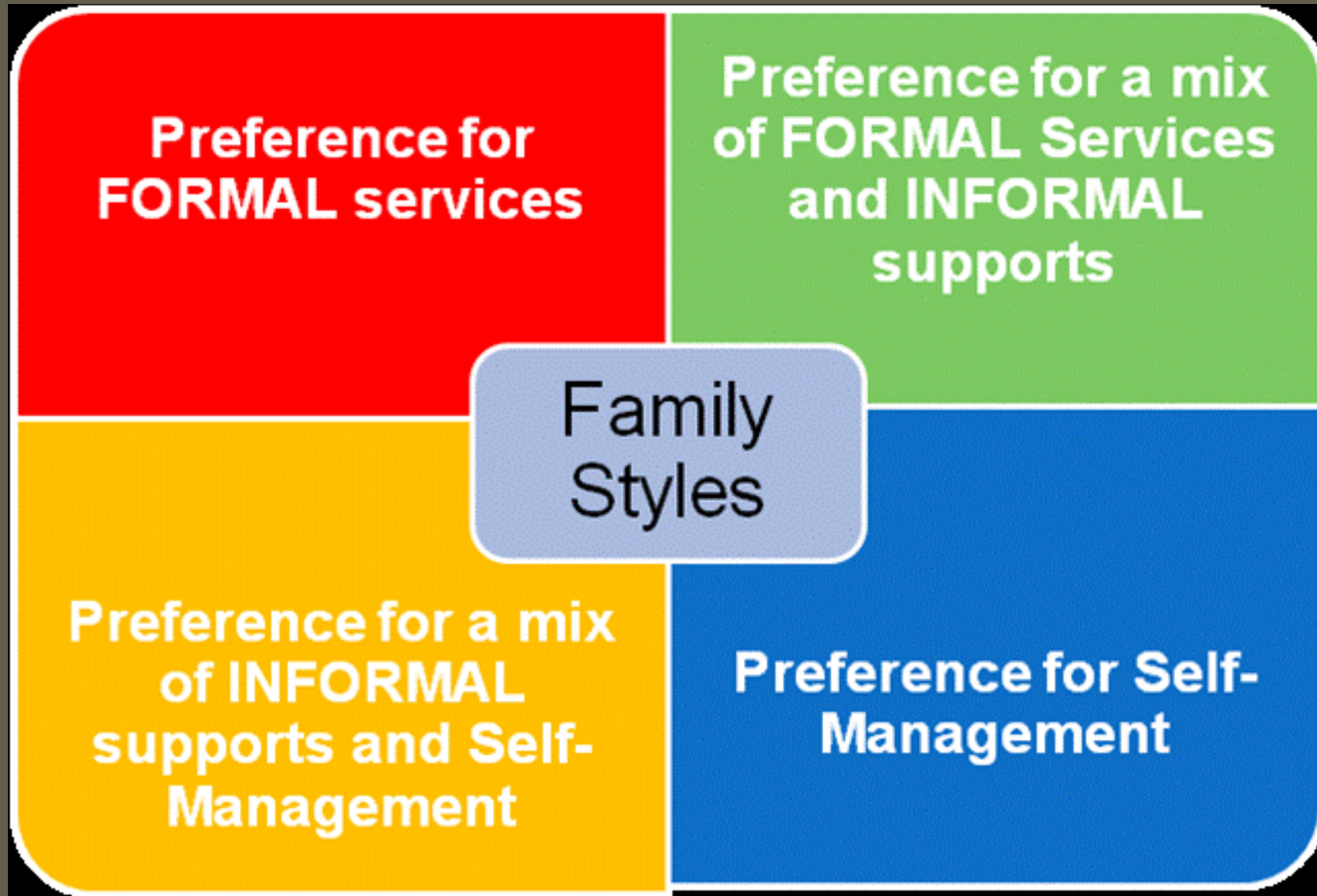
CULTURE MATTERS



Oregon Family Support Network @2021

A family's culture, strengths, barriers, language and experiences will all be on stage in the event of a crisis and must be utilized when helping a family design their individualized plan. Every family has a unique culture. This culture will determine how they react, who will be involved, if it's a private or public matter, what resources are utilized, etc.

