



- 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



Grandma

Trainer

Oregon Native

Family Support Specialist

15 years working with youth and families



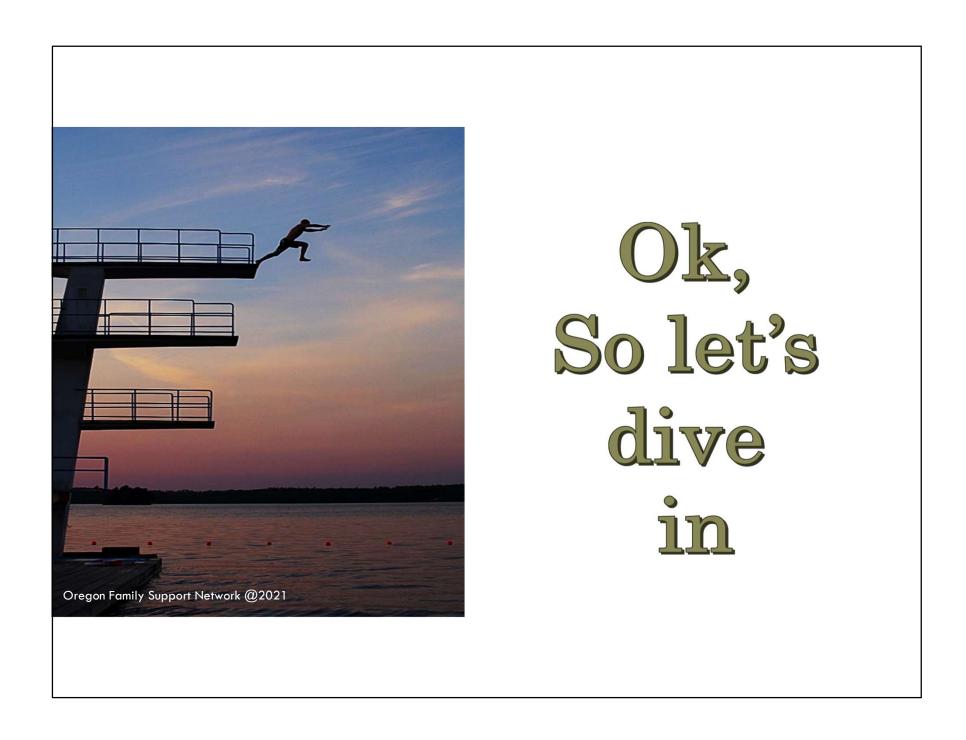




#### WHO'S IN THE ROOM TODAY?



- Parent/Caregiver/Family Member
- Community member
- Educational system provider
- Peer support provider
- Justice/legal system Provider
- Youth and Family system provider
- Mental/Behavioral Heath provider
- Spiritual community provider



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 amotionally stressful event or traumatic change

Job loss Missing person

Car Accident Houselessness

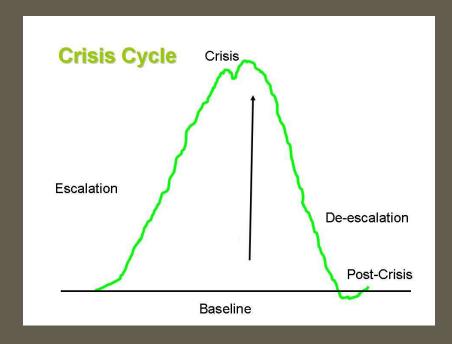
Death Illness Divorce Injury

Assault Financial Insecurity

WHAT IS A "CRISIS"?



#### 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

Raising Voices

Hopelessness

Swearing

**Transitions** 

Loss of power

Loss of control

Certain people

Medications

Illness

Change

Stress (work, school, life)

