## **My Crisis Care Plan**

## TIPS FOR COMPLETING THIS PLAN

#### What is the My Crisis Care Plan?

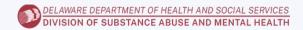
This care plan is a tool that you can use to support someone experiencing a mental health crisis. The information in this care plan is extremely sensitive and should only be shared with trusted people on a person's support team.

**This is not to be used as an emergency plan or risk assessment.** This care plan is meant to start a conversation around ways that a person wishes to be supported during a mental health crisis.

### Things to keep in mind when filling out a My Crisis Care Plan with someone you support

- Do not complete this care plan if the person you are supporting is actively in crisis. Wait until the person is feeling safe before opening up a discussion about their mental health experiences.
- This care plan is meant to be a discussion, not a worksheet.
- It is recommended that this plan be filled out with a support person. When possible, complete this plan with a therapist or clinician with whom you are comfortable.
- Check-in with the person you are supporting. Ask if they are feeling up for talking through this care plan.
- Ask the person you are supporting if they would prefer to write their own answers or have you write answers on their behalf.
- Use reflective listening as you move through each section of the care plan. Repeat back ideas that are shared with you to make sure you have understood thoroughly.
- You do not need to write in complete sentences. You can choose to write using talking points or in list form if that is helpful.
- Remind the person you support that they can stop at any point if they are beginning to feel overwhelmed.
- This might be a slow process. You might need half an hour to complete a few sections of the care plan.
- Take breaks and complete this care plan in multiple sittings.





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# **My Crisis Care Plan**

A mental health crisis can happen when my body and mind feel overwhelmed or distressed. During a crisis, I might act differently than I normally do and I might not be able to communicate my needs. The My Crisis Care Plan shares supports and resources to assist me during a crisis.

shares supports and resources to assist me during a	crisis.
Informo	ation about me
I have a completed My Health Care Plan	☐ I have a Psychiatric Advance Directive (PAD)
I have a completed My Emergency Care Plan	Additional information continued on next page
ame:	My disabilities, diagnoses, or other health conditions:
Лу Supporter(s)	
	hen I neod
about me w	hen I need some help
Here are some	e things you might see me
doing	g during a crisis.
Triggers:	My disability:
Things that can make me feel worse	Things to know during a crisis
3	
\A/I .	
what are som	ne things that help me?
During	After
Daning	Airei

<sup>\*\*</sup>This is not to be used as a risk assessment\*\*

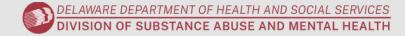
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## More things I want you to know

t to share this		

\*\*This is not to be used as a risk assessment\*\*





## **My Crisis Care Plan**

## HOW DO I USE THIS PLAN AFTER A CRISIS?

- Review this plan with your parent, caregiver, or supporter
- Talk about what you think worked and what didn't work
- Ask if there anything that could have been changed

**Remember**: Information in this care plan can change. Revisit your care plan and update the information as needed.

## Resources

### **National supports**

988 - National Suicide and Crisis Lifeline

NAMI Helpline 1-800-950-NAMI

#### **Delaware-based resources**

Adult Crisis Intervention:

Northern DE: 302-577-2484 Southern DE: 302-424-5550

24/7 Youth Crisis Support:

1-800-969-HELP (4357)

**Delaware Bridge Clinics** 

NCC: 302-255-1650 Kent: 302-857-5060 Sussex: 302-515-3310

## **Places to Learn More**

#### To learn more

www.cds.udel.edu/healthcareaccess/ www.delawareautismnetwork.org/

### To find services near you

www.treatmentconnection.com www.helpisherede.com/mental-health

#### **Delaware crisis intervention**

https://www.dhss.delaware.gov/dsa mh/crisis\_intervention.html

### **Delaware youth services**

www.delawareguidance.org/crisis/

kids.delaware.gov/prevention-and-behavioral-health-services/suicide-prevention/



The My Crisis Care Plan is part of the My Health. My Wellness. (MHMW) Toolkit. Visit cds.udel.edu/healthcareaccess to download the full My Care Plan collection and access additional MHMW resources.



