



Proactive, Trauma-Responsive Crisis Prevention Skills in Community Recovery Service Settings

Donna Riemer, PMH-RN
Nurse Consultant

Jenna Seluski, LPC
Crisis Services Coordinator



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- Vaughn Brandt
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Objectives

Begin to understand:

- Crisis prevention versus crisis management
- The stages of challenging behavior
- Positive behavioral support planning
- Bottom-up versus top-down interventions to promote calm



Wisconsin's Trauma-Informed Care Guiding Principles

“The oldest medicine in the world is love and compassion”

VADM Vivek Murthy, M.D.
U.S. Surgeon General





Behavioral Stages

- **Adaptive:** Presentation when calm, comfortable around others or in their environment.
- **Tension:** Presentation when irritable or tense. An optimal time to intervene in order to prevent escalation to next stages.
- **Emotional distress:** Emotional response when experiencing mental (distress, suffering, or anguish).
- **Physical distress:** Physical responds to one's environment and others when experiencing mental (distress, suffering, or anguish).
- **Recovery:** Physical signs of coming out of a state of distress or beginning to calm down.



Focus of Crisis Prevention

Crisis prevention skills in this training will focus on the adaptive and tension stages.



Most Powerful Tools

- Proactive positive rapport
- Positive support planning



Proactive Positive Rapport

- Provide reassurance of a violence free environment (physical and psychological safety)
“This is a safe place.”
- Build rapport and connection beginning upon the very first interaction (not during crisis).
- Build rapport and connection to facilitate engagement and promote safety.
- Remember that words matter.



Behavioral Health and Wellness



Behavioral health and wellness plan is an integrated plan designed by the person to be their best self.



Other Plans Overlap

- **Safety plan:** Proactive planning and protocols to enhance safety in the community or during crisis.
- **Positive support plan:** A specialized and strengths-based approach for supporting a person.
- **Individual service plan:** A plan at a residential agency to coordinate the services they provide.
- **Recovery plan:** For those working through recovery from a substance use disorder or mental health condition.



Positive Support Plan

- Normalized (many people have plans)
- Easy to read-a quick reference
- Proactive early intervention support strategies
- Individualized



Positive Support Plan

- Person centered
- Culturally sensitive
- Trauma responsive
- Strength based



Positive Support Plan

- Inter-disciplinary
- Collaborative (consumer voice, choice, words)
- Integrated
- Implemented consistently by all staff/supports