Discipline, or

consequences

Large groups of people

Relationship challenges

Change in structure or

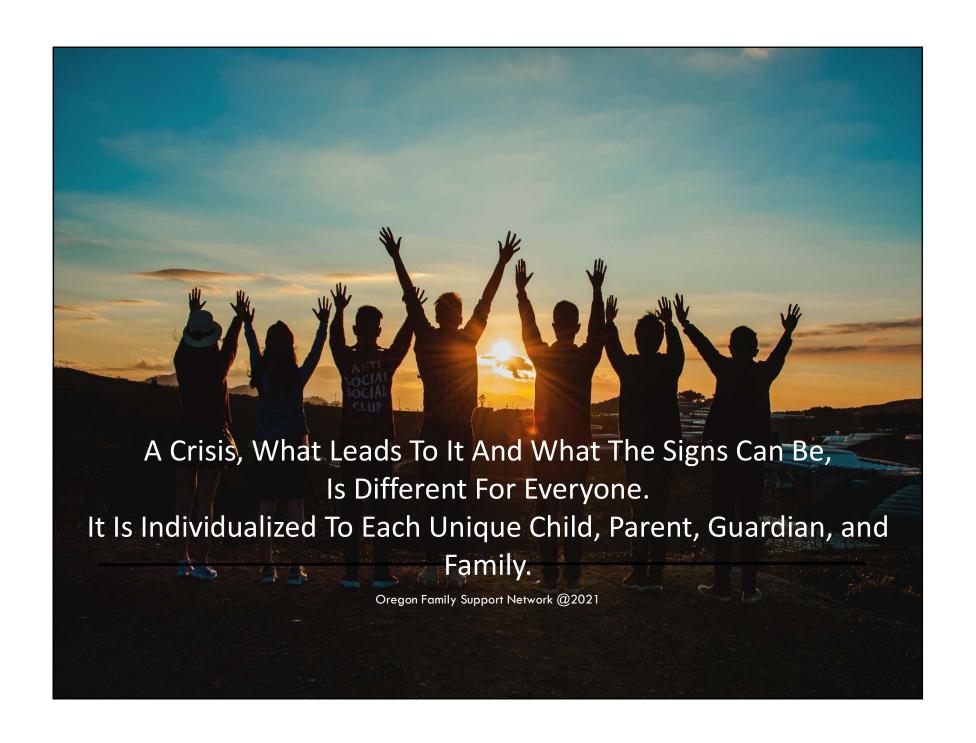
routine

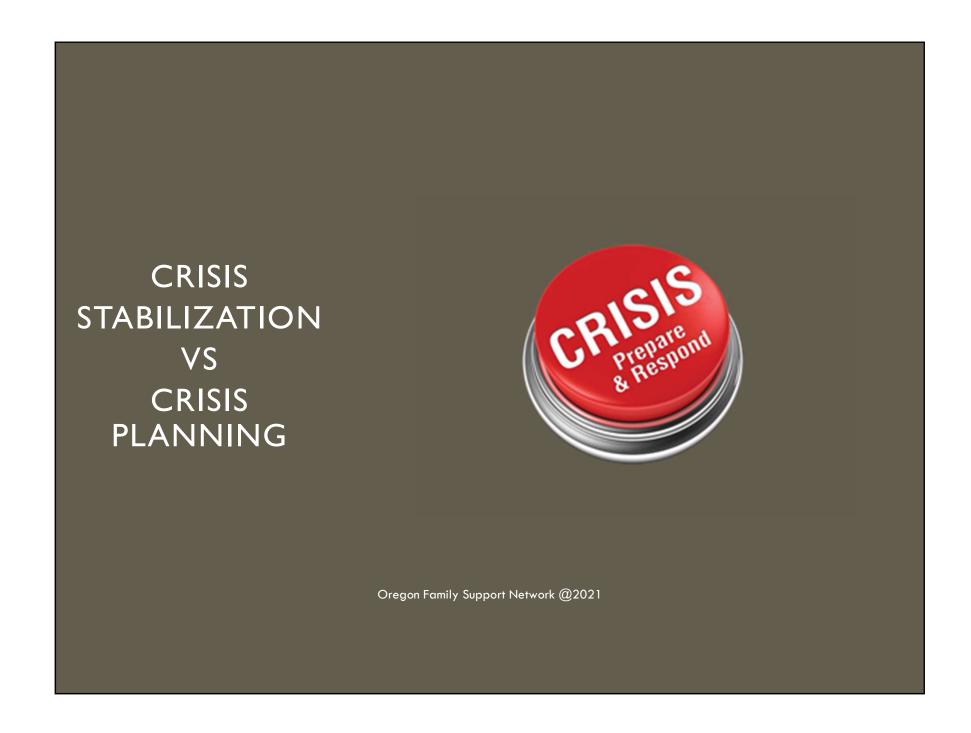
Lack of sleep

## 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.







#### 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.





#### Whole Family



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



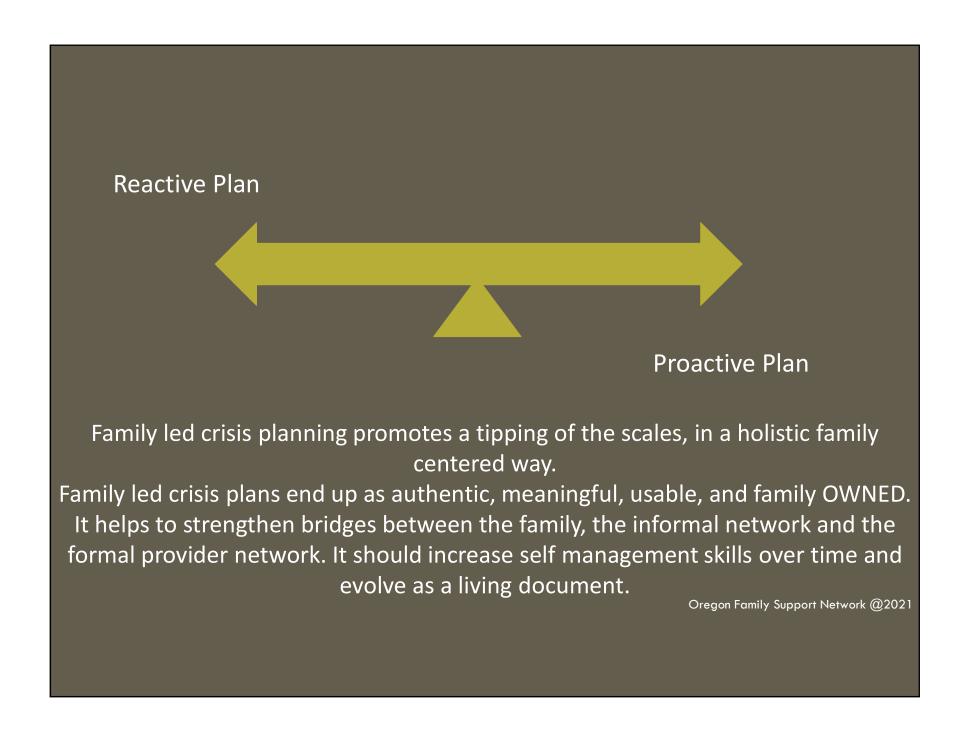
Identifies Activations, Signs, Symptoms

