DISCLAIMER

The National Family Support Technical Assistance Center of Excellence (COE) Grant #1H79F6000160-Fam-CoE is supported by SAMHSA of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award with 100% funding by SAMHSA/HHS.

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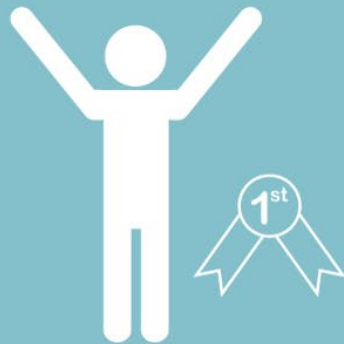
We use family-driven language!

trauma-responsive

strengths-based

avoids blaming caregivers

inclusive

person-first

respectful

nonjudgmental
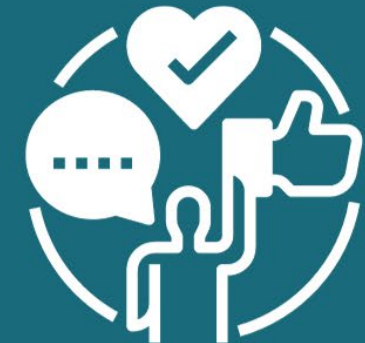
consistent with our actions

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TODAY'S DISCUSSION

Learning Objectives

o Attendees understand why their voice is a priority when creating a crisis plan for their family.

o Acceptance Factor: Attendees learn how to create a crisis plan to prepare themselves and their family to successfully navigate a crisis, while strengthening the family's ability to work together by identifying and obtaining needed supports.

o Social Justice Factor: Attendees understand how creating a crisis plan that works for their family respects the rights of family members seeking or receiving care.

