



# CRISIS and SAFETY PLANNING



## CRISIS STABILIZATION

The goal of this activity is to quickly address the most pressing concerns. "Facilitator elicits information from the family and youth about immediate safety issues, current crises, or crises that they anticipate might happen in the very near future. These may include crisis stemming from a lack of basic needs (e.g., food, shelter, utilities such as heat or electricity)" (Walker et al., 2004, p.7).



## CRISIS AND SAFETY PLANNING

The goal of this activity is "to identify potential problems and crises, prioritize according to seriousness and likelihood of occurrence, and create an effective and well-specified crisis prevention and response plan that is consistent with the Wraparound principles. A more proactive safety plan may also be created" (Walker et al., 2004, p.11).

*Crisis and Safety Planning support us by identifying where we or someone else is in the Crisis Cycle and gives us strategies and tools on how to manage, prevent, or de-escalate the crisis.*

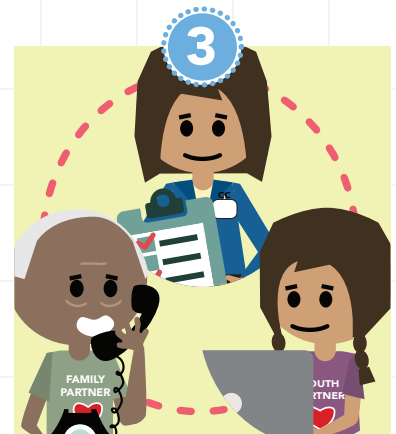
### Crisis and Safety Plans include:



Safety needs, concerns, and potential crisis situations



Factors that lead to or cause crisis



Both proactive and reactive interventions

1.

**STRENGTHS BASED**

Informed by youth and family strengths and by proven strategies that have worked in the past.

2.

**EFFECTIVE**

Rely on proactive and reactive strategies to prevent, de-escalate, and manage crises when they occur.

3.

**REALISTIC**

Useful, relevant, and accessible for the youth and family.

**CHARACTERISTICS OF CRISIS AND SAFETY PLANS**

6.

**ENDURING**

Sustainable for the youth and family during Wraparound and beyond.

4.

**CULTURALLY RELEVANT**

Honors the culture, traditions, values, beliefs, and preferences of the youth and family.

5.

**YOUTH AND FAMILY DRIVEN**

Driven by the youth and family, including how a crisis is defined.

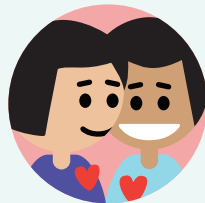
**Examples of**

**Proactive Interventions**

We reduce or eliminate the possibility of a crisis from actually happening by identifying what leads to activation and making a plan to lessen the likelihood of a person reaching peak crisis.



Provide physical safety



Provide emotional safety



Practice calming techniques and coping strategies



Strategize strengths-based reinforcement for behaviors

**Examples of**

**Reactive Interventions**

We respond to a person who has reached peak crisis and focus on the physical and emotional safety of the person and those around them.



Provide reassurance



Give space



Surround with trusted relationships and safe people who will not escalate the situation



Practice calming techniques and coping strategies