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.



#### 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.

Federation of Families for Children's Mental Health of South Carolina

#### 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.

Federation of Families for Children's Mental Health of South Carolina

#### WHAT IT LOOKS LIKE....

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

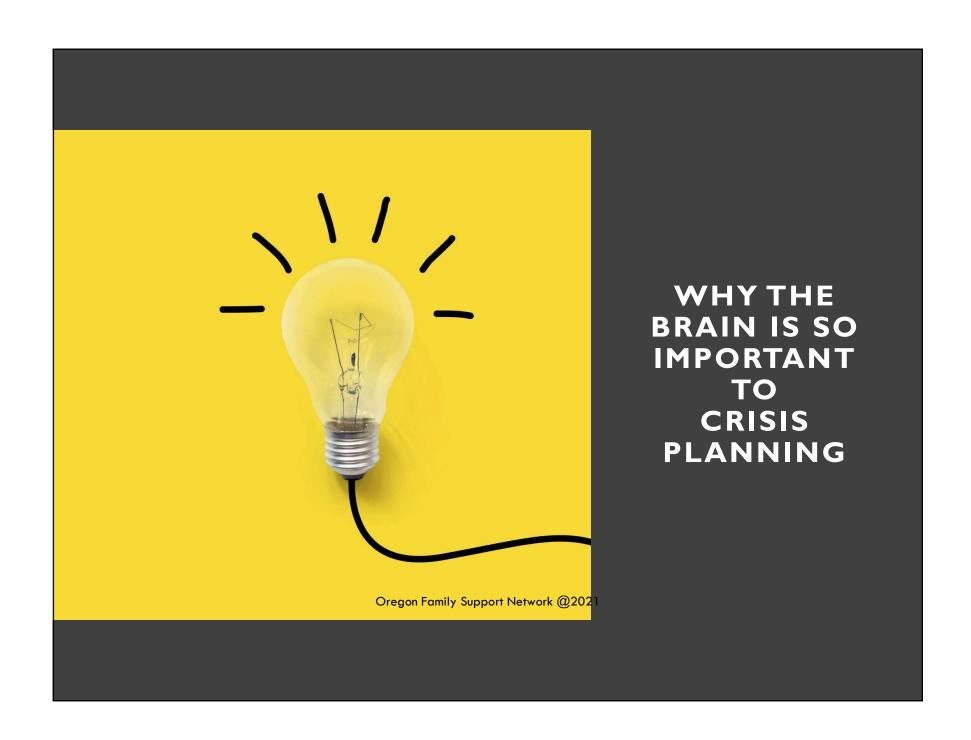
Families can ask for the services and supports they need and maintain a sense of dignity and respect.

