

The Dawn Project

CRISIS PLANS

DEVELOPING THE PLAN

A crisis is when the adults don't know what to do

- When things seem to be stabilizing or at times of transition, crises are likely to occur
- Planning for crises and developing proactive plans will decrease the need for crisis intervention

Crisis episodes will continue in the life of the child/family

By maximizing the use of family members and natural supports we build crisis plans that will support the child and family over time

- Anticipate crisis
- Build plans based upon history. What has happened in the past and what has worked?
- Discuss and develop crisis plans early in the life of the Child and Family Team
- The crisis plan is dynamic; constantly changing
- Develop a 24 hour response plan
- By reviewing and revising Crisis Plans you create opportunities to build upon successes and to measure progress toward outcomes
- The Crisis plan provides parents/caregivers with a sense of security and helps them feel in control of their family life
- Crises are often system induced
- A crisis plan offers the family alternatives to the systemic response of calling 911 or hospitalization

BACKGROUND INFORMATION

- Provide information from the Assessment Summary taken from the Intake Assessment
- Describe the crisis history for this child/family
- Give the reader a brief but clear picture of the critical issues

ANTICIPATED PROBLEMS (home, school & community)

- What are the problem areas for this child/family? What are their trigger points?
- What happened to get this child/family involved in the system?
- What has happened historically?

Example: HOME

- Michael stays out past curfew
- Jill makes suicidal threats
- John threatens to harm his younger brother

Example: SCHOOL

- Michael cuts class
- Jill refused to attend school
- John has threatened to harm school personnel

Example: COMMUNITY

- Michael runs away
- Jill has shoplifted
- John has become violent with peers

APPROACHES (home, school & community)

- What has worked before?
- Information from the strengths based discovery
- Be concise and keep it simple

Example: HOME

- Michael will stay at home when there is adult supervision; Michael tends to be in the neighborhood with friends after curfew; Michael will usually come home within an hour of curfew
- Jill will talk about how she is feeling with her aunt; When Jill overdosed on her medication, she told her best friend Anita
- John loves his brother but becomes frustrated with his immature behavior; John has never actually harmed his younger brother; John can calm down if he walks around the block

Example: SCHOOL

- Michael does not leave the building; Michael likes talking to the school social worker
- When Jill wakes up and leaves the house, she will go on to school; When Jill takes her medication one hour earlier in the evening, she is better able to fall asleep
- John has never become violent at school; John has always been respectful to the shop teacher; John is big for his age and sometimes gets his way by bullying others

Example: COMMUNITY

- Michael will often call family members when he is on the run; Michael will often stay with friends when he is on the run; Michael has gone to the old neighborhood; since Michael is on probation, he will be detained at the juvenile center if he is picked up again
 - Jill feels better when she has some new clothes; Jill's mother took her to Value City to return some clothing and apologize to the store manager
- John likes to hang out with the older boys who are suspected gang members; it has been 6 months since the last time John got into a fight; John's older cousin took anger control classes

INTERVENTIONS

- What can the family do that works in a crisis?
 - How can the plan help the family manage on their own?
 - What does the family/system need to avoid using hospitalization, residential treatment, or calling 911 as the primary crisis response?
- Be clear for the family, the team and the crisis response team. Remember YES and Back to Home may refer to the plan if a crisis occurs after hours.
- Be sure everyone has input, agrees, and has signed the plan.

Example: HOME/COMMUNITY

1. Every week, Mrs. Smith and the therapist will create a daily child care schedule
2. Michael will wear his watch
3. If Michael ignores his curfew, he will add that amount of time to his scheduled community service, location to be determined by the Probation Officer
4. Mrs. Smith and Michael will develop a list of friends with phone numbers to be posted on the refrigerator
5. If Michael is more than 1 hour over curfew, Mrs. Smith will contact each of the names on the list including extended family members
6. Michael will carry a list of friends and family members at all times
7. Michael agrees to contact at least 3 people on the list to say he is okay if he runs away
8. If Michael returns home and is not arrested, he will be provided 24 hour, 1:1, adult supervision for the amount of time he was gone
9. If Michael is arrested, Back to Home will review crisis plan and contact mother and therapist
- 10.