



Oh my, we are in a Pickle, but Lettuce Romaine Calm, we have a Plan: Crisis Planning in Wraparound



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Objectives

- Gain an understanding to determine which behaviors require immediate action to ensure safety and which require a team response to manage crisis.
- Participants will learn how to individualize crisis and safety responses that are readily accessible to the family and realistic given their situation.
- Participants will learn to work with a team to build crisis and safety supports empowering the family and building on the knowledge of the team's skills and resources across life domains.





Let's go on a Picnic



cuddlesandrage.com

Definition of crisis...

- The perception of an event or situation as an intolerable difficulty that exceeds the resources and coping mechanisms of the person (Gilliland & James, 1993)
- An unexpected or out of control event that causes pain, suffering, or instability for the family (Miles, 2009)
- When adults don't know what to do
- When an event occurs that could result in the youth moving to a higher level of care



Crisis is not necessarily...

- A sign that the plan is not working
- When a child or family is not doing what you want them to do.
- An opportunity to abandon Wraparound principles.
- A sign that all hope is lost and you should quit.
- Your responsibility to stop, change or manage on your own.

**WE DON'T HAVE ANY
VEGETABLE JOKES...**



**IF YOU DO,
LETTUCE KNOW!**

Crisis should be...

- Defined by the family having it.
- An opportunity to practice strength-based and creative interventions.
- Expected, anticipated and planned for.
- A test of a collaborative group's ability to stay together during the hard times.
- An opening to discover more information.
- A gateway to develop a range of self-care and/or support activities.
- A chance for you to manage your own bias and response.



An event becoming a crisis is often influenced by three factors:

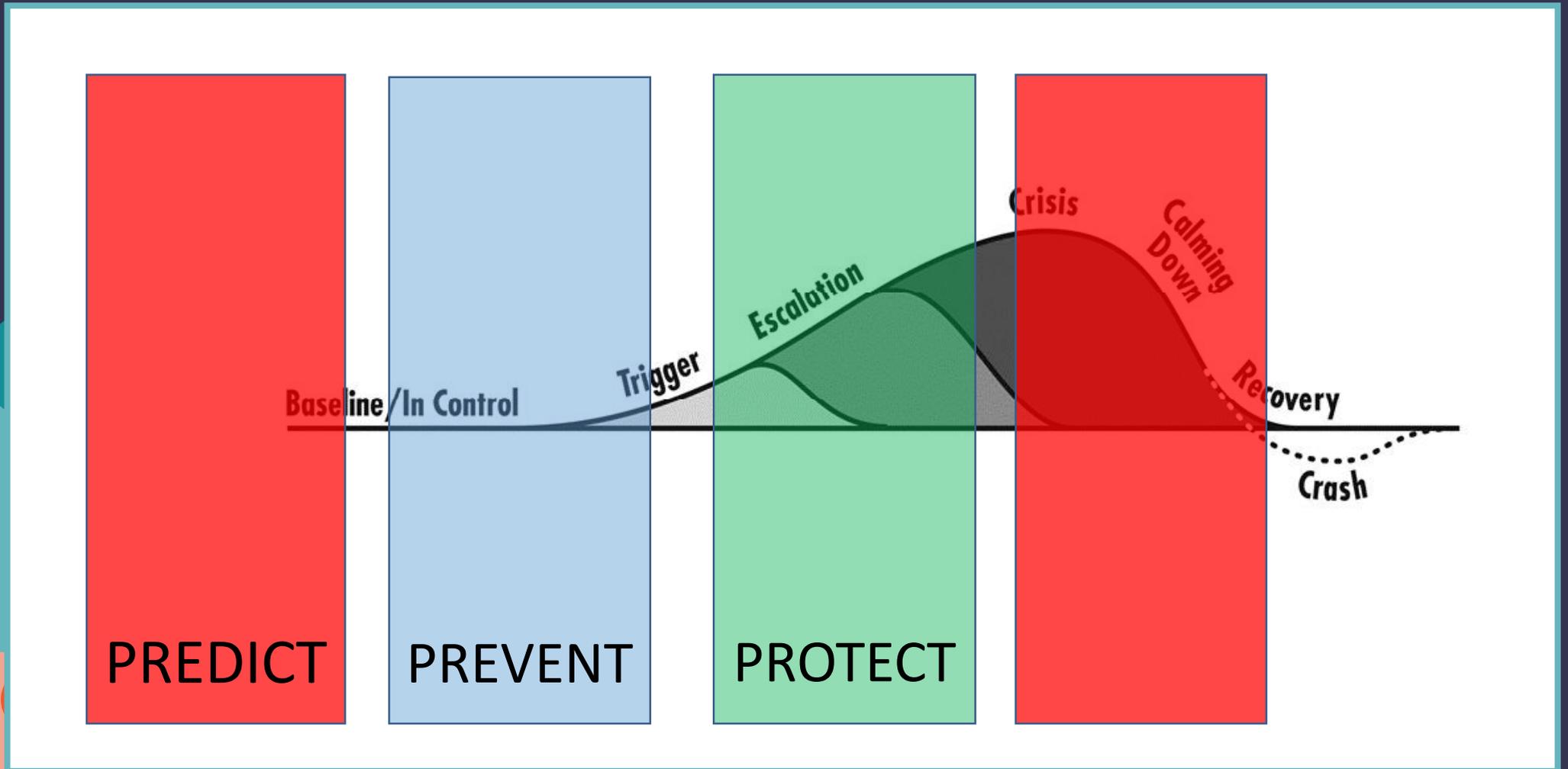
- **Network of responsive support:** Does the family have people in their lives who are willing and able to step up and help them react to the event/potential crisis?
- **Coping skills:** Are the people at the center of the crisis aware of the functional strengths and skills they have that will be useful in the event/potential crisis?
- **Perceptions:** Do the people at the center of the crisis think they are in crisis? If they do, then they are. As crisis planners say "If you think you're in crisis, we do too." Having an effective crisis plan in place can change a family's views on what they can handle.