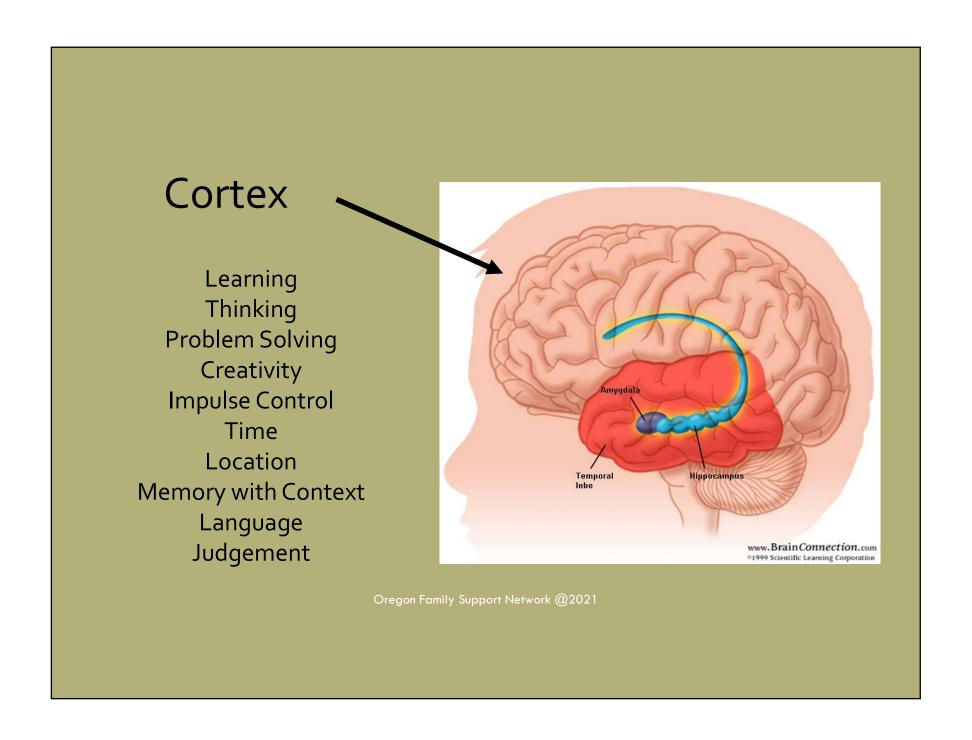
Families feel valued and validated.

