

Crisis Plans: Making Choices for Difficult Times

Consumer Education and Support Statewide Call-In:
May 29, 2008

Welcome!

- Thank you to all who have joined in for today's call!
- Instructions for CEU's for today's call
 - Fax Sign-In Sheets to:
 - Josephine Brodbeck, FAX (309) 693-5101
- Date and Topic for Next Call-In
 - June 26th - How to Develop Inclusive Agency-Based Advisory Councils

Objectives for Today's Call

1. Participants will learn what a crisis is
2. Participants will learn what a crisis plan is
3. Participants will learn the benefits of creating their own personal crisis plans
4. Participants will learn how to decide whether or not to create a crisis plan
5. Participants will learn examples of things they can put in a crisis plan

Objectives for Today's Call

6. Participants will learn how crisis plans are different from psychiatric advance directives and WRAP
7. Participants will learn how to decide with whom they should share their crisis plan
8. Participants will learn how they can find more information about crisis plans
9. Participants will have an opportunity to ask questions and offer suggestions regarding these topics

Guidelines for Today's Call

- All Speakers Will Use Person-First Language
- All Acronyms Will Be Spelled Out and Defined
- Diverse Experiences Will Be Heard and Validated

Meet the Presenters

- Joe Ferguson, Peer and Family Support Specialist
Illinois Mental Health Collaborative for Access and Choice
 - Mary E. Jensen, Region 2 Recovery Support Specialist
DHS/Division of Mental Health
- Dan Wilson, Peer and Family Support Specialist
Illinois Mental Health Collaborative for Access and Choice

What is a Crisis?

- A crisis is a short period of time when you may not be able to take action on your decisions due to a challenge beyond your control.
- Having support from people you choose and a plan that you design can help you to prevent, prepare for, and overcome a crisis.

What is a Crisis Plan?

- A Crisis Plan is:
 - A plan created by you with the help of people you choose
 - A plan that tells others how you want to be treated if you have a mental health crisis

Why Should I Create My Own Crisis Plan?

- Because every person has different needs and deserves to be treated as an individual
- Because only you can write a crisis plan that works for you
- Because if you are unable to act on decisions you would make for yourself, your crisis plan will help supporters to know how you want to be treated

Why Should I Create My Own Crisis Plan?

- Because it is wise to prepare for a crisis ahead of time so you have support and a plan if you ever need them
- Sometimes knowing that you have this support and a plan can help you to prevent a crisis from occurring

Who Should Create a Crisis Plan?

- Any person with an important challenge in their life, such as a mental health challenge, who wants to make choices about how they are treated in a crisis
- Persons who participate in Community Support Team (CST)
- Persons who participate in Assertive Community Treatment (ACT)

When is the Best Time for Me to Write My Crisis Plan?

- When I am feeling well
- When I am relaxed
- When I have time to focus

What Kinds of Things Might I Put in My Crisis Plan?

- Who you want involved in your care and how to reach them
- What has worked and what has not worked in the past
- Your preferences about specific treatments, such as medications, Electroconvulsive Therapy (ECT), seclusion and restraint

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What Kinds of Things Might I Put in My Crisis Plan? (Continued)

- What needs to be taken care of at home while you are in a crisis, for example:
 - Mail
 - Bills
 - Family
 - Pet care
 - And more...

What Kinds of Things Might I Put in My Crisis Plan? (Continued)

- How the people supporting you during a crisis will know when you are no longer in a crisis, for example:
 - What you look like
 - What you sound like
 - What you are able to do

How Do I Decide With Whom I Should Share My Crisis Plan?

- Think about persons you trust who can be there for you in difficult times and ask their permission to involve them. This may include:
 - Close friends
 - Family members
 - Mental health center staff
 - Your doctor

How is a Crisis Plan Different From a Wellness Recovery Action Plan (WRAP)?

- A WRAP contains much more than a crisis plan:
 - Wellness Toolbox
 - Daily Maintenance Plan
 - Triggers, and an Action Plan
 - Early Warning Signs, and an Action Plan
 - Signs that Things are Getting Worse, and an Action Plan
 - Crisis Plan
 - Post-Crisis Plan

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How is a Crisis Plan Different from a Psychiatric Advance Directive?

- A Psychiatric Advance Directive is:
 - A legal document
 - Created when you are well
 - Signed by a psychiatrist

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How Can I Learn More About Crisis Plans?

You can learn more about creating your crisis plan from:

- www.MentalHealthRecovery.com/RecoveryCrisisPlanning.php
- Your mental health center
- People who lead Wellness Recovery Action Plan (WRAP) classes
- DHS/DMH Recovery Support Specialists

Guidelines for Questions And Answers

- All Speakers Will Use Person-First Language
- All Acronyms Will Be Spelled Out and Defined
- Diverse Experiences Will Be Heard and Validated
- Limit to One Question per Person, then Pass to the Next Person
- Saying "Thank You" Indicates You Are Finished With Your Question

Thank You!

- Written Questions Can Be Sent To:
 - Bryce Goff, Director of Recovery and Resilience, Illinois Mental Health Collaborative for Access and Choice
E-mail: Bryce.Goff@valueoptions.com
FAX: (217) 801-9189
 - Nanette Larson, Director of Recovery Support Services, DHS/Division of Mental Health
E-mail: Nanette.Larson@illinois.gov
FAX: (309) 693-5101