Adapted from www.crisisplanningsolutions.com

When does crisis planning happen?

- At initial contact the initial crisis plan is created to keep family safe until first CFTM
- Initial crisis plan is reviewed and updated to include the team and all new supports at the first CFTM.
- Crisis planning continues throughout the Wraparound process. At each meeting, teams must build on individual/family strengths to update and adjust plans to achieve lasting change in how families view themselves and their ability to manage crisis.
- After crisis happens, teams must debrief and update plans to include what was learned. With effective safety planning, follow up and review procedures in place, a crisis can lead to learning and growth. (Incident follow up note)
- During transition planning, teams work together to make plans to address crises that could occur after wraparound ends. Families should leave wraparound knowing that they can handle whatever comes their way.

The 3 P's in Practice...



EFFECTIVE CRISIS PLANNING IS BOTH PROACTIVE AND REACTIVE...

Proactive

- Action steps designed to prevent crisis from occurring.
- Proactive steps are most powerful when knowledge of triggers for crisis are incorporated.
- Include behaviors and supports that are expected to prevent the crisis from happening.
- Includes information about what the team will DO, not what the team is expected NOT TO DO.
- Shares the responsibility for prevention.

Reactive

- Describe team's planned response to crisis when it happens.
- Include action steps developed to allow family to know what action they will take if the crisis actually occurs.
- Developed to address risk factors and keep youth and family safer.
- Can be empowering: increase decision making and control options for the individual and family.

Immediate Crisis and Stabilization

- *Immediate* crisis stabilization to get through to the first team meeting
- The crisis plan is a **reactive** plan that builds **protection** around behavior
- The crisis plan includes:
 - History/Reason for referral
 - Safety Issues (non-negotiables, CPS reporting)
 - Crisis as defined by the family (home, school, and/or community)
 - Triggers
 - Action Steps (order from least restrictive to most intensive)
 - Brainstorming what would help if the crisis occurred (what was used before, what could be used now)
 - Resources
 - Techniques
 - List people and contact information
 - Who will help?



Components of crisis plan documentation

GATHER AND INCLUDE INFORMATION ABOUT:

- **Potential crisis:** What is the reason for referral? What are current safety risks? What does the family see as “the worst that could happen?” Ask for details about multiple domains such as home, school, community etc.
- **Relevant crisis history:** How many times has it happened? When has it happened before? What happened as a result of crisis? What are contributing factors? What helps make crisis less likely to happen? What are possible reasons for crisis? Applicable functional strengths?
- **Triggers:** What happens before crisis? What makes it more likely to happen? Have any patterns emerged? Any exceptions?





THEN DECIDE
TOGETHER ON:

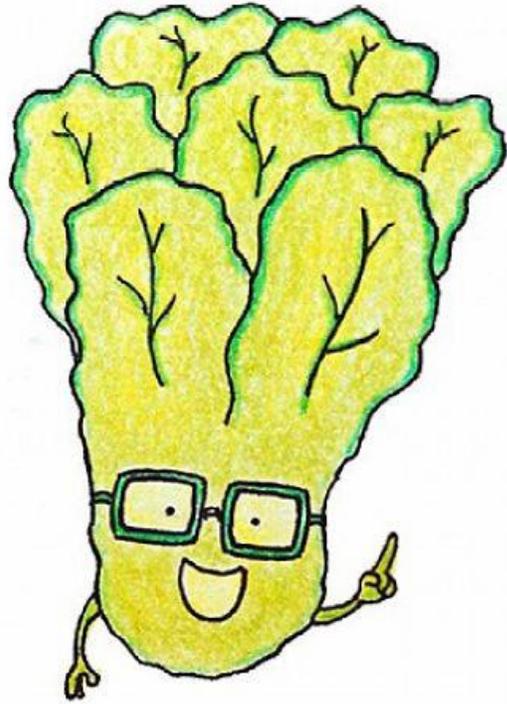
- Action steps assigned to specific individuals
- Include multiple domains (school, home, community, etc.)
- Include proactive and reactive steps
- Action steps must always include the...



Reviewing and Updating Crisis Plans at CFTM

- Review the reason for referral and current challenges
- Review the initial crisis plan
- Update the initial plan for any further safety concerns (non-negotiables)
- Add any other crisis situations that wouldn't be addressed in the initial crisis plan
- Revisit triggers
- Additional brainstorming with the full team and add them to the action steps
- Be sure to ask MHT about any need steps to be added
- Update:
 - Resources
 - Techniques
 - List people and contact information





IF THERE IS ANY PROBLEM,
PLEASE **Lettuce** KNOW





Reflection



Contact Information

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