

**Western Highlands Network  
Essential Elements of a Crisis Plan**

| <b>Trigger</b>  | <b>Behavior/SX</b>   | <b>Pro-Active Intervention</b>  | <b>Reactive Intervention</b>  | <b>Crisis Contingency</b>   | <b>How will the crisis plan be implemented?</b>   |
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| <p><b>What external events or circumstances in the consumer’s life have been disruptive to their recovery, may cause symptoms, and their ability to stay in the community?<br/>Or<br/>What lead to the consumer’s last hospitalization?</b></p> <p><b>Examples may include: death of a loved one, change in residence, loss of job, loss of a pet, change in health, active substance abuse, recent hospitalization, isolation, medication non-compliance, feeling overwhelmed, mistreated, or experiencing financial stress.</b></p> | <p><b>What behaviors does the consumer display that indicates an impending crisis?</b></p> <p><b>Examples may include reduced sleep, changes in mood, return of delusional thinking, increasing impulsivity, changes in the content, intensity, or frequency of auditory hallucinations, SI/HI, communication from family or support system reporting unusual changes in consumer’s LOF.</b></p> | <p><b>What is the intervention to be used to prevent a crisis once triggers have been identified?</b></p> <p><b>Examples may include HVs, attending a crisis group, cueing the consumer to use recovery skills, (e.g., specific DBT skills) increasing PSR or SA group attendance, consulting with MD regarding medication change or MD eval., calling natural supports to increase contact with consumer during stressful times.</b></p> | <p><b>What is the intervention to be used once behaviors and symptoms of a crisis manifest themselves?</b></p> <p><b>Examples include consulting with the MD regarding medication changes or evaluation, making home visits to coordinate activities of natural supports, Assessing for dangerousness, reinforcing specific recovery skills, increasing group or individual sessions, or facilitating emergency placements.</b></p> | <p><b>Who or what in this consumer’s life can help them stay in the community?</b></p> <p><b>Examples may include specific family members, significant others, AA/NA sponsors, peer s, ministers, general MDs</b></p> | <p><b>What is the specific role to be carried out by the natural support, how do you contact them, and have they agreed to perform this function?</b></p> <p><b>Examples may include transporting the consumer for services, assisting with medication compliance, monitoring safety, removing fire arms, providing emergency lodging, etc.</b></p> |

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