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

Federation of Families for Children's Mental Health of South Carolina

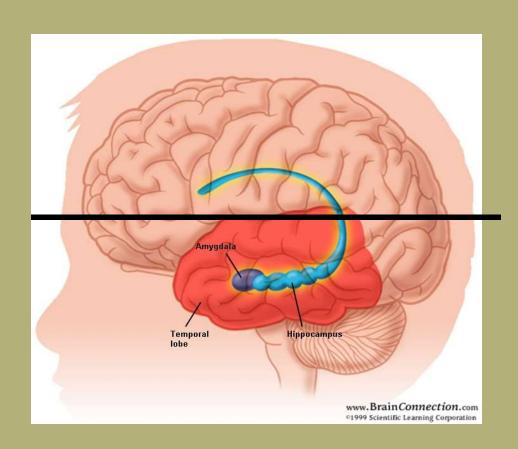


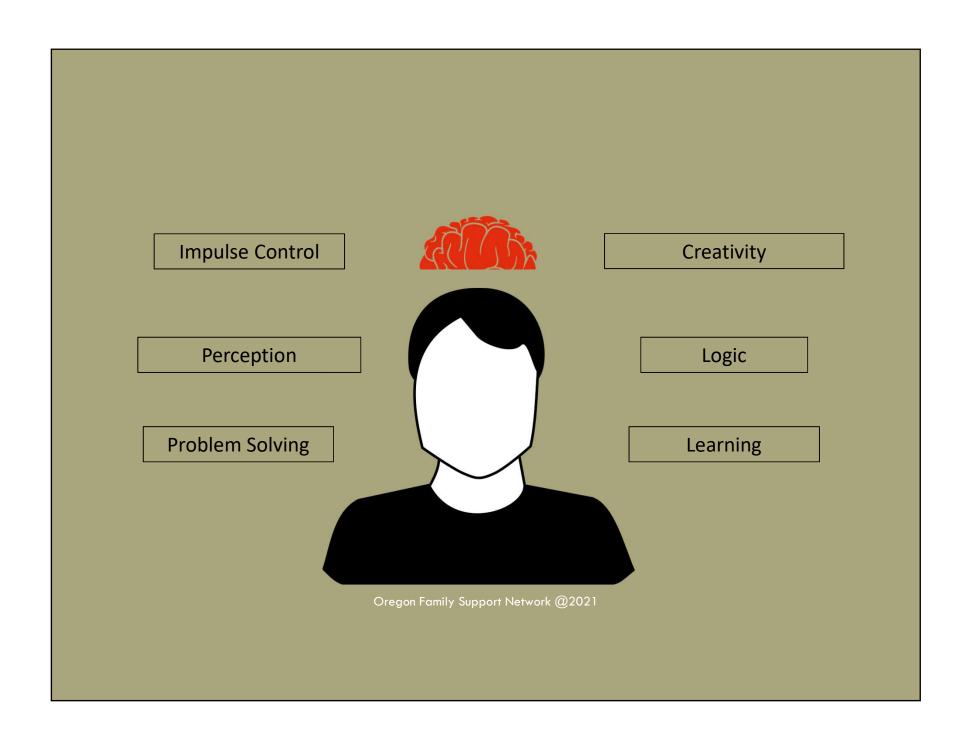


