

My Crisis Care Plan

A Guide to Completing the My Crisis Care Plan For Parents, Caregivers, & Supporters

The My Crisis Care Plan is meant to be a discussion, not just a worksheet. This guide includes talking points you can use as you work through the sections of this care plan. Suggested talking points are written in *italics*. Some questions may include additional prompts or options for rewording the question.

Before you begin

Introduce the My Crisis Care Plan with the person you are supporting. This will help you, and the person you are supporting, to better understand the purpose and importance of this plan.

- **READ:** *This is the My Crisis Care Plan. This booklet is a way to share information that you would like [me/supporters] to know during a mental health crisis. This plan includes open-ended sections. Let's take some time to talk through these sections together so I know how to best support you during a crisis. We can fill in as much or as little information that you would like.*



Keep in mind

Filling out this care plan requires someone to reflect on a time that was really hard. This is a very vulnerable thing to do. 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. Take breaks as needed throughout your discussion.

Getting started

Flip open the My Crisis Care Plan and take a look at the sections together.

Ask the person that you are supporting if they would prefer to write in their own answers on the care plan. If they would prefer assistance with writing in answers, make sure to clarify all answers before writing them down. Throughout your discussion, ask questions like, “Do you want me to include that on here?” to make sure the information added to the care plan is accurate.

Start the conversation with a plain language definition of a crisis:

- **READ:** A *mental health crisis* can happen when a person's body and mind feel overwhelmed or distressed. During a crisis, a person might act differently than they normally do and they might not be able to communicate their needs. We are going to talk about some things that might help when your mind or body are feeling overwhelmed. We don't have to talk about the specific details. This care plan will make sure that the people in your life know exactly what kind of help and support works for you during a crisis.



Keep in mind

Not everyone refers to their experiences as a “crisis.” Ask the person you are supporting what word they use when referring to this experience. If applicable, swap out the word *crisis* with the person's preferred word when filling out this care plan together.

- **ASK:** A crisis can mean different things for different people. Some people call this a fit, problem, meltdown, hard time, or something different. What word would you like to use?

Part 1 - Information about me

This section includes some general information about the person you are supporting, such as their name and their supporter(s). Write down the supporter(s) names in the blue “information about me” box.

- **READ:** A **supporter** is a person in your life who helps you. You could have one person in your life who helps you or many people in your life who help you.
- **ASK:** Who are some people in your life who help you?
 - Who is a person that you trust?
 - Who is a person that you can count on?



Keep in mind

The My Crisis Care Plan is one part of the *My Health. My Wellness.* (MHMW) Toolkit. The MHMW Toolkit includes additional resources, such as the My Health Care Plan and My Emergency Care Plan, to help you organize your personal and medical information. Visit cbs.udel.edu/healthcareaccess to download the full My Care Plan collection.

Part 2 - All about me when I need some help

This section is meant to help talk through a person’s experiences during a mental health crisis. This can include what their body might look like, possible triggers, and best ways to communicate in those moments.

- **READ:** I want to better understand ways to know if you are having a tough time. What are some things that your body does during a crisis?
 - What are some things that you do with your body during a crisis?
 - What are some things that I could see you doing that would let me know that you are in crisis?

- **READ:** *During a tough time, are there things that make you feel worse? Sometimes these are called **triggers**.*
 - *Are there things that are not helpful?*
- **READ:** *What are some things that are helpful for me to know about you and your disability?*
 - *Are there things about your disability that you would like me to know during a crisis?*

Part 3 - What are some things that help me?

This section talks about the specific things that help a person *during* and *after* a crisis. You can use this section as a place to brainstorm different strategies/supports, or you can choose to fill in these sections with complete sentences. Complete this section in a way that is most helpful to you and the person you support. Use the open space on the next page of the care plan if you need more space to write.

- **READ:** *Thinking back to the last time you felt really upset, what were some things that helped you in that moment?*
 - *For example, is it helpful to have someone sit next to you? Do you prefer to have privacy? Are there specific things you like to have next to you?*
- **READ:** *Now think about after the hard time is over, what are some things that helped you afterwards? Or What are some things that people can do to help you afterwards?*
 - *What are some things that helped you right after?*
 - *What are some things that helped you the next day?*

Part 4 - More things I want you to know

Use this section to capture any important information that you did not fit onto the first page of Z care plan. This section could include things that give the person you support comfort, things that they enjoy doing, things that could help them during or after a crisis, things that can make them feel worse, etc.

- **READ:** *I want to make sure that I include all these helpful and important details. Is there anything that we did not talk about that you would like me to write down?*
 - *Is there anything that you would like to talk more about?*
 - *What are some things that you can think of that bring you comfort?*
 - *What are some of your favorite things to do? What are some things that you enjoy doing?*

Part 5 - People I want to share this plan with

After completing the My Crisis Care Plan, decide on who should have a copy of this plan. This plan should stay in a place where the person you support, and their supporter(s), can easily access it and make updates as needed X

- **READ:** *Thank you for talking about this with me. I know this can be a hard topic to talk about. This has been a helpful way for me to know more about how to support you. Now that we have this written down, who might be a good person to share this with?*
 - *Are there people in your life who you would like to see this plan?*
 - *[Point to section 1 of the care plan] You mentioned ____ as being your supporter(s), do you think it would be helpful to share this plan with them?*

How do I use this plan *after* a crisis?

After a crisis, review this care plan with the person you support. Talk about what you think worked well and what support would be helpful to change. Take time to go through each of the considerations listed on the care plan and make updates as needed. If you make any changes to the care plan, remember to update the date on the top right-hand corner of the care plan.