

**COMIRB #:** 17-0845

**Project Title:** Assessing the Utility of a Crisis Plan for Individuals with Neurodevelopmental and Behavioral Dual Diagnoses

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# Crisis Plan Template

This Crisis Plan template is meant to help you and your family identify, prepare for, and prevent behavioral crises with your son or daughter. The recommended components of the template include:

**Quick Handoff Form:** This page is meant to be used as a quick information form that can be given to anyone who may interact with your son or daughter in a crisis. Examples include first responders, teachers, babysitters, and hospital/clinic staff. If possible, it is advised to give these forms to these people in advance, so they may read it and learn about your son or daughter prior to a crisis.

**Planning:** This section is meant to be completed during a time of calm. You are encouraged to include the opinions of other family members and if possible, a professional who knows your son or daughter well. This section should help you identify the triggers, de-escalation techniques, and crisis events specific to your son or daughter and family. These answers can be used to complete the "Step by Step Crisis Plan Section."

**Step by Step Crisis Plan:** This is your actual Crisis Plan. It is divided into three stages of crisis: prevention, escalation, and full crisis. You will describe what each stage may look like for your son or daughter and then list what each member of the family should be doing during each stage. These two pages should be placed somewhere that is visible to all family members and can be easily accessed during a crisis.

**Reflection:** The final section is a place for reflection following a crisis. This information can be used to adjust the Crisis Plan if necessary.

# Quick Hand-Off Form: About Us

<b>Name of son or daughter:</b> John Smith	<b>Date of Birth:</b> 04/21/2002	<b>Gender:</b> Male
<b>Address:</b> 1234 Smith St., Denver, CO 80220		<b>Phone Number:</b> 303-123-4567 (Mom's cell)
<b>Mental Health/Behavioral Diagnoses:</b> Autism ADHD Depression/Anxiety		<b>Current Medications and Dosage:</b> Methylphenidate sustained release, 30 mg, 1x/day Fluoxetine 10 mg, 1x/day  <b>During a Crisis, these medications help my son or daughter:</b> Valium
<b>Other Medical Problems:</b> Celiac disease		<b>Allergies:</b> Penicillin

**Interacting with My Son or Daughter:**

Because of John's diagnoses, he/she will act and respond differently than others. Please use these tips when interacting with my son or daughter:

**My son or daughter is verbal/non-verbal. Please communicate with my son or daughter by:**

- Speak slowly in short sentences.
- Use "First....Then" language (Ex: First you need to stop hitting, then you can sit with your mom.)
- Use picture charts

**Please avoid doing/saying this:**

- Use a calm, low voice
- Move slowly
- Say what you are going to do before you do it

**Things that help calm my son or daughter:**

- Watching a cartoon
- Holding a yellow blanket
- Sitting alone in a dark, quiet room

**Things that will upset my son or daughter:**

- Too much noise/stimulation
- Moving too quickly
- Being touched without warning

**Typical behaviors of my son or daughter while they are in crisis.**

- Hitting and scratching
- Throwing items
- Running away

**Other things to know or expect about my son or daughter when they are in a crisis:**

- Risk of elopement

# Planning

Describe what a crisis looks like and feels like to you.

He yells, hits, scratches, and has difficulty listening and following directions. He sometimes
runs away.

How does your son or daughter's behavior differ from other times in his or her life? How do you respond? Does it help?

Trigger for Behavior (if known):	Behavior During a Crisis:	What I did:	Was it helpful?
I took away the iPad	John repeats himself over and over again	I ask him to take deep breaths or go to his room	Usually
I told him to go to his room	John makes really repetitive movements	I ask him if he is upset and wants to talk	Sometimes, but other times I don't know if he can hear me.

Today's Date 07/06/17

In a previous crisis, what community supports have you received, or what resources have you utilized, and what did you find helpful?

Supports:	What Was Helpful:
Admission to Children's Hospital	Medication reconciliation, daily therapy
Respite Facility	Safe space for individual to calm down, respite for parent
Crisis intervention trained officer visit	Calmed son or daughter without restraints, protected family members


What other adults do you trust to help you in times of crisis?


Name:	Contact Info:
Elizabeth Jones (Next door neighbor)	303-555-5555
Harry Smith (Uncle)	303-555-5555

# Crisis Plan

Keep this plan in a visible place that can be quickly referenced in a crisis!

Fill this out with your entire family to prepare you for the possibility of a crisis. If possible, it may also be helpful to have someone on your child's care team (Primary Care Provider, Counselor, Psychiatrist, Mental Health Professional, etc.) review your completed plan.

