Recognizing that collaboration with families (and youth) is critical, no matter what the circumstances, is a key ingredient of a well-constructed System of Care.

Adapted from Patricia Miles,

Miles Consulting, LLC

**Tips for Crisis/Safety Plans**

Good Proactive Prevention strategies are those that build on family (and youth) strengths and community capacities. Effective strategies organized a range of responses from a range of people rather than expecting the person in the middle of the crisis to be the first step in keeping the event from occurring.

Adapted from Patricia Miles,

Miles Consulting, LLC

* A Crisis Plan is based on a comprehensive understanding of the behavior causing the crisis.
* The youth and family, and other people who know them and the behavior best are those involved in the planning.
* There is a method for evaluating the progress toward desired goals/outcomes.
* A Crisis Plan lists the setting events and triggers.
* Brainstorming ideas helps to identify steps that will help prevent the behavior.
* Action steps are created to deal with the setting events and triggers.
* It is important to list the signs and behaviors that indicate the youth is escalating.
* Brainstorm ideas for replacement behaviors that are less destructive but serve the same function.
* Describe the replacement behavior chosen by youth to replace the crisis behavior.
* Describe how the replacement behavior will be taught and reinforced.
* If the crisis behavior occurs, the Crisis Plan provides detailed action steps to be followed by the individuals.
* Describe how the plan will be monitored and by whom.
* Identify how individuals respond to the behavior and if their response is reinforcing the crisis behavior.
* Brainstorm ideas how individuals can respond in another way.
* The Crisis Plan includes a description provided by the youth and family of what a successful resolution of the crisis behavior would “look” like.
* After brainstorming options, ensure the youth and family has access to the resources and action steps they chose.
* The Crisis Plan is written in youth and family friendly language.
* Community and natural supports are utilized in plan.
* Strengths and culture of the youth and family are incorporated in the plan.