

Crisis Prevention & Safety Plan

GENERAL INFORMATION			
First Name:	Last Name:	Preferred Name:	RIN:
Parent / Guardian Name(s):			Phone:
Facilitator / Care Coordinator:		Family Peer Supporter:	
Today's Date:		Date of Most Recent Update:	
Crisis Supports			
Describe the formal and natural supports of the youth and the family.			
- Who is supportive to the youth and family when the behavior is occurring?			
Name	Relationship	Number	
Medication List			
Medication	Dose & Frequency	Purpose	
Additional Information:			
- How well do they work?			
- How consistently is the individual taking them?			
- Any concerns around medications?			

Crisis Identification

Crisis is a series of actions or behaviors that, when taken in environmental and situation context, results in an increased risk of harm to oneself or others. To safely plan for crisis, we must first be able to identify crisis. Each person involved in this plan should answer the questions below.

1. DESCRIPTION OF CRISIS BEHAVIOR AND WHERE IT OCCURS		
Describe what happens before, during and after all risk behaviors/crises of concern.		
<u>Description of triggers and warning signs:</u> <ul style="list-style-type: none"> - What are any important events that happen before the behavior? - What risks exist in the environment? - What is/are the setting, patterns, persons involved? - What triggers lead to crisis escalation? - Are there any other potential factors occurring before behavior? - Are there any recent/past traumatic events described by the family? 	<u>Description of behaviors during crisis:</u> <ul style="list-style-type: none"> - What does the behavior look like? - What environment(s) this behavior occurs in? - Are there any other variables regarding target behavior(s)? - <i>Frequency:</i> How often this behavior occurs? - <i>Duration:</i> How long does this behavior last? - <i>Intensity:</i> How severe is the behavior? (0 <i>not severe at all</i> -10 <i>extremely severe</i>)? 	<u>Description of post-crisis activity & response:</u> <ul style="list-style-type: none"> - What is/are the consequence(s) for the behavior? - What happens after behavior occurs? - How do those involved respond to the behavior? - Are there any reinforcements for the behavior? - In what ways does the youth benefit from behavior(s)? - Who is providing the consequences?
CRISIS CONCERN 1		
CRISIS CONCERN 2		

2. COOL DOWN & COPING STRATEGIES

What can we do to prevent crisis?

- What steps or goals are needed to prevent a crisis?
- List the who, what, when, where, and how often.
- What helps better the situation regardless of location?
- What other things can be done instead of the crisis behavior?

3. STRENGTHS

What strengths can we use?

- What strengths does the family have and how can they use them to manage crisis better in the future?
- What resources does the family have and how can they use them to manage crisis in the future?
- How can the information gathered in the IM+CANS and SNCD be utilized?

4. SERVICE & SUPPORT PREFERENCES

Consider all support systems and local community resources.

- What has been tried in the past?
- What has made a difference before?
- How did it work?
- If it did not work, what were the challenges?
- How can we learn from the past to help make this plan work for you?
- What is rewarding or fulfilling?
- What is important to the family?
- What can the youth/family be reminded of during crisis?

Building a Crisis Prevention & Safety Plan

Crisis can be a result of repeated behaviors and responses. In order to build a crisis prevention plan that best matches your definition of crisis and what is useful to you, we need to consider your unique needs and resources and work on common goals and then actions to help achieve these goals. Consider all support systems and local community.

CRISIS CONCERN 1			
Description of Triggers & Warning Signs:		Location:	
		<input type="checkbox"/> Home <input type="checkbox"/> School <input type="checkbox"/> Community <input type="checkbox"/> Other:	
Action Steps		Person Responsible	Contact Information
1.			
2.			
3.			
4.			
5.			
Description of Behavior During Crisis:			
Action Steps		Person Responsible	Contact Information
1.			
2.			
3.			
4.			
5.			
Description of Post-Crisis Activity & Response:			
Action Steps		Person Responsible	Contact Information
1.			
2.			
3.			
4.			
5.			

CRISIS CONCERN 2**Description of Triggers & Warning Signs:****Location:**
 Home School Community
 Other:
Action Steps**Person Responsible****Contact Information**

1.			
2.			
3.			
4.			
5.			

Description of Behavior During Crisis:**Action Steps****Person Responsible****Contact Information**

1.			
2.			
3.			
4.			
5.			

Description of Post-Crisis Activity & Response:**Action Steps****Person Responsible****Contact Information**

1.			
2.			
3.			
4.			
5.			

SIGNATURES

I/We (youth/young adult/guardian) have actively participated in the development of this plan and understand the action steps. I/We have the following response:

I/We Agree Disagree with this Crisis Prevention & Safety Plan.

If you disagree with this plan, please share the reason below:

I have been offered a copy of my Crisis Prevention & Safety Plan. I/We Accept Decline

Youth/Young Adult Name Date

Parent/Guardian Date

Facilitator/Care Coordinator Date

Team Member/Role Date

Team Member/Role Date

Team Member/Role Date

Team Member/Role Date

Team Member/Role Date

Team Member/Role Date

Team Member/Role Date