Family Connections

Family-Led Crisis Planning

Thursday, April 4th

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FAMILY-LED CRISIS PLANNING

MAKING IT WORK FOR YOU

Definitions of crisis 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

Houselessness
Illness
Injury
Financial Insecurity

ACTIVATIONS

Crisis Cycle
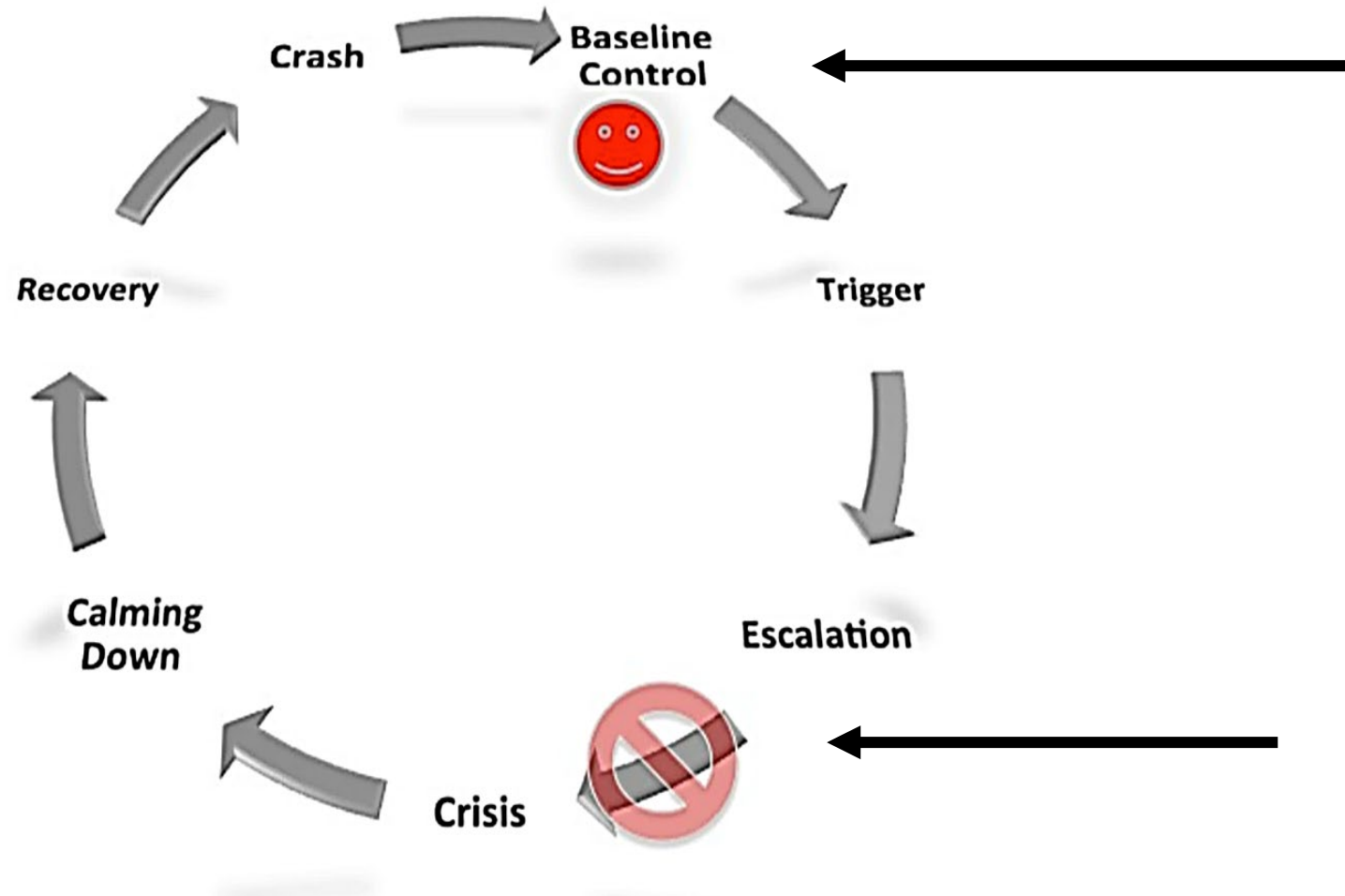
Crisis

Escalation

De-escalation

Post-Crisis

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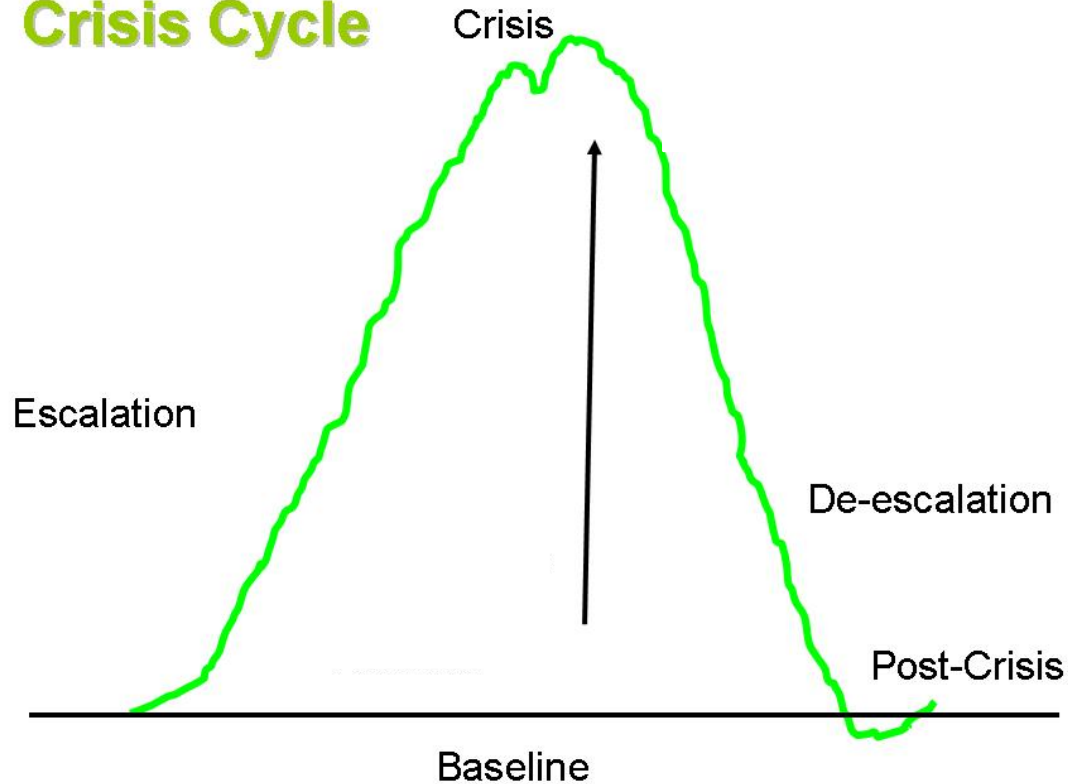
Activations are situations, events, circumstances, environments, language, fears, stressors and challenges that can potentially escalate someone to the point of being in crisis.

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/routine
Certain people	Lack of sleep
Medications	

PROACTIVE CRISIS PLANNING

Crash → Baseline Control → Trigger → Escalation → Crisis → Calming Down → Recovery
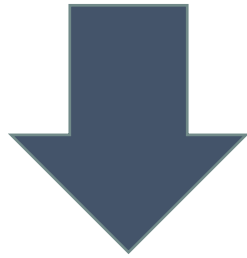
Crisis Planning and Building of Strategies Starts Here

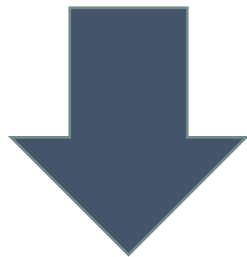So that families, and their supports, can work to disrupt the crisis cycle here

CRISIS STABILIZATION VS CRISIS PLANNING

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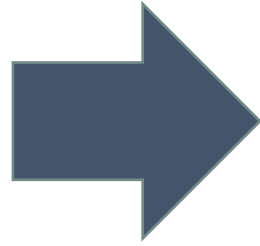# Reactive

↓

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.
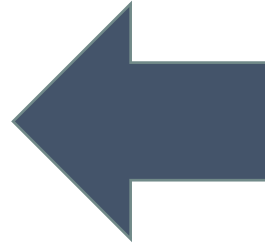
Proactive → Whole Family
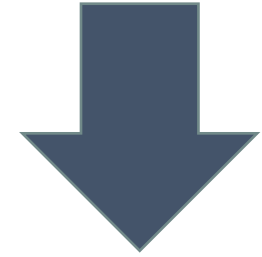
Uses/Builds Protective Factors as a Strategy for Response to Crisis ← Identifies Activations, Signs, Symptoms

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.

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.

CRISIS PLANNING

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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 towards curiosity and acceptance

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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?

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.

CULTURE MATTERS

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.

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IDENTIFY WHAT IS MOST IMPORTANT TO YOUR FAMILY

1

2

3

4

5

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