

Crisis Response Planning for Suicide Prevention: Building Your Toolkit

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Warning Signs: pacing
feeling irritable
thinking "it'll never
get better"

- go for a walk 10 mins
- watch Friends episodes
- play with my dog
- think about my kids
 - vacation to beach in Florida
 - Christmas Day 2012
- call/text my Mom
or Jennifer
- call Dr. Brown: 555-555-5555
 - leave msg w/ name, time,
phone #
- 1-800-273-TALK
- go to hospital
- call 911

① crying ③ wanting to hit things
② getting angry ④ argument w/ wife

~~① play videogames~~ ⑤ photography
② woodwork in garage ⑥ writing
③ go for walk ⑦ games on phone
④ breathing 10 mins ⑧ listen to ^{uplifting} music

⑤ talk to Bill
⑥ Dr. Smith: 555-555-5555 (voicemail)
⑦ Hotline: 1-800-273-2755
⑧ Hospital or 911

Reasons to live:

Mom photography
wife motorcycle rides
kids (Matt, Katie)

What a Crisis Response Plan Is

a memory aid to facilitate early identification of emotional crises

a checklist of personalized strategies to follow during emotional crises

a problem solving tool

a collaboratively-developed strategy for managing acute periods of risk

Crisis Response Planning: Effectiveness

CRP As Stand-Alone Intervention

Study	Design	Tx	Comparison Condition	Setting	Sample	Follow-Up	Attempt Rates
Bryan et al. (2017) N=97	RCT	Standard CRP & Enhanced CRP	TAU	ED, Outpt MH	Military, 78% male, 26 y	6 months	5% CRP vs. 19% TAU (76% rel. reduction)
Miller et al. (2017) N=1376	Quasi	Self-guided Safety Plan + f/u phone calls	TAU	ED	ED patients, 46% male, 37 y	12 months	18% SP vs. 23% TAU (20% rel. reduction)
Stanley et al. (2018) N=1640	Cohort	Safety Plan + f/u phone calls	TAU	ED	Veterans, ED, 88% male, 49 y	6 months	3% SP vs. 5% TAU (45% rel. reduction)

Narrative Assessment: Mechanics

Can we think and act differently?

- *Think about when you are overwhelmed...*
- *When a friend is overwhelmed...*

What do you do?

Narrative Assessment

Ask the person to describe the chronology of events for the suicidal episode that led up to the crisis

- “Let’s talk about your suicide attempt/what’s been going on lately.”
- “Can you tell me the story of what happened?”

Ask about events, thoughts, emotions, physical sensations, and behaviors

- “What happened next?”
- “And then what happened?”
- “What were you saying to yourself at that point?”
- “Did you notice any sensations in your body at that point?”

Crisis Response Planning: Mechanics

Crisis Response Plan

1. Explain rationale for CRP and provide index card
2. Identify personal warning signs
3. Identify self-management strategies
4. Identify reasons for living
5. Identify social supports
6. Provide crisis / emergency steps
7. Verbally review and rate likelihood of use

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Other Tips for Effective Crisis Response Planning

- Take a picture of the card to keep in their smart phone
- Complement with the “Virtual Hope Box” app
- It can go multiple places
- Place it where/when crisis occurs

Integration Into Other Treatments

Thank You!

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