

Crisis Plan

Crisis – A time of intense difficulty, trouble or danger; time when a difficult or important decision must be made

Instructions: A Crisis Plan, detailing options for preventing a potential/known crisis and responses by those supporting the youth through such an event, is required to be developed based on the family need, preferences and reports of past crisis events and relevant triggers to help identify potential future crisis needs. If another current agency Crisis Plan has been developed with and signed by the youth and/or family, the agency Crisis Plan can be submitted to fulfill this requirement.

Youth is under age 3, enrolled in Early Intervention and family currently shows no evidence of need for crisis planning.

Youth's Name:	Date:
Identify Potential Crisis	
<i>Triggers – Thoughts, feelings, behaviors, symptoms</i>	
<i>Coping Strategies – What brings calmness, change of thought, distraction through healthy activities</i>	
Action Plan	
Who is available to help?	
Name	Contact Number
Facilitator	
Mental Health Emergency	800-468-HELP (4357)
Mental Health Provider	
Law Enforcement and/or Medical Emergency	9-1-1

Parent Signature and Date

Youth Signature and Date

Facilitator Signature and Date

In the event of a crisis, the family will notify their facilitator as soon as possible once the crisis is stabilized.