



Mental Health Systems, Inc

CRISIS SKILLS IMPLEMENTATION PLAN

Name.....

Target Emotion/ Behavior

List below behaviors, feeling and situations typically associated with the crisis at each scale level.

0-1 NO CRISIS

List typical situation.....

List typical thoughts

Feelings, behaviors :.....

.....

.....

Skills to use:.....

.....

1-2 EARLY WARNING SIGNS

List typical situation.....

List typical thoughts,

Feelings, behaviors,

.....

.....

Skills to use

.....

3-4 SOME DISTRESS

List typical situation.....

List typical thoughts,

Feelings, behaviors,

.....

.....

Skills to use

.....



5-6 INCREASED DISTRESS

List typical situation.....
List typical thoughts,
Feelings, behaviors,
.....
.....
Skills to use.....
.....

7-8 INTENSE DISTRESS

List typical situation.....
List typical thoughts,
Feelings, behaviors,
.....
.....
Skills to use.....
.....

9-10 CRISIS POINT

List typical situation.....
List typical thoughts,
Feelings, behaviors,
.....
.....
Skills to use.....
.....



DIAGNOSIS AND SYMPTOMS:

.....

.....

.....

MEDICATIONS:

1.....	Dosage.....
2.....	Dosage.....
3.....	Dosage.....
4.....	Dosage.....
5.....	Dosage.....
6.....	Dosage.....
7.....	Dosage.....

MEDICAL ALERTS

.....

CONTACTS: List people to call for support (List friends and Mental Health Team members to contact in the event of crisis)

Therapist:.....	Phone #.....
Psychiatrist:.....	Phone #.....
Case Manager:	Phone #.....
Friend:	Phone #.....
Other:.....