

Individual/Family Communication Plan for _____

Introduction

Triggers are situations that may contribute to crisis for the person under review.

(A) What behaviors, situations or circumstances upset you?

(B) What makes you feel scared, upset or angry and could cause you to go into crisis?

Early warning signs are behaviors that a person displays which indicate he or she may be upset or losing behavioral control (e.g., restlessness, agitation, pacing, shortness of breath, or sweating).

(A) What behaviors might you display as a result of what you are feeling or what might you or others notice just before you lose control?

(B) What subtle cues may you exhibit that indicate you are upset, frightened or angry?

(C) What are some things that you might say or do that would indicate that something was wrong?

Coping strategies are the person's preferred strategies for managing and minimizing stress. (e.g., time away from a stressful situation, going for a walk, talking to someone who will listen, lying down, exercise, or listening to peaceful music).

(A) What techniques, methods or tools help you control your behavior and thus prevent crisis situations, and what methods help you regain control when you are experiencing loss of control?

(B) What are some things that help you calm down when you start to get upset?

(C) Are you able to communicate with staff when you are having a hard time?

(D) If not, what can staff do at these moments to help, essentially what can staff do to assist you?

(E) What does not help when you are upset; moreover, what should staff not do or what actions should staff avoid?

Any Other Pertinent Information

(A)

(B)

(C)

Based on the NYS Office of Mental Health Crisis Prevention Plan Template