

De-Escalation and Coping Skills to Prevent and Manage Crisis Situations for Staff

May 17, 2022, 9:00am – 4:30pm

UW-Green Bay, Room to be Determined

Trainer: Jessica Beauchamp, LCSW, SAS, SOTS

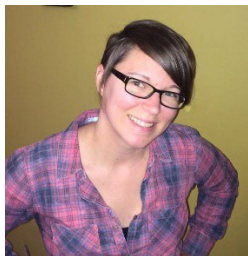
Developing coping methods for the consumer in crisis and those who care for them is an important part of crisis intervention. Skills such as mindfulness, emotional regulation and distress tolerance can be very helpful for persons who are struggling to cope. Crisis Responders will learn skills informed by both Dialectical Behavioral Therapy (DBT) and Motivational Interviewing (MI), and will gain more tools to add to their crisis intervention toolbox.

Learning Objectives:

1. Learn how we regulate stress
2. Review of principles of crisis intervention
3. Learn skills that are effective to prevent and manage crises
4. Practice teaching consumers how to use these skills
5. Incorporate these skills into our own lives as workers as part of self-care

6.5 Continuing Education Hours

Trainer Biography:



Jessica Beauchamp has over 14 years' experience in the human services field. She earned her undergraduate degree in criminal justice from Northern Michigan University and her graduate degree in social work from Michigan State University.

Jes has her own Private practice in Marinette, Wisconsin where she specializes in treating substance use disorders, mood disorders, perinatal mood disorders, as well as providing couples counseling and sex offender treatment. These services are offered in a nontraditional style. Jes often meets for therapy with families or individuals in the community, nature, online, and/or their own homes. Prior to opening her own practice, Jes worked in the county system for many years, gaining experience in case management, counseling, program development, management, and administration.

Jes also contracts and consults with local practitioners and agencies from around the state of Wisconsin. She travels to present a variety of topics, including the following: wraparound teaming, assessing and managing suicide risk (AMSR), crisis de-escalation, dual diagnosis, goal writing, and documentation.