

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?