Crisis Management with High-risk Populations

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Learning Objectives

1. Discern between suicidal ideation and emotional dysregulation
2. Identify at least one strategy to support individuals in crisis
3. Identify at least one effective strategy to communicate with individuals during a crisis
We can’t care for others if we don’t care for ourselves

#care4selfcare4others
How would you define a crisis?
What is the goal of crisis management?
Crisis Management

- Clarify what the crisis is
  - Life-threatening vs. personal crisis?
  - Poor emotional regulation vs. suicidal/homicidal ideation

- Practice emotional regulation skills
Things to Assess

- **Does the individual recognize there is a crisis/situation needing immediate attention?**
- **Where is the individual at in the crisis cycle?**
### Pre-crisis assessment

- What does the individual’s baseline look like?
- What are the problematic behaviors?
- What are the individual’s triggers?
- What are the individual’s warning signs?
- What coping skills does the individual use?

➤ Who does the individual have for a support system?
Crisis Assessment

- Focus is on safety and stability
- Determine what type of crisis it is
  - Suicidal ideation
  - Homicidal ideation
  - Self-harm
  - Substance use-related
  - Domestic violence
  - Sexual assault
Crisis Assessment
What can you tell yourself in the heat of the moment to stay calm?
What is the purpose of debriefing a crisis?
Crisis Debrief

- Debrief when all parties are calm
- Identify triggers and warning signs
- Identify opportunities for coping
- Identify game plan for support going forward
Safety Assessment

- If homicidal ideation/threats to others is present,
  - Is there an identifiable victim?
  - What is the threat?
  - Is it poor emotional regulation?
  - The duty to warn: Tarasoff v. Regents of the University of California
Safety Assessment

- Is the individual an imminent danger to self or others?
- If suicidal ideation is present,
  - Is it poor emotional regulation?
  - Is the ideation active or passive?
  - Is there a plan?
  - Does the individual have the means to harm self?
  - Is there intent to harm self?
  - Is there a history of suicide attempts?
- Are there any protective factors?
Safety Plans

- Complete anytime the individual is engaging in unsafe behaviors, is in an abusive relationship, has recently left an abusive relationship, expresses suicidal/homicidal ideation, and/or is discharged from a psychiatric hospitalization
- Regularly review and update, as needed
- Stay focused on the safety concerns
- Should anyone else be informed of the safety plan?
- Consider both physical and emotional safety
Safety Plans

- Questions to consider
  - Is the plan to protect the individual from harming themselves or someone else?
  - Is the plan to escape a potentially dangerous situation such as domestic violence?
  - Is the plan to stay away from the abuser?
  - Is the individual in imminent danger?
  - Are new safety concerns emerging as treatment continues?
Safety Plans

- Questions to consider asking the individual
  - Are there any situations in which you feel unsafe?
  - Are there any situation in which others fear for your safety?
  - What are you most worried your significant other will do?
  - What are ways you can increase your safety?
  - Why is your safety important?

Safety Plans

- Available resources for imminent danger
  - 911
  - 988 Suicide & Crisis Lifeline
  - Local emergency rooms
  - Psychiatric hospitalization assessment
  - Shelters
  - Sexual assault hotline
Safety Plans

- Available resources for other crises
  - 988 Suicide & Crisis Lifeline
    https://988lifeline.org/current-events/the-lifeline-and-988/

- Shelters
- Food banks

- Social service agency linkages
  - Department of Children and Families, Substance Abuse & Mental Health
    https://www.myflfamilies.com/services/substance-abuse-and-mental-health
  - Mobile Response Team information
    https://www.myflfamilies.com/services/samh/mobile-response-teams
  - Naloxone Providers information
    isavefl.com
A staff member overhears Tom say "I’m so mad I could kill myself when I get home"
Crystal has been increasingly withdrawn and has started to skip meetings. When you check in with her, she tells you about a recent rape and states, “Now I’m spiraling downward.”
Barry’s history of addiction has placed him in some risky situations. He recently shared about a near overdose.
We can’t care for others if we don’t care for ourselves

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Resources

- **988 Suicide & Crisis Lifeline**
  [https://988lifeline.org/current-events/the-lifeline-and-988/](https://988lifeline.org/current-events/the-lifeline-and-988/)

- **Department of Children and Families, Substance Abuse & Mental Health**

- **Mobile Response Team information**

- **Naloxone Providers information**
  [https://www.isavefl.com/](https://www.isavefl.com/)

- **SAMHSA Find a treatment facility**
  [https://findtreatment.gov/](https://findtreatment.gov/)

- **SAMHSA Find Support**
  [https://www.samhsa.gov/find-support](https://www.samhsa.gov/find-support)
References


