

**[Insert Early Psychosis Program Name]**

**FAX to \_\_\_\_\_ at \_\_\_\_\_**

**Effective Date\_\_\_\_\_**

## **CRISIS PLAN**

### **CLIENT INFORMATION**

Name John Dawson Date of Birth \_\_\_\_\_

County of Residence Tweelandia County Phone \_\_\_\_\_

Emergency contact \_\_\_\_\_ Phone \_\_\_\_\_

### **MEDICAL INFORMATION**

Counselor/case manager Katie Hayden-Lewis Phone 541-480-2350

\_\_\_\_\_ Phone \_\_\_\_\_

Provider Agency Twee County Community Health Center Phone 541-333-6999

MH Prescriber Dr. Craigan Usher Phone 503-999-8888

Primary Care Physician Dr. Tamara Sale Phone 503-999-0000

Person who has a list of current medications no current medications

Medications that have been helpful in emergencies none have been used but a maternal aunt once took Ativan after being in a car accident.

Allergies/severe medication issues allergic to penicillin

Mental health conditions John has expressed concern that he “is going crazy”. John is feeling anxious on his way to school. John is hearing scratching noises, has thoughts that cameras are tracking him at home and at school, and is no longer attending school. John’s father Peter is considering the issues as possible tests from god of John’s religious faith.

Substance use issues John has never used substances.

Other medical conditions History of broken leg, family history diabetes

Most recent psychiatric hospitalization: Where? None

Date \_\_\_\_\_ Reason \_\_\_\_\_

\_\_\_\_\_

## CRISIS PLANNING

**When I'm ok,** I spend time everyday playing the guitar. I go to school even when I feel anxious. My parents don't yell at each other about me. I play basketball with my friends. I feel rested when I wake up in the morning. I get my work done on the farm. I help my sister with her homework.

**When I'm in crisis,** I think about wanting to die. I don't want to play the guitar. I sleep through meeting friends to play basketball. I spend more time in the barn. The people controlling the cameras stop me from going to school. I don't eat dinner with my family.

**In the past I've tried (give date and results of effort)** To make myself play the guitar, (doesn't work, then I think I' a failure). To set an alarm so that I get to my friends pick up game on time (works sometimes- when the game is on the weekend but not when it's after school). Sleeping (works as long as I do my chores and don't get yelled at). Spending time in the barn (gives me space but sometimes if I stay too long it gets scary out there). Eating the dinner my Mom and Dad cook (makes me really anxious and like my family is watching me).

**What helps when I'm in crisis** talking with my Mom about having my own mill, taking care of the horses, being allowed to eat frozen store bought meals, walking with my grandmother around the farm, my family turning off the TV in the living room, hanging out in the barn with my best friend listening to him play the guitar

**What doesn't help** my parents yelling at me to do my chores, staying more than an hour alone in the barn, eating alone, not going to school for more than one day, riding the bus to and from school

Agreements and recommendations:

My parents will let me eat frozen meals at family dinner if I say I need too. I will call the SUICIDE Lifeline at 1-800-273-8255 if I have more than passing thoughts about wanting to die. My Mom will drive me to and from school on days I ask for a ride (I don't have to explain that I am not feeling well I can just ask for a ride and she will know what that means). My grandmother will talk with EASA team about strategies she uses to help me feel better and tell EASA team things they can do to be helpful. I will go through the barn with my family and help them take out heavy equipment, ropes, cords, and possible sources of fire. My parents will let me spend an hour in the barn each day either alone or with my friend without bothering me. If these steps don't work to help me feel better in two days it is okay if we go to the emergency room. Dr. Usher can tell the doctors at the hospital what to do to help me and my family. Tamara will work with me to complete a suicide risk assessment and make a plan by the end of this week.

***This information can be shared with the following people and agencies to help me in an emergency***

Mom and Dad

Hospital staff

Jamie

EASA team

Signed

Date

Oregon state law allows healthcare providers to share your confidential information to the extent necessary to help you during an emergency. *Oregon Revised Statutes 179.505 (4)(a)*