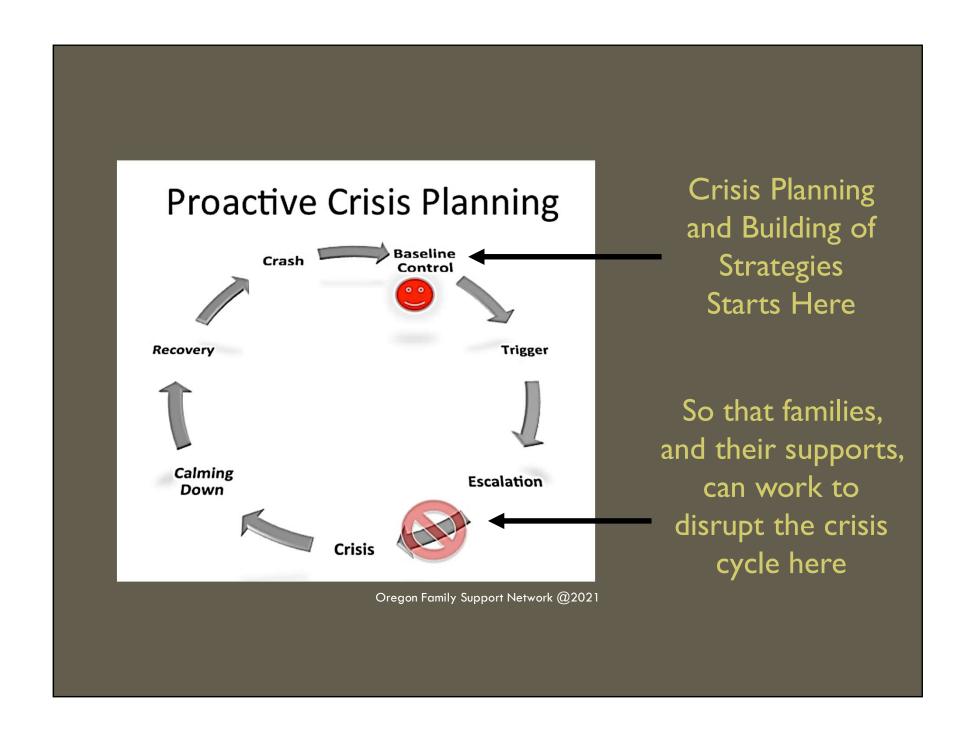


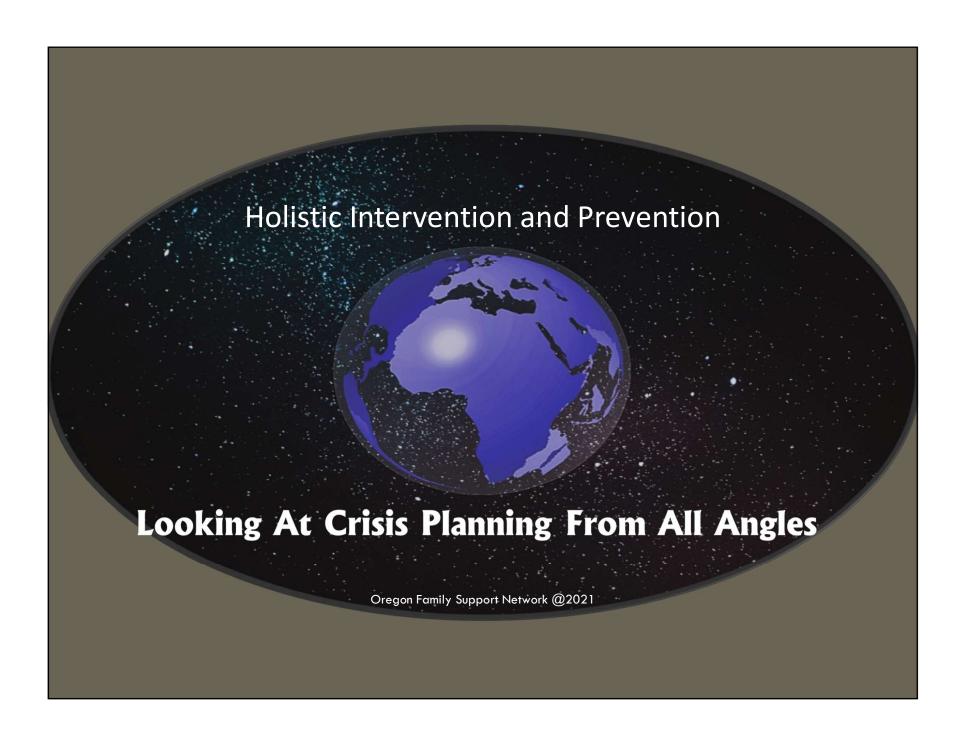
In moments of real OR perceived Danger as well as toxic stress... (Fight, Flight, Freeze)

