



Mental Health Crisis Planning for Families

Learn to Recognize, Manage, Prevent
and Plan for Mental Health Crisis

Learning Objectives

- Learn to **recognize** a mental health crisis
- Learn to **prevent** a mental health crisis
- Understand how to **manage** and create a **plan** of action if a mental health crisis occurs
- Learn how to **advocate** for your family member during a mental health crisis



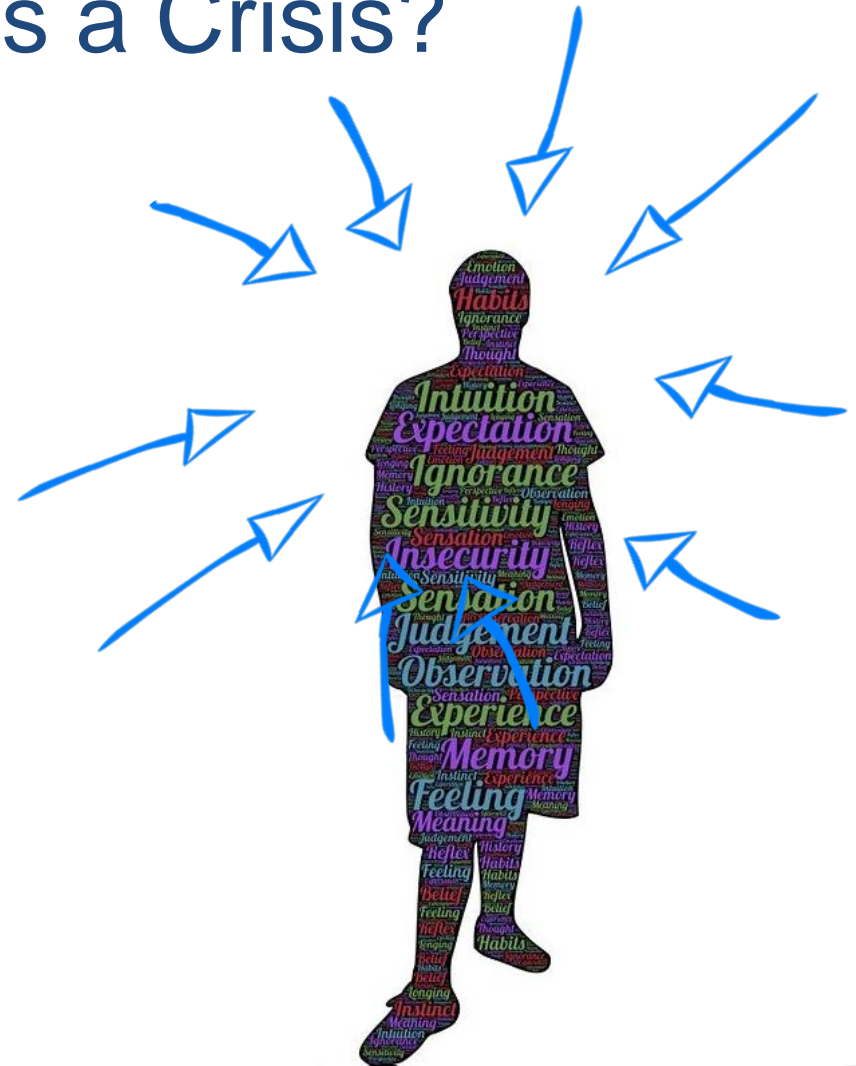
Recognize

What is a Crisis?

- Any situation in which the person's behaviors puts them at risk of hurting themselves or others.
The caregiver is not able to resolve the situation with the skills and resources available.
- *A time of intense difficulty or danger.*
- *A time when a difficult or important decision must be made.*
- *The turning point of a disease when an important change takes place, signifying either recovery or the decline of the person's health.*

What Causes a Crisis?

