1. This is what a crisis looks like and feels like for me:
2. Please communicate with me by:
3. Please avoid doing/saying this:
4. Things that help me calm down:
5. Things that will upset me:
6. When in crisis, I tend to:
7. Other things to know or expect about me in a crisis:

|  |  |  |  |
| --- | --- | --- | --- |
| Behavior During a  Crisis: | Trigger for Behavior (if  known): | What I did: | Was it helpful? |
|  |  |  |  |
|  |  |  |  |

1. In a previous crisis, these are the community supports and resources that have helped me, and I have found helpful.

|  |  |
| --- | --- |
| Supports | How it was helpful |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

1. Who do you trust to help you in times of crisis?

|  |  |
| --- | --- |
| Name | Contact Information |
|  |  |
|  |  |

|  |  |
| --- | --- |
| Stage of Individuals Behavior | Recommended Response |
| **Early warning signs that individual is becoming increasingly distressed:**  **Warning signs:** | **Remain calm and work to de‐escalate.**  **De‐escalation techniques:** |
| **Escalation**  **Signs that individual is progressing towards a behavioral crisis.**  **Warning Signs:** | **Speak Calmly and Directly, continue de-escalation techniques**  **Call the crisis line, mental health support and physician.**  **Ensure safety** |
| **Crisis Situation has escalated to the point that safety of patient, others, or environment is at risk.**  **Warning Signs:**  **Individual is harming self or others** | **Continue to ensure safety.**  **Call 911 for Help:**  **Ask for a Crisis Intervention Trained (CIT) officer.**  **Provide the first responder with the information in the quick hand off form to assist them in communicating with me** |

A few days after the crisis has resolved, please take some time to reflect on what happened.

Do you know what triggered this crisis (consider change in routine, illness, lack of sleep, etc.)?

What did you try?

What worked or did not work?

What happened?

Who was called (police, ambulance)?

What was the end result? What could be done differently next time?