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











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



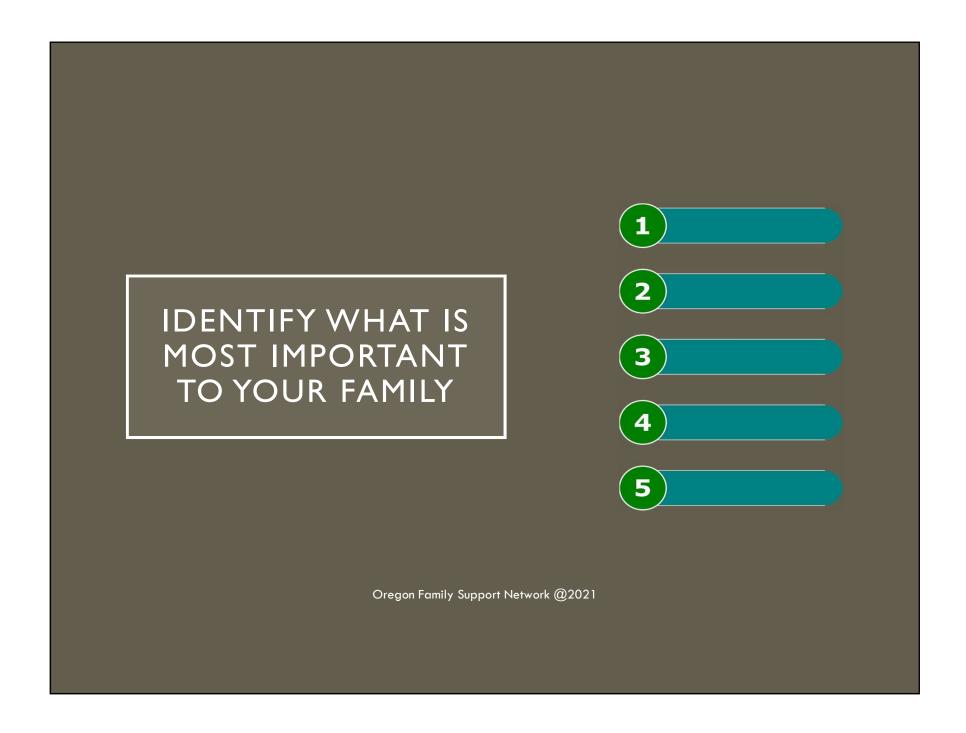






### IDENTIFY WHO WOULD LIKE TO BE ACTIVE IN THE CRISIS PLANNING PROCESS

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

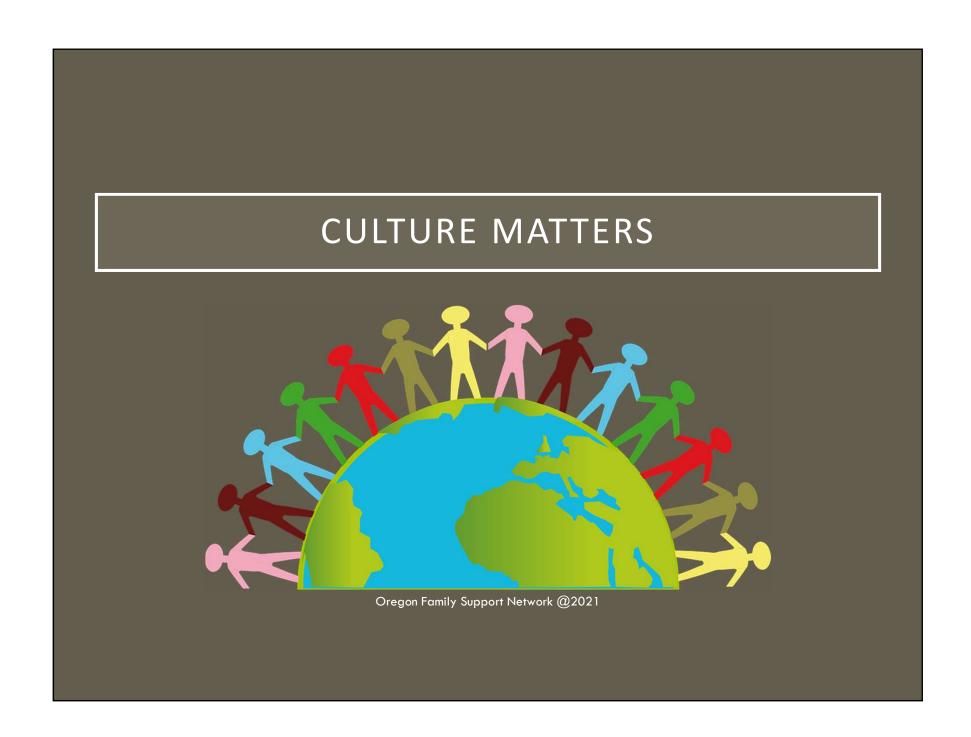






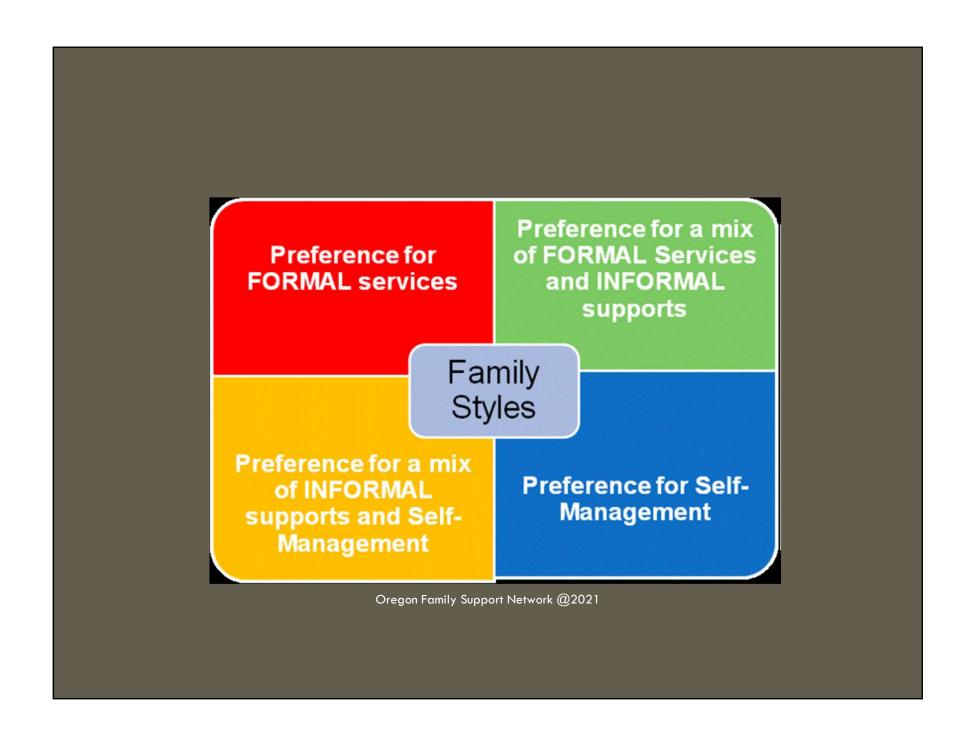






A family's culture, strengths, barriers, language and experiences will all be on stage in the event of a crisis and must be utilized when helping a family design their individualized plan. Every family has a unique culture. This culture will determine how they react, who will be involved, if it's a private 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
  - (exi stuffed animal, stress ball)
- 2. Something to hear
  - (ex: music, meditation guides)
- 3. <u>Something to see</u> (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)

- 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