Understanding components such as is this a patriarchy/matriarchy, who makes decisions, who is with the child more, are they a private family, are there spiritual considerations to know, what is their communication style, are some behaviors acceptable that other families see as not....And so on. A plan that goes against one's culture and daily norms is a plan that will sit on a shelf.



TYPES OF COPING SKILLS

Self-Soothing

(Comforting yourself through your five senses)

1. **Something to touch**
(ex: stuffed animal, stress ball)
2. **Something to hear**
(ex: music, meditation guides)
3. **Something to see**
(ex: snowglobe, happy pictures)
4. **Something to taste**
(ex: mints, tea, sour candy)
5. **Something to smell**
(ex: lotion, candles, perfume)

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. **Affirmations and Inspiration**
(ex: looking at or drawing motivational statements or images)
2. **Something funny or cheering**
(ex: funny movies / TV / books)

Emotional Awareness

(Tools for identifying and expressing your feelings)

Examples:

A list or chart of emotions, a journal, writing supplies, drawing / art supplies

Mindfulness

(Tools for centering and grounding yourself in the present moment)

Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.


Crisis Plan

(Contact info of supports and resources, for when coping skills aren't enough.)

**Family / Friends
Therapist
Psychiatrist
Hotline
Crisis Team / ER
911**

Potential Roadblock Areas To An Effective Family Led Plan



- 
- Plans led by formal support persons
 - Only creating/relying on one plan
 - Not checking in with the family on how the plan is working
 - Using only “one way” or one documentation format when making a plan with the family

REVIEW, RECAP, TIPS AND TOOLS



CRISIS PLANNING TIPS AND TOOLS

Create a plan BEFORE a crisis happens

Create plans when calm and in a safe space

Create a plan that will be USED

Use lived experience of past activations and behavior to guide planning

Use the family culture in crisis planning

Create a plan that includes all life domains identified by the family

Create a plan that include all family members needs and safety

CRISIS PLANNING TIPS AND TOOLS

Validate pets are family members to many people. Include in a plan as desired

Let the family lead the process. They are truly the experts of their life

Having to make a plan A, B, C, D, E..... IS OK!!!

Include prevention and intervention strategies

Keep the plan where it is visible and will be utilized

Make laminated wallet crisis cards if helpful

Utilize Voice & Choice in all identified strategies



SKILL BUILDING OPPORTUNITIES

COLLABORATIVE PROBLEM SOLVING

Evidence based model that has been used for over a decade

Effective with children and adolescents with a wide range of social, emotional, and behavioral challenges across a variety of different settings: from families, schools, mentoring programs, foster care agencies to therapeutic programs

Two major parts to CPS: First, that challenges in youth are best understood as coming from lagging skills (rather than attention-seeking, being manipulative, limit-testing, or poor motivation). Second, that challenges are best addressed by teaching youth the skills they lack (rather than through reward and punishment programs, or just forcing adult will).

Plan A Plan B Plan C

L.E.A.P. METHOD



LISTEN

EMPATHIZE

AGREE

PARTNER



MENTAL HEALTH FIRST AID

Mental health first aid is an educational program that is available to families, community members, and providers. Its focus is on teaching practical strategies in how to help a person developing a mental health challenge, experiencing a worsening of an existing mental health challenge or may be experiencing a mental health crisis.



THANK YOU

GRACIAS

ARIGATO

SHUKURIA

JUSPAXAR

DANKSCHEEN

SPASSIBO

SNACHALHUYA

NOHUN

CHALJU

YAQHANYELAY

TASHAKKUR ATU

WAREEJA

MATEKA

HUI

VUSPRAGATAM

SUKSAMA

EKHMET

ATTO

DHANYABAGAD

ANHA

MERSI

SPASIBO

DENKRUA

NENACHALHVA

UNALCHEESH

HATTU

GU

TINGKI

BIYAN

SHUKRIA

GRAZIE

MEHRBANI

PALDIES

MAAKE

SAHCO

KOMAPSUMNIDA

LAH

MI RASTAWRY

GAEJHO

GOZAIMASHITA

AGUXJE

EFCHARISTO

FAKAAUF

HATTU

GU

IKOUJU

SIKOMO

MAKETBI

BOLZIN

MERCI

MINMONCHAR



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