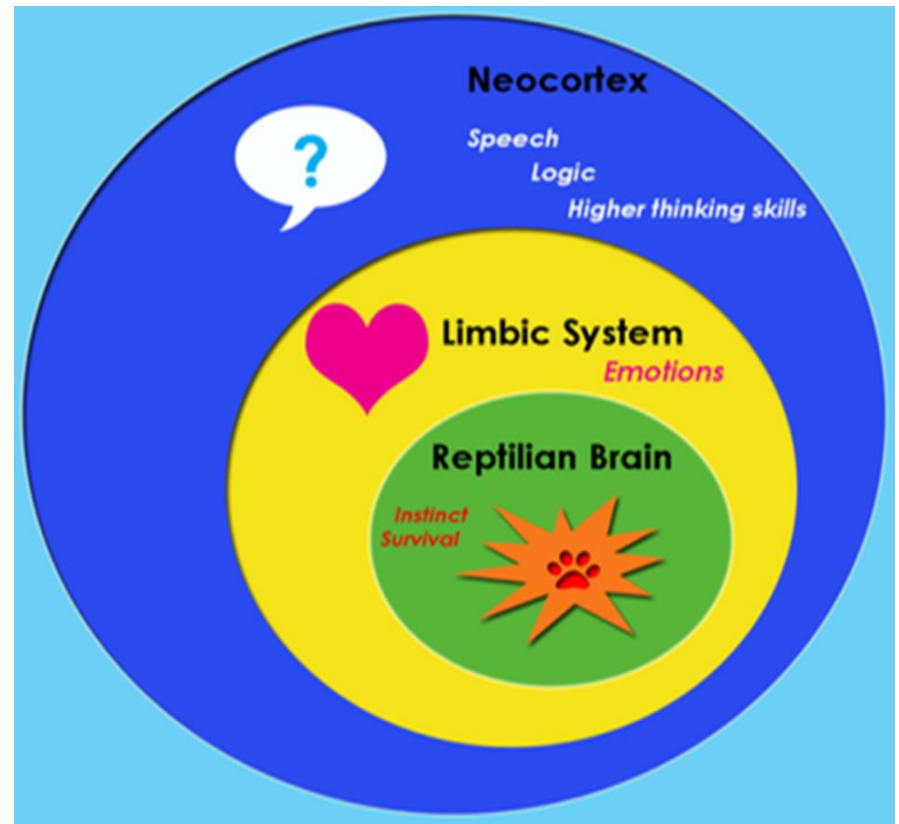
Positive Support Plan Development

- Target behavior (what upsets)
- Chronic health conditions that contribute
- Stress triggers
- Early warning signs (observable and internal)
- Support strategies
- Emotional self-regulation skills (routine practice in adaptive stage)



Top-Down, Bottom-Up

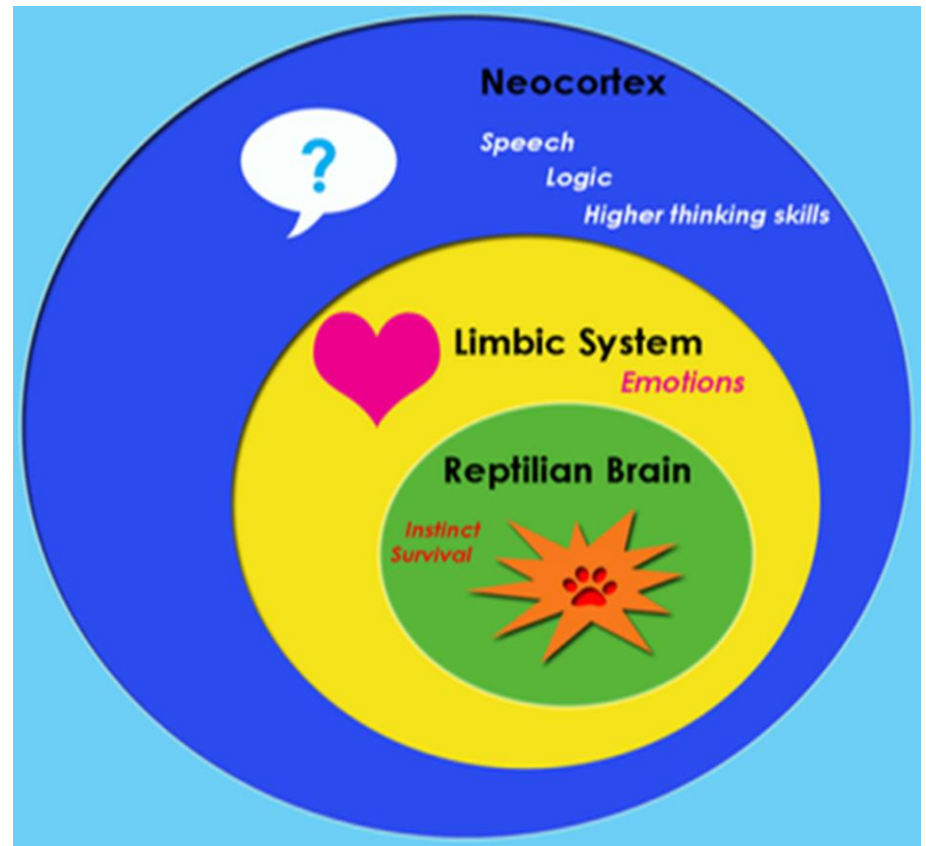
- Top-down approach deals with thought process
- Adaptive stage





Top-Down, Bottom-Up

- Bottom-up deals with emotional responses
- Tension stage





Strategies for Regulation – Top-Down

- Neocortex
- Limbic
- Reptilian



- Journaling
- Self-compassion
- Mindfulness
- Reflection
- Healthy boundaries
- Gratitude practices
- Skills practice
- Solution-finding
- Pause between stimulus and action