(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.)

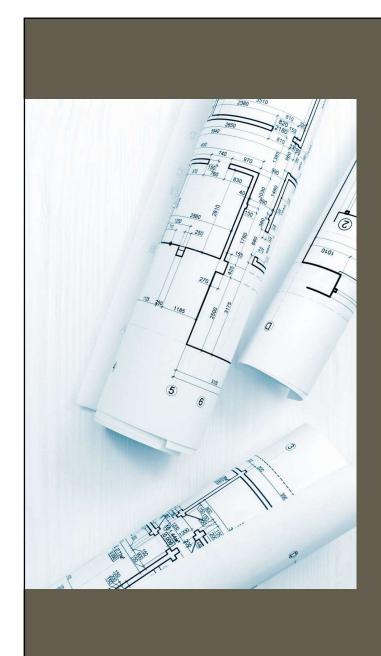
Family / Friends
Therapist
Psychiatrist
Hotline
Crisis Team / ER
911

# Potential Roadblock Areas To An Effective Family Led Plan





- Seeing Crisis Plans as a box to "check off" in our work
- Confusing Crisis Stabilization with Crisis Planning
- Only addressing one life domain
- Relying only on formal supports
- Not using family culture in the planning process



- 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



## 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

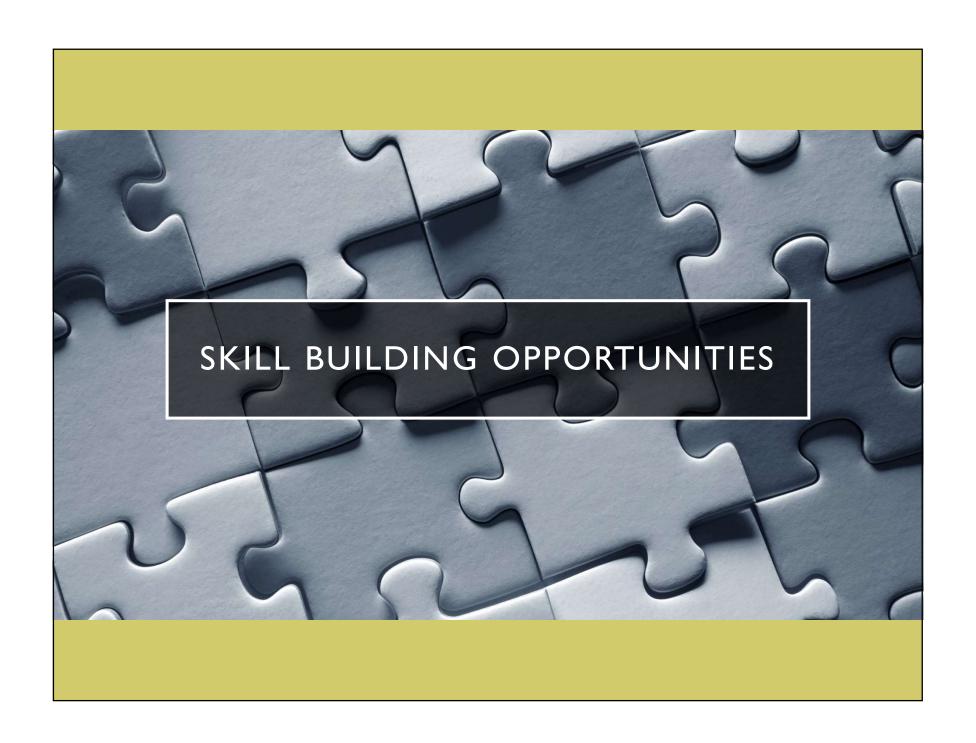
Having to make a plan A, B, C, D, E...... IS OK!!!

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



## 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



## 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.







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Oregon Family Support Network @2021

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