CRISIS PLANNING FOR FAMILIES

Crisis = Mental health emergency:
• Your child is in imminent danger of hurting him or herself or others
• Your child is having severely disorganized or dangerous thoughts

Before the Crisis: Your Plan

• What hospital will you use?
_________________________________________________

• How will you transport your child safely?
_________________________________________________

• Who can you call for help: local CSB, Police, Ambulance, Mobile Crisis Team, friend or family member?
_________________________________________________

• Who will take care of other children?
_________________________________________________

• Contact health insurer for hospital or provider network requirements:
_________________________________________________

• Which facilities can accept your child based on age restrictions?
_________________________________________________

• Names and numbers that can be easily accessed when/if crisis occurs:
_________________________________________________
_________________________________________________

• What crisis services are available in your community?
_________________________________________________

• Introduce yourself to local police and provide more information on your child so they have it when/if emergency occurs. Visit hospital, know where to park, where admitting is, what route to take, etc.

• Make sure the whole family is on board with plan.
During the Crisis

- Remain calm, state the facts
- Have medical information available:
  - Therapist: _______________________________________________________________
  - Psychiatrist: ____________________________________________________________
  - Care Coordinator/Case Mgr: ________________________________________________
  - Primary Care provider: ____________________________________________________
- Previous hospitalizations/other medical history
- List of medications: _________________________________________________________
- Insurance Information:
  - If your child is hospitalized:
    - Name of charge nurse/contact info: _______________________________________
    - Treating physician/contact info: ___________________________________________
    - Policies on food, flowers, cards, personal items from home: _________________
    - Discharge planning process: Medication? Referrals? Appointments? Support group or other resources?

After the Crisis

- Notify child’s mental health providers of the crisis and if any changes have been made
- What steps can be taken to prevent future incidents? What tips or techniques can be used to de-escalate your child when a crisis arises?