



Putting the Pieces Together: Teamwork in Crisis Planning for Youth

Partnering with youth and families, along with the systems who serve them, to enhance well-being and resilience of youth and families is essential in a trauma informed system of care. Partnership is also critical to reducing the number of phone calls from families, schools and law enforcement regarding concerns about challenging behaviors and other crises. Crises happen when adults don't know what to do to prevent them or how to intervene effectively when a young person seems to be escalating.

In an effort to help, providers often respond ineffectively if there is no understanding of what is triggering the behavior and how to respond effectively in a trauma-sensitive manner. Crisis prevention plans can provide a road map for responding effectively because they are collaboratively created by the people in the young person's life who know him/her well enough to understand what is most helpful.

In an effort to predict, prevent and plan for crisis, the Behavioral Health Training Partnership providing training to counties for staff that often deal with youth in crisis, such as child welfare, Coordinated Service Teams, Comprehensive Community Services, crisis and other behavioral health staff. This is part of a larger process that will ultimately include training community partners such as schools and foster parents in how they can support the crisis planning process.

Learning Objectives:

- Understand the continuum of crisis and stage based intervention planning
- Understand the importance of crisis prevention plans to the child/family and others
- Understand key partners and their roles in the crisis prevention process
- Be able to predict possible responses (many of which may be trauma related) to stressful situations
- Attempt to prevent crisis from occurring by taking actions to intervene early on in the crisis
- Develop collaborative crisis plans that can be implemented in the event the crisis cannot be prevented
- Be proactive and creative in addressing the prediction, prevention and planning of potential crisis situations
- Develop a collaborative crisis plan using a case scenario