

# Family Crisis Plan

Green Zone:	What To Say	What To Do
<p>When my child feels well, they look like and behave like:</p>	<p>“How are things going?”</p> <p>“Please know that I am always here to talk and listen.”</p>	<ul style="list-style-type: none"> <li>• Acknowledge successes, especially small ones.</li> <li>• Build a relationship outside of your child’s illness.</li> <li>• Have fun together.</li> <li>• Provide reassurance.</li> </ul>
<p><b>Yellow Zone:</b></p> <ul style="list-style-type: none"> <li>• Withdrawing from previous activities.</li> <li>• Mood changing often for no specific reason.</li> <li>• Increases in irritability, angry, or more argumentative. Changes in sleep and/or eating patterns.</li> </ul> <p><b>EVENTS to watch for:</b></p> <ul style="list-style-type: none"> <li>• School failures, recent losses, including friendship losses and being bullied.</li> <li>• Social media conflicts, social rejection.</li> </ul> <p>*CONFLICT WITH PARENTS, often can be a trigger for Red Zone*</p>	<p>“You seem sad to me.” (angry/anxious/irritated) “Are you feeling that way?”</p> <p>“Let me know if you are feeling unsafe. I will not be upset; I want to help you.”</p> <p>“I love you.”</p> <p>“I am proud of you.”</p> <p>“You’re important to me.”</p> <p>“Let’s sit down and talk about what’s going on.”</p> <p><b>What questions work best for your child: (specify below)</b></p>	<ul style="list-style-type: none"> <li>• Regularly check in with your child to see how they are doing (i.e., emotions, suicidal thinking, behavior changes).</li> <li>• Check in with child often to see how they are feeling.</li> <li>• Encourage positive peer relationships and activities.</li> <li>• Encourage engagement in family activities with each other.</li> <li>• Coach your child to use coping skills from recovery action plan.</li> <li>• If a pattern in behavior is noted and not improving, call child’s therapist or psychiatrist for guidance or to set up an appointment as soon as possible.</li> <li>• Establish a school/community contact, who can provide support to and touch base on a regular basis with your child.</li> </ul>
<p><b>Red Zone:</b></p> <ul style="list-style-type: none"> <li>• Talking, joking, writing, or drawing about suicide.</li> <li>• Actively engaged in self harm.</li> <li>• Shutting down or refusing to discuss any item.</li> <li>• Being contacted by 3rd party around safety concerns.</li> <li>• Child running away with suicidal thoughts.</li> </ul>	<p>“I love you and want to make sure you stay safe.”</p> <p>“How can I help you?”</p> <p>“Are you thinking about killing yourself? How would you do it?”</p> <p>“Remember that time you felt so bad? You got through it, and you can get through this too.”</p> <p>“Let’s talk when we’re calmer. (Attempt to decrease family conflict/arguments.)</p> <p><b>What words will you use during this time with your child? (specify below)</b></p>	<ol style="list-style-type: none"> <li>1. Ask calmly and directly about suicidal thoughts, plans, and intent.</li> <li>2. I will coach them to use the coping strategies listed on their Recovery Action Plan.</li> <li>3. If my child doesn’t respond to my direct inquiry about suicidal thoughts, I will wait 15 minutes (while still monitoring them) and then will re-ask the question, while expressing my love and concern. (Repeat the same process up to one hour.)</li> <li>4. If my child does not communicate with me, I will suggest that they phone their therapist or the National Suicide Prevention Lifeline to talk anonymously. [800-273-TALK (8255)]</li> <li>5. If they report or I observe my child starting to implement a specific plan for suicide, if they express the intent to carry out a plan, or express the inability to keep them self safe, I will take them to the nearest emergency room. If they refuse, I will call 911.</li> </ol>
<p><b>ENSURE THESE ITEMS ARE DONE IMMEDIATELY:</b></p> <ul style="list-style-type: none"> <li>• Do not allow child to leave home alone.</li> <li>• Do not allow child to isolate in room or other areas alone.</li> <li>• Give space while being watchful.</li> </ul>	<p><b>Emergency Numbers:</b></p> <p>Therapist: _____</p> <p>Psychiatrist: _____</p> <p>Psychiatric Emergency Services: <a href="tel:734-936-5900">734-936-5900</a></p> <p><b>How we will communicate safety needs together as a family:</b></p>	