

# CRISIS

Chellsea Sparks, A.S., B.A., & M.A. in  
Counseling and Mental Health.

1

A slide with a black background and white text. On the right side, there is a large, abstract geometric pattern of white lines, similar to the one at the top of the page. On the left side, the text is organized into a table of contents format. The title is in all caps, and the items are in title case. At the bottom, there are three small white text elements: the year '2023', the word 'Crisis', and the number '2'.

**SHORT TERM  
GOALS:  
AFTERCARE AND  
RECOVERY**

- Introduction to Recovery
- What is a Crisis?
- Person-Centered Approach
- Short-Term Goals
- Integration of Resources in Rural Communities.
- Summary

2023      Crisis      2

2

## WHAT IS RECOVERY?

Recovery is a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. This definition does not describe recovery as an end state, but rather as a process. Complete symptom remission is neither a prerequisite of recovery nor a necessary outcome of the process. Recovery can have many pathways that may include professional clinical treatment; use of medications' support from families and in schools; faith-based approaches; peer support' and other approaches. (SAMHSA 2022)

2023

Crisis

3

3

## WHAT IS A CRISIS?

Crisis are events that mark negative changes in life that are often difficult to recover from. Defining, measuring, and predicating crisis situations and strategies is a very challenging task. Further, inaccurate prediction of a potential crisis situation may lead to adverse health, legal, or other consequences (Hossain 2022, p. 1).

4

# HOW TO BE ACTIVE AND NOT REACTIVE?

- Active Listening and empathetic responses
- Processing what the person says before responding
- Being able to meet people where they are at and what they are willing to work on
- Being able to understand the point of view from the client's lenses
- Not using assumptions or biases to guide treatment or crisis responses.
- People are the most vulnerable the days following a crisis

2023

Crisis

5

5

## PERSON-CENTERED APPROACH

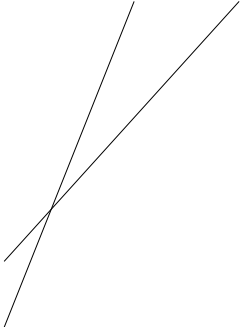
PERSON'S WORLD VIEW	REFLECTING	VERBAL & NONVERBAL	RELATIONSHIP	PRESENT ORIENTED
How they view the problem or what they are going through.	Reflecting to the client what they are saying and what we are seeing.	Clarifying to the client what they are saying and what we are seeing from them.	Unconditional positive regard, genuine, and empathetic understanding is key factor to foster growth.	The focus is moved from past to presents and the current feelings that we are experiencing.

2023

Crisis

6

6



## PERSON-CENTERED APPROACH

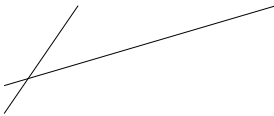
We must be able to meet people where they are at and the perception that they have about the crisis and what brought it out.