Strategies for Regulation – Bottom-Up

- Neocortex
- Limbic
- Reptilian



- Focused breathing
- Grounding exercises
- Calming spaces
- Sensory and calming tools
- Exercise and movement
- Music
- Visual calming exercises
- Alternative workstations



Tips

- Understand that all behavior is meaningful.
- Avoid telling others what they think, feel, or need.
- Ask about feelings and needs when opportunity to clarify is provided.
- Understand mental health symptoms will vary.
- Realize pacing can be an early warning sign of escalation, or it can be a calming intervention.



Tips

Know when it is time to:

- Provide information with permission asking (adaptive stage).
- Assist with emotional self-regulation skills (tension stage).
- Listen and hear.
- Provide empathy before education (always).

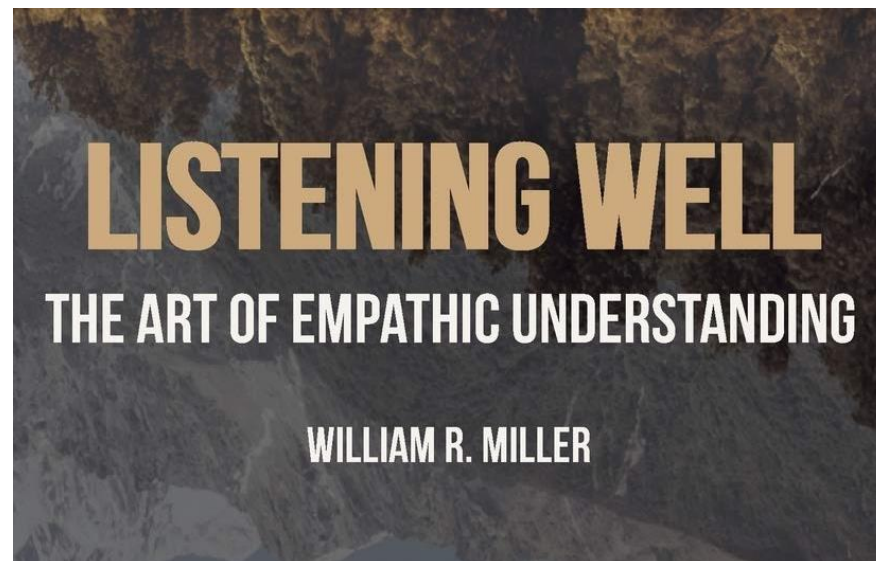


Active Listening

Wisconsin Public Psychiatry Network Teleconference

January 13, 2022, presentation by Scott Caldwell

<https://vimeo.com/showcase/9183020/video/665756784>





Take-Away

- What is one take-away from today's discussion?
- How will you use the information from today's discussion?



Resources - Links

Top-Down, Bottom-Up Approaches to Trauma

<https://brickelandassociates.com/bottom-up-approach-to-trauma/#:~:text=What%20Does%20Top%2DDown%20and,and%20thrive%20in%20the%20world.>

Top-Down vs. Bottom-Up Interventions (multiple sites listed)

https://www.google.com/search?q=top+down+and+bottom+up+interventions&rlz=1C1GCEA_enUS806US808&oq=top+down+botto+up+interventions+&aqs=chrome.1.69i57j0i8i13i30.12494j0j7&sourceid=chrome&ie=UTF-8

Crisis Prevention Institute (CPI)

[18 Strategies for Building Rapport with Patients \(crisisprevention.com\)](https://www.crisisprevention.com/18-strategies-for-building-rapport-with-patients)

Emotional Self Regulation Skills

<https://www.bing.com/search?q=emotional+self+regulation+videos&cvid=9b674508a725432a8b6b0b59b078b5cc&aqs=edge..69i57.12543j0j3&FORM=ANAB01&PC=U531>

[Anger Management | 9 Key Steps \(pritikin.com\)](https://www.pritikin.com/anger-management-9-key-steps)

Wholistic Approaches