Stage of Individual's Behavior	Recommended Parent Response
<p><b>Stage 1: Prevention</b></p> <p>Early warning signs that individual is becoming increasingly distressed.</p> <p>Warning Signs:</p> <ul style="list-style-type: none"> <li>• Repetitive hand flapping.</li> <li>• Persistence on a certain topic, or repetitively asking questions.</li> <li>• Persistent, escalating refusal of requests</li> </ul>	<p><b>Remain calm and work to de-escalate.</b></p> <p>De-escalation techniques:</p> <ul style="list-style-type: none"> <li>• Remind son or daughter to perform coping strategies listed above – safe hands, deep breaths, go to room</li> <li>• Try to compromise</li> <li>• Use picture schedule to communicate requests.</li> </ul> <p><b>Consider if proper medications have been given or can be given now.</b></p> <p>Medication: <u>Methylphenidate and Fluoxetine</u></p>
<p><b>Stage 2: Escalation</b></p> <p>Signs that individual is progressing towards a behavioral crisis.</p> <p>Warning Signs:</p> <ul style="list-style-type: none"> <li>• Yelling/raised voice</li> <li>• Larger, repetitive movements (stomping/pounding ground)</li> </ul> <div style="text-align: center; margin-top: 10px;">  </div>	<p><b>Speak calmly and directly.</b></p> <p><b>Continue De-escalation Techniques.</b></p> <p><b>Consider calling therapist or Crisis Hotline for help.</b></p> <ul style="list-style-type: none"> <li>• Crisis Hotline: 1-844-493-TALK (8255) Health Care Provider: <b>Jen Nyguen</b> <b>Phone: 303-555-5555</b></li> </ul> <p><b>If able, transport to Crisis Center:</b> Nearest Crisis Center: <b>Aurora Walk-In Crisis Center</b> <b>2206 Victor St.</b> <b>Aurora, CO 80045</b></p> <p><b>Ensure safety – see chart below.</b></p>

Individual:	Safety Plan:
Son or daughter in crisis: <b>John</b>	Use code word to identify to everyone that you are in a crisis. Go to room and turn off lights to give yourself a calming atmosphere.
Siblings: <b>Justin (brother)</b>	Get dog and go to neighbor's house to wait.
Parent 1: <b>Jackie (mother)</b>	Continue to model calm behavior.
Parent 2: <b>Jared (father)</b>	Remove all dangerous or important items from the area. Retrieve a phone in case someone needs to be called. If necessary, he should restrain John from hurting himself.
<p><b>Stage 3: Crisis</b></p> <p>Situation has escalated to the point that safety of patient, others, or environment is at risk.</p> <p>Warning Signs:</p> <ul style="list-style-type: none"> <li>• Individual is harming self or others</li> <li>• <b>Hitting self or others</b></li> <li>• <b>Throwing and/or destroying property</b></li> </ul> <div style="text-align: center; margin: 10px 0;">  </div>	<p><b>Continue to ensure safety.</b></p> <p><b>Call 911 for Help:</b></p> <ul style="list-style-type: none"> <li>• Ask for a Crisis Intervention Trained (CIT) officer</li> <li>• Provide the first responder with the information in the quick hand off form to assist them in communicating with your son or daughter</li> </ul> <p><b>If able, transport to Nearest Emergency Room.</b></p> <p>Nearest ED: <b>Children's Hospital</b></p> <ul style="list-style-type: none"> <li>• Take crisis kit.</li> </ul>

**Emergency Contacts:**

Emergency Contact Name:	Relationship:	Contact Info:
<b>Jackie Smith</b>	<b>Mother</b>	<b>303-555-5555</b>
<b>Jared Smith</b>	<b>Father</b>	<b>303-555-5555</b>
<b>Elizabeth Jones</b>	<b>Next Door Neighbor</b>	<b>303-555-5555</b>

**Provider List: (include physicians, therapists, or anyone who provides services for you)**

Name:	Role:	Contact Info:
<b>Dr. Luke Rodriguez</b>	<b>Psychiatrist</b>	<b>303-555-5555</b>
<b>Dr. Julie Hunter</b>	<b>Primary care provider</b>	<b>303-555-5555</b>
<b>Jen Nyguen</b>	<b>Behavioral therapist</b>	<b>303-555-5555</b>

# Reflection

**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.)?

Justin took the dog for a walk without John. When John found out, he got mad. He continuously shouted that he was left out and became violent. When asked to go to his room, he refused and it was necessary to call 911 to ensure everyone's safety.

What did you try? What worked or did not work?

We followed the Crisis Plan and used the hand-off form.

The charts helped John understand that the first responders were there to help him and not to hurt him.

His brother was unable to go to his usual place because he did not know that the crisis was taking place.

What happened? Who was called (police, ambulance)? What was the end result?

The CIT officer arrived at the house. They spoke calmly to John and were able to convince him to come with them to the hospital.

What could be done differently next time? (For example, does your environment need to be altered to make it safer for your son/daughter or the rest of your family?)

Request that John go to his room and calm down before he becomes violent.

Say "first go to your room, then calm down, then the dog can come and sit with you."

Remove unnecessary breakables from family areas and John's room.

Ensure that his brother has a way of knowing that the crisis is beginning if he is not immediately aware that it is happening.

Do you think your son or daughter's current medications and treatments (including therapies and services provided) are still helping?

Yes, but we probably should schedule an appointment with Dr. Nyguen to follow-up after this crisis.

**If necessary, try to go back to review and alter your original Crisis Plan based on your reflections.**