2023

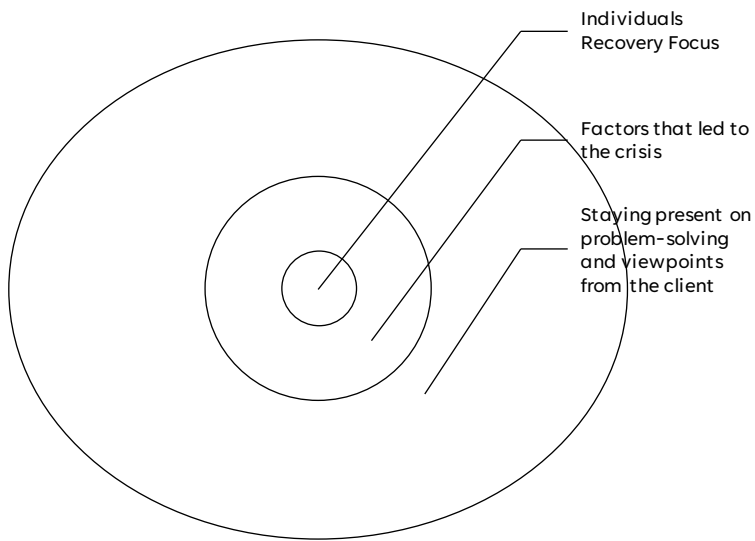
Crisis

7

7



## SHORT-TERM GOALS



2023

Crisis

8

8

1. INDIVIDUAL IDENTIFIES IF THEY HAVE ANY CURRENT MENTAL HEALTH OR SUBSTANCE ABUSE SYMPTOMS THAT ARE NEGATIVELY IMPACTING THE QUALITY OF LIFE.
2. INDIVIDUAL EXPRESSES IN HIS OR HER OWN WORD HIS OR HER HOPES AND DREAMS FOR MENTAL HEALTH, INCLUDING SUBSTANCE ABUSE.
3. INDIVIDUAL PROVIDES HISTORY OF INFORMAL AND FORMAL MENTAL HEALTH AND SUBSTANCE ABUSE SUPPORTS UTILIZED.
4. INDIVIDUAL IDENTIFIES WHAT (IF ANY) CURRENT INFORMAL AND FORMAL MENTAL HEALTH AND, AS APPLICABLE, SUBSTANCE ABUSE SUPPORTS ARE IN PLACE AND SATISFACTION WITH SUPPORTS.
5. INDIVIDUAL IDENTIFIES WHETHER HIS OR HER CURRENT MENTAL HEALTH AND SUBSTANCE ABUSE TREATMENT IS INTEGRATED WITH THE SAME TREATMENT PROVIDER.
6. INDIVIDUAL IDENTIFIES ANY PRESCRIBED MEDICATIONS BY A MENTAL HEALTH PROVIDERS AND, IF SO, THE INDIVIDUAL'S CURRENT ENGAGEMENT AND SATISFACTION WITH MEDICATION REGIME.

#### **Short-Term Objectives**

Dulmus, & Nisbet, B.C. (2013). *Person-centered recovery planner for adults with serious mental illness*. WILEY.

2023

Crisis

9

7. INDIVIDUAL IDENTIFIES HIS OR HER STRENGTHS AND SPECIFIC CAPACITIES TO ACHIEVING GOOD MENTAL HEALTH.
8. INDIVIDUAL IDENTIFIES ANY OBSTACLES AND/OR BARRIERS THAT ARE NEGATIVELY IMPACTING HIS OR HER ENGAGEMENT WITH CURRENT MENTAL HEALTH AND, AS APPLICABLE, SUBSTANCE ABUSE SUPPORTS.
9. INDIVIDUAL IDENTIFIES ANY NATURAL SUPPORTS (FAMILY/SIGNIFICANT OTHERS AND/OR FRIENDS) THAT WOULD LIKE TO BE INVOLVED IN THE DEVELOPMENT OF HIS OR HER MENTAL HEALTH AND, AS APPLICABLE, SUBSTANCE ABUSE SUPPORT RECOVERY GOAL.
10. INDIVIDUAL EXPRESSES HIS OR HER MENTAL HEALTH SUPPORT GOAL INCLUDING SUBSTANCE USE, AS APPLICABLE, IN HIS OR HER OWN WORDS.
11. INDIVIDUALS CHOOSES TO MOVE FORWARD ON HIS OR HER MENTAL HEALTH SUPPORTS RECOVERY GOAL.

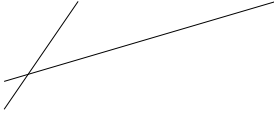
#### **Short-Term Objectives**

Dulmus, & Nisbet, B.C. (2013). *Person-centered recovery planner for adults with serious mental illness*. WILEY.

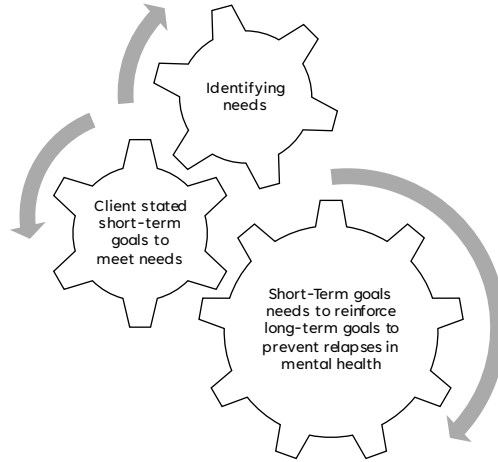
2023

Crisis

10



## SHORT TERM GOALS



2023

Crisis

11

11

## INTEGRATION OF RESOURCES IN RURAL COMMUNITIES

Knowing what your community has to offer and how to access it.

It is hard to meet crisis needs if other basic needs such as shelter, safety, emotional needs, and support isn't being met.

12

## REFERENCES:

- Centers for Disease Control and Prevention. (2022, October 11). *Prevention strategies*. Centers for Disease Control and Prevention. <https://www.cdc.gov/suicide/prevention/index.html#print>
- Dulmus, & Nisbet, B.C. (2013). *Person-centered recovery planner for adults with serious mental illness*. WILEY.
- Hossain. (2022). *Defining and Predicting Mental Health Crisis Events for Veterans Using Machine Learning and Qualitative Approaches*. ProQuest Dissertations Publishing.
- Miller E, Stanhope V, Restrepo-Toro, Tondora J. *Person-centered planning in mental health: A transatlantic collaboration to tackle implementation barriers*. *Am J Psychiatr Rehabil*. 2017;20(3):251-267. doi:10.1080/15487768.2017.1338045. Epub 2017 Aug 2. PMID: 31632212; PMCID: PMC6800658.
- Recovery support tools and resources. SAMHSA. (n.d.). <https://www.samhsa.gov/brss-tacs/recovery-support-tools-resources>

