



Crisis Planning for Dual Diagnosis

An overview on how to address crisis situations for individuals with mental illness and an intellectual or developmental disability





What is a Crisis?

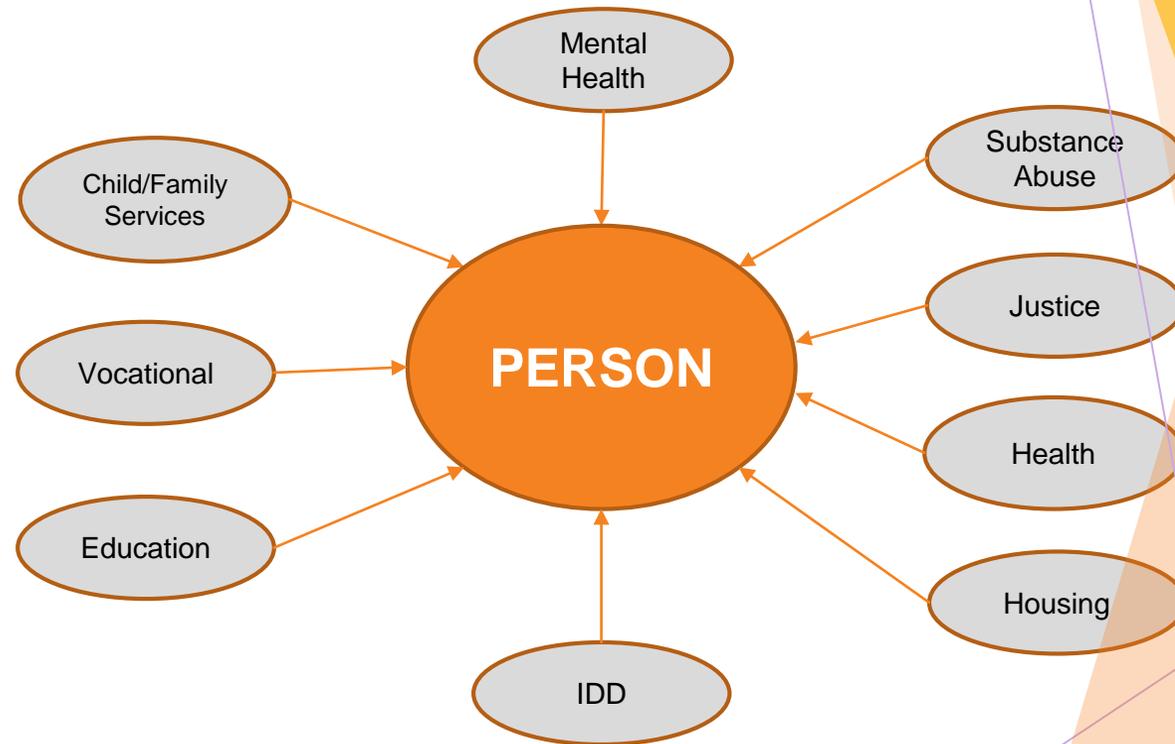
- * Public systems often define mental health crisis and danger to self or others as the same thing.
- * While behaviors that present as a threat to self certainly call for an emergency response, these behaviors are often the culmination of a crisis episode, rather than the episode in its entirety.

IDD/MI Crisis

- * People with dual diagnosis are at risk of experiencing a crisis for a number of reasons.
- * Crisis management approaches can help a person avoid having to be hospitalized or have an encounter with the criminal justice system.
- * A crisis plan **is not** the same as a behavior support plan.

Crisis Planning-Systems Collaboration

- * People with dual diagnosis are often supported by numerous providers covering multiple systems.
- * Good crisis planning should include **all** supports in an individual's life.





Developing the Plan

- * According to SAMHSA (2009), several principles should be taken into consideration when developing a crisis plan:
 - * Access to supports and services is timely
 - * Services are provided in the least restrictive manner
 - * Adequate time is spent with the person in crisis
 - * Plans are strengths-based
 - * Emergency interventions consider the context of the individual's overall plan of services
 - * Individual's in a self-defined crisis are not turned away
 - * Helping the individual to regain a sense of control is a priority
 - * Services are trauma-informed
 - * Recurring crises signal problems in assessment or care
 - * Meaningful measures are taken to reduce the likelihood of future emergencies

Developing the Plan

Proactive Prevention

- * Develop a range of ways to prevent crisis from happening again.
- * Responses should be from a range of people, **not** just the person in crisis.
- * Examples: changing staffing, change the subject, change aspects of the environment.

Reactive Response

- * Good reactive strategies are designed to manage people and events as they happen.
- * Should include strategies for managing safety and how people should respond.
- * Examples: how to make a space safe, how to best communicate, contacting supports and who is responsible.



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Implementing a Plan

- * Importance of practice
- * Review, modify, and improve after every crisis
- * Debriefing and supporting staff after a crisis
- * Be proactive in your planning so you are prepared!



Works Cited

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