- External Triggers
people, places, things
- Internal Triggers
*feelings, mood
physical illness*



External Triggers

- Changes to family structure
- Loss of any kind
- Substance/alcohol use/abuse
- Legal/School trouble
- Changes in relationships
- Conflicts with others
- Pressures at school
- Peer Pressure
- Noise levels
- Exposure to trauma/violence



Internal Triggers

- Sleep patterns changed
- Medication changes
- Other health conditions
- Feelings of loneliness
- Perceived lack of understanding
- Fears or phobias
- Previous trauma
- Hunger, malnourishment
- Disruptive thought process



What are Signs of a Crisis?

- Inability to cope with daily tasks
- Rapid mood swings
- Increased agitation
- Displays abusive behavior
- Self destructive behaviors and self harm
- Loses touch with reality (psychosis)
- Isolation from school, work, family and friends
- Unexplained physical symptoms



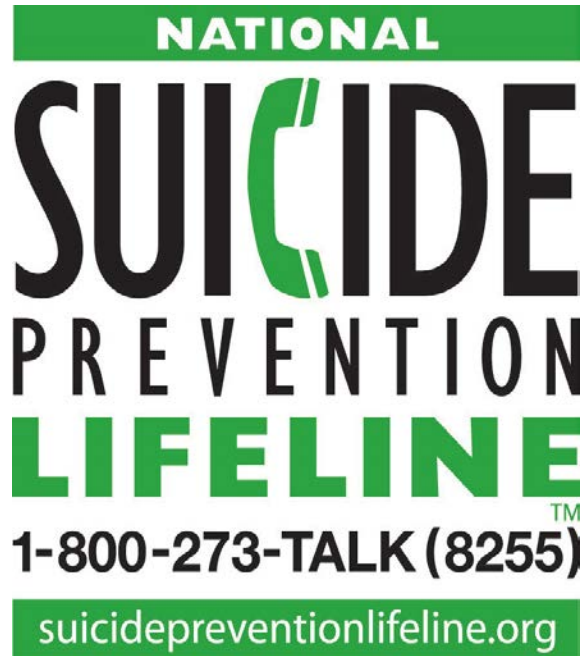
Warning Signs of Suicide

- Talking about or making plans for suicide
- Expressing hopelessness about the future
- Displaying severe/overwhelming emotional pain
- Saying statements such as “Not being here tomorrow” or “Others would be better off without me”
- Showing significant, worrisome behavior changes
- Giving away possessions
- Withdrawn, isolating

How to Respond to Suicide Warnings

- Ask questions
- Express concern
- Listen
- Reflect
- Let them know you are there for them
- Let them know there are treatments available
- Be a voice of hope





9888

- (800)799-4889
Deaf or hard of hearing
- (800) 273-8255
Video relay service and voice/ caption
- (888) 628-9454
Red de prevención de suicidio en Español



Suicide prevention efforts among
lesbian, gay, bisexual, transgender,
queer, and questioning youth

(212) 695-8650

TransLifeline: 1-888-843-4564

The Steve Fund Text Line for young people of color:

Text STEVE to 741741

Managing a Mental Health Crisis



**Most importantly –
Safety first!**

Ensure the safety of all individuals in the situation.

In a crisis situation, when you or anyone else's safety is in doubt, back off or get out.

De-Escalation Techniques

- Move slowly
- Offer options instead of trying to take control
- Avoid touching the person unless you ask permission
- Gently announce actions before initiating them
- Give them space, don't make them feel trapped



De-Escalation Techniques

- Keep your voice calm
- Avoid overreacting
- Listen to the person
- **E**xpress support and concern
- **O**ffer options
- Ask how you can help



L.E.A.P Method

- **Listen** to the person
- **Empathize** with them
- **Agree** with them
- and finally, form a **Partnership**



I'm Not Sick, I Don't Need Help by Dr. Amador

County Mental Health Crisis Teams

- Available to everyone
- 24 / 7 / 365
- No insurance required
- No mental health diagnosis required



Crisis Team Phone Numbers

Anoka	763-755-3801
Carver	952-442-7601
Scott	952-818-3702
Dakota	952-891-7171
Hennepin	612-596-1223
Ramsey	651-266-7900
Washington	651-275-7400

What Questions Might they Ask?

