Mobile Crisis Intervention and Stabilization Services

1. Crisis planning
2. Assessment
3. Stabilization
4. Referral and coordination
5. Post-crisis follow-up
Types of Crisis and Safety Plans

Reactive (Intervention)

Proactive (Prevention)
Steps in Crisis Planning

1. Help youth and family define what crisis means to them
2. Help youth and family identify what leads to crisis
3. Help youth and family understand the crisis cycle
Step 1

Help youth and family define what a crisis means to them.
Step 2: Identifying What Leads To a Crisis

1. New situations
2. Stress and emotions
3. Change in routine
4. Grief and loss
5. Medication issues
6. Health and psychiatric issues
7. Stressed relationships
8. Need for structure
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Step 3: Understanding the Crisis Cycle

- Trigger
- Escalation
- Crisis
- Calming Down
- Crash
- Recovery
- Baseline Control
Proactive Crisis Planning

- Trigger
- Escalation
- Crisis
- Calming Down
- Crash
- Recovery

Baseline Control
Each Crisis Plan Should Include

1. Types of crises
2. Crisis identification and prevention steps
3. Crises response actions to address severity of crisis situation
4. Legal mandates and community safety
5. Behavioral benchmarks to reflect progress
6. Post-crisis plan
Each Crisis Plan Should Include

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3. Crises response actions
Crisis Response Actions

- **24/7 response**
- Respite/back-up care
- Potential precipitating events and methods
- Strengths-based strategies that ensure safety

- Formal and natural supports
- Details of what leads to crises
- Successful strategies that have worked in the past
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Keys to Prevention

How do you know when things are escalating?

- Identify triggers
- Identify stressed behaviors
- Warning signs
- Interventions that help
- Absolutes do not
- Youth and family own the plan
Guiding Principles of Crisis and Safety Planning

1. Negative behavior is an unmet need.

2. If people feel more control over their lives, they will make better decisions.

3. Managing a crisis is a skill. Crisis planning is a way to teach this skill.

4. If you are worried about something, develop a plan for it.
Stabilization Services

1. Counseling to assist in de-escalating behaviors
2. Treatment and intervention
3. Responsive services in home and community setting
Mobile Crisis and Stabilization Services

24/7 and 365 days/year
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2. Provided where crisis occurs
Mobile Crisis and Stabilization Services

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2. Provided where crisis occurs
3. Responsive providers
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4. Coordinate services between out-of-home provider and the CFT.
5. Crisis plans are modified as needed based on the changing situation of the family and child.
Crisis Services within Transition Phase
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5. Negotiate the nature of each team member’s post-WISe participation with the youth and family.
6. Crisis drills should be practiced.
Thank you for your participation!