

Tips as you leave the Psychiatric ED

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Ask these questions before you leave the ED (if possible)

Things to Consider Preparing for Future Crisis Events

- When and where to seek help in a crisis during business hours, and on nights/weekends.
- Name of all medications and dosages, including possible side effects of any new medications.
- Can your child be left unattended? If so, for how long?
- Ideas for safety planning in the home.
- De-escalation ideas/strategies for responders and caregivers.

Helpful for caregiver and family:

1. **This may have been a traumatic experience. You may be feeling - worried, anxious, irritable, on edge, isolated, hopeless, along with changes in sleeping habits, and poor concentration. This is normal!**
2. **Take time to care for yourself and help manage the stress of caregiving.**
 - Exercise, short walk, yoga, mediate, pray, nap, take a bubble bath.
 - Look for one thing that will make you smile each day.
 - Engage in some activity to take a break from the event.
 - Reach out for support.
 - Self-Care Wheel and Toolkit - <https://olgaphoenix.com/self-care-wheel/>
3. **Make time to process the incident.**
 - Reach out and talk to a trusted friend/family member about the event.
 - Schedule an appointment with your counselor or therapist. This is a place where you can share the extremes of your experience without judgment and give you support to tackle life.
4. **Connect with other families experiencing similar challenges.**
 - Ask a provider to connect you with another family.
 - Join a caregiver support group, virtual or in person.
 - Connect with an on-line community.
 - Facebook has many specialized groups by disability.

5. **Seek respite** - getting a short break from caregiving

- Colorado Respite Coalition (303-233-1666)
<https://coloradorespitecoalition.org/index>

6. **Obtain extra help at home from neighbors, friends, family.**

- Help with daily activities, transportation, making phone calls, ...
- Extra set of hands in the home to help with affected child or siblings.

7. **Take time for siblings.**

- Talk to siblings about the event and listen to their concerns.
- Take individual special time with siblings. Special activities with just that child.
- Activities that involve the whole family.

Next Steps:

8. **Learn more about your child's mental health condition & medications** - especially long-term medication side effects. See resource section.
9. **Additional therapies, and suggestions for school.**
 - Access psychologist or therapist, psychiatrist, family therapy.
 - Applied Behavioral Analysis (ABA), Occupational therapy, equine therapy. *Plan for 4-6 week lead time to set up.*
 - Coping Skills and self-care <https://www.kiddiematters.com/80-self-care-activities-teens/>
 - Difficult behavior tips <https://childmind.org/guide/parents-guide-to-problem-behavior/>

To access services in your community - contact your regional Community Centered Board (CCB) <https://www.alliancecolorado.org/find-local-services>

This resource was developed based on the needs expressed in the results of the *Understanding the Challenges Caregivers Experience During and After a Psychiatric Emergency Department visit with Dually Diagnosed Children Study*, COMIRB No: 22-0063, Principal Investigator: Vicki Krieger, conducted Spring 2022.

Resources

El Grupo VIDA – www.elgrupovida.org

Hispanic/Latino parents' network to provide mutual support for people with disabilities, their parents, family, and guardians

Care & Resource Navigation

PEAK Parent Center www.peakparent.org parent resource center

Thrive Center - <https://www.thrivectr.org/> community resource center

Wayfinder app <https://www.joinwayfinder.com/individuals> - care navigation

Insurance, Diagnoses, Medications & more

<https://www.aacap.org/> Diagnosis and medications

<https://childmind.org/topics/connect-to-care/> Insurance helps

<https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults>

<https://www.nlm.nih.gov/health/topics/mental-health-medications>

State Services and Supports

Denver START <https://www.rmhumanservices.org/start>

Crisis intervention for 6 & up with I/DD and mental health needs in Denver County

Wraparound Case Management (COACT) <https://coactcolorado.org/services>

Children and Youth Mental Health Treatment Act

<https://cdhs.colorado.gov/behavioral-health/cymhta>

Helps families access mental health treatment services for children/youth

Children's Habilitation Residential Program Waiver (CHRP)

<https://hcpf.colorado.gov/childrens-habilitation-residential-program-waiver-chrp>

Services for children/youth who have an I/DD and very high needs which put them at risk of, or in need of, out-of-home placement

Community Behavioral Health Services - Colorado Dept. of Human Services

<https://cdhs.colorado.gov/behavioral-health/children-youth-families>

Community and behavioral programs for children, youth, and families

HFCP (CO Medicaid EPSDT) Pediatric behavioral therapies, provider list

<https://hcpf.colorado.gov/pediatric-behavioral-therapies>

<https://hcpf.colorado.gov/pediatric-behavioral-therapies-provider-list>

School Supports

Child Mind Institute <https://childmind.org/topics/school/>

CO Dept Education - Sped & MH <http://www.cde.state.co.us/cdesped/mentalhealth>

Siblings - Resources & community for siblings of people with disabilities

Sibling Support Project <https://siblingsupport.org/>

Support Groups

Parent to Parent of CO (P2P) www.p2p-co.org

Connecting parents to other parents of children with disabilities, providing emotional and informational support. Also, offers a bi-weekly virtual support group

Empower Colorado Support Facebook Group, part of Parent to Parent

Facebook has many specialized groups by disability

Family Partners mylynda_herrick8@hotmail.com

Support group for parents of children with mental illness or high behavioral needs

The Living Spectrum www.thelivingspectrum.org Support Group

NAMI (National Alliance on Mental Illness)

<https://namicolorado.org/family-support-groups/> 303-321-3104

Support Groups for families who have a loved one with mental illness

Suicide

National Suicide Prevention Lifeline 988 starts July 16, 2022

www.suicidepreventionlifeline.org

Second Wind Fund treatment center www.thesecondwindfund.org 303-988-2645

24 Hour Crisis Supports

When calling 911:

- Request a crisis intervention team (CIT) officer to respond if available.
- Explain the condition(s) the individual has and how the individual may not be able to respond to police directions.

Proactive Tip: Contact local police department to flag your address as having a person with a disability residing there, provide information describing individual, their condition, behaviors, best way to approach individual, and things to avoid.

Colorado Crisis Services (24/7 availability) <https://coloradocrisisservices.org/>

- Call 1-844-493-8255 or Text "TALK" to 38255
- Immediate support crisis support for any mental health concern
- Call to request a mobile crisis unit for in-home mental health evaluation.
- Walk-in centers for a clinical evaluation, resource information & referrals
- Crisis Stabilization Unit: Many have a crisis stabilization unit onsite for a mental health crisis stays (1 – 3 days) while developing a treatment plan

NAMI HelpLine - Text NAMI to 741-741 24/7 crisis support via text message

1-800-950-NAMI (6264) or info@nami.org (Mon-Fri, 8 am–8 pm MT)

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