- Your name, who you are calling about
- Phone number to return call, address
- Person's safety, anyone injured
- What is the problem or concern
- Mental health history
- Possible cause of crisis



Ways a Crisis Team Can Help

- Cope
- Behavioral strategies
- Identify possible cause of crisis
- Techniques to avoid future crisis
- Assessments
- Identify resources and supports
- Develop and write crisis plans
- Make hospital referrals

Crisis Team Response/ Triage Screening

- Immediate referral to 911 or E.R.
- Immediate site visit
- Site visit within 24 hours
- Information and Referral Only



When to call County Crisis vs. 911

County Crisis Team

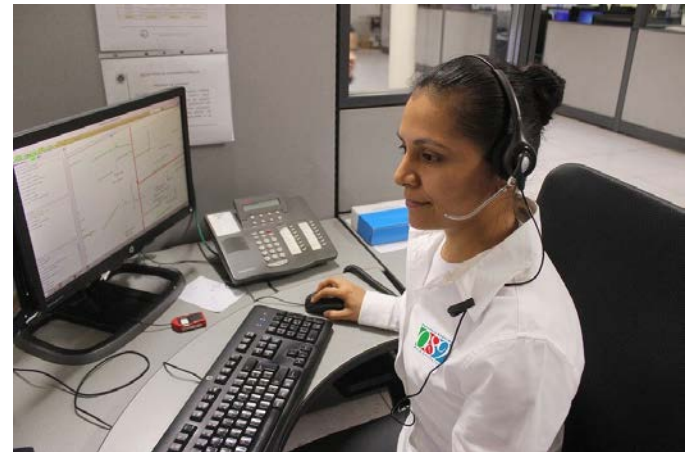
- No immediate harm
- Need guidance or support
- Unsure of next steps
- If you wonder if your youth needs hospitalization

911

- Safety can not be assured
- Person is in danger of hurting themselves, others, or major property destruction
- Immediate life-treating situation

Law Enforcement Response

- C.I.T. = Crisis Intervention Team
 - Police officers who have receive additional training to work with individuals experiencing a mental health crisis.
- Information to provide
 - Diagnosis
 - Medications
 - Hospitalization history, brief
 - Previous history of violence
 - weapons

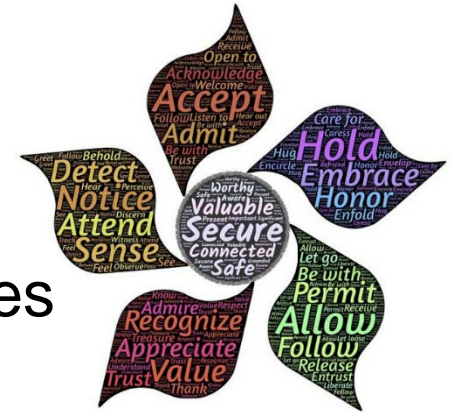


Law Enforcement Response

- Take charge
- Assess the situation
- Decision maker
- May decide a crime has been committed
- May decide hospitalization is needed
- May determine emergency holds

72 Hour Psych Hold – What to Expect

- After 72 hours, the facility may:
 - Release the person or
 - Begin involuntary commitment procedures
- Criteria for Commitment
 - A recent attempt or threat to physically harm themselves or others
 - Recent conduct involving significant damage to substantial property



Going to the Emergency Department

- Doesn't guarantee admission to hospital
- Admission is determined by doctor
- County Crisis teams can assist with triage
- Bring medical information, including doses of all current medications
- Be prepared to wait



What to Expect

- In Patient care 24/7 for 72 hours
- Assessments for medical and psychiatric needs
- Create a stabilization plan
- May extend stay for 1-2 weeks
- Provide therapeutic services and supports



Remember: There Are Options



- Mental Health Provider
- County mental health crisis
- Go to the emergency room
- 911 – CIT Officer or EMT

Stabilization Services

- Available up to 30-45 days after crisis intervention
- Identify emotional and behavioral concerns
- Development of treatment plan
- State who is responsible for providing what and how much
- Include desired outcomes



Stabilization Services

- Brief solution-focused strategies
- Referrals to long-term care agencies
- Crisis psychiatric appointments
- Creating a crisis plans
- Referral to mental health case management services
- Community based referral

Plan

- Crisis Plan



- Crisis Kit



Creating a Crisis Plan

- Information
- Family and supports
- Behaviors, symptoms
- Medication
- Treatment preferences
- Professionals Involved
- Safety concerns
- Plan of Action



Share the Plan

- Share the plan once it is written
- Include everyone who provides care for your child
- May even include your local police department



Runaway

- Seek help from family
- Search places they may go
- Contact friends/neighbors of the person
- Contact law enforcement
- Contact National Center for Missing and Exploited Children
- Contact National Runaway Switchboard



Contact Information



National Center for Missing and Exploited Children

1-800-THE-LOST (1-800-843-5678)

www.missingkids.com



National Runaway Switchboard

1-800-RUN-AWAY

www.1800runaway.org

Helpful Information to Share

- What the child or youth was wearing
- Any identifiable scars
- Physical description
- Emotional state
- Recent picture



Reconnecting

- Express love and concern
- Discuss what happened
- Plan for future
- Share resources

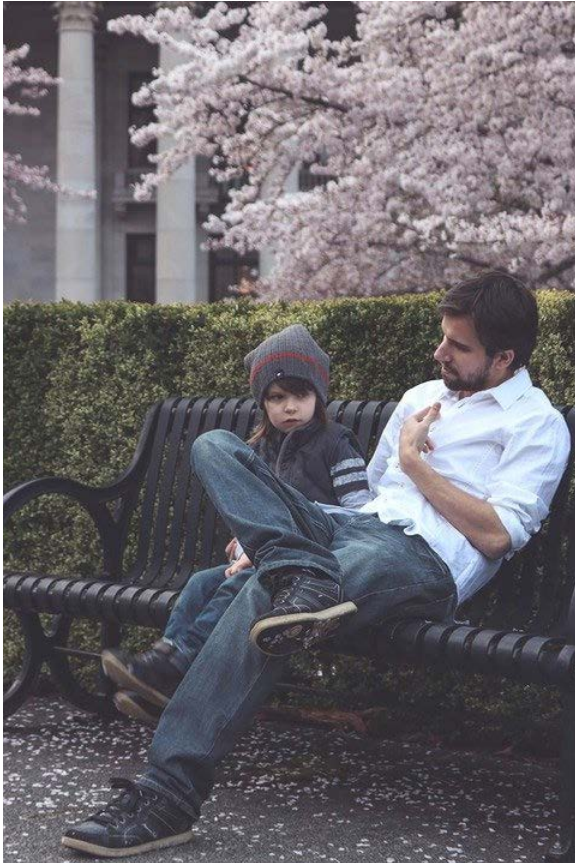


Prevention



- Care for your own mental wellbeing
- Cultivate a circle of support
- Identify triggers
- Reduce stress
- Increase mental health care when needed
- Use L.E.A.P Method & Collaborative Problem Solving

Collaborative Problem Solving



- For parenting children with persistent problem behaviors
- Emphasis on preventing problems before they occur
- Dr. Ross Greene,
The Explosive Child

Effective Advocacy

- Create an Advocacy Binder
- Prioritize, choose what's important; too many topics cause confusion
- Clearly state your expectations
- Provide facts and less emotion
- Ask questions if you don't understand what is being said
- Listen and take notes



Resources

- County Services
- School Support
- Parent Support Groups
- Mental Health Agencies
- Mental Health Professionals
- Advocacy Groups
- Education Workshops and Classes




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LIFELINETM
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suicidepreventionlifeline.org



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Resources



- Resources For Multicultural Communities
- Resources For LGBTQ+ Community
- En Español (Recursos Y Educación)

INCLUSIVE THERAPISTS

We center the needs of Black, Indigenous, and People of Color (BI&POC) and the 2SLGBTQIA+ community. We amplify the voices and expressions of Neurodivergent and Disabled communities.

[inclusivetherapists.com](https://www.inclusivetherapists.com)

What We Do

- Education classes, booklets and fact sheets
- Suicide prevention
- Support groups, Helpline
- Public awareness presentations
- Legislative advocacy
- NAMIWalks
- Resources for Multicultural Communities, LGBTQ+ Community, Veterans

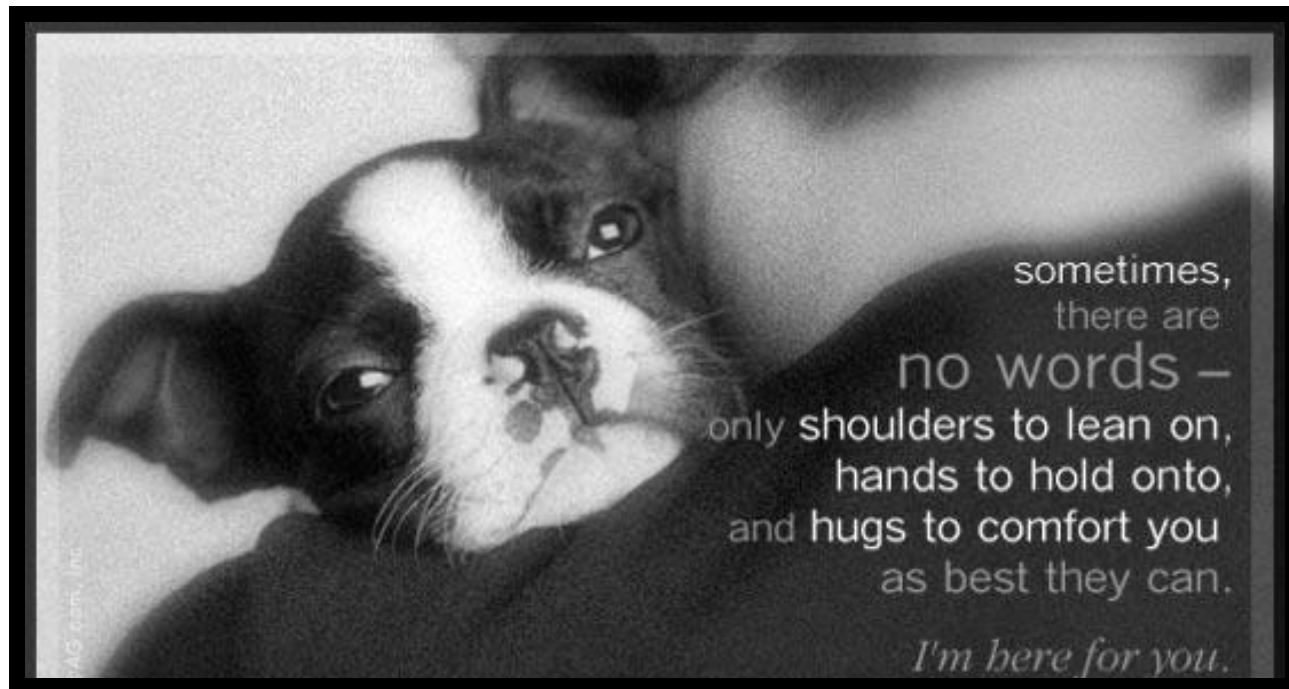


Support NAMI Minnesota

- Advocate for a better Mental Health System
- Attend an event
- Sign up for a newsletter
- Join an affiliate
- Be a sponsor
- Volunteer
- Become a donor



On behalf of NAMI Minnesota, we would like to thank you for your attendance and participation.



Contact Information

parenteducation@namimn.org

www.namimn.org

Request the booklet:

Mental Health Crisis Planning For Children

NAMI Minnesota

1919 University Avenue W., Suite 400

St. Paul, MN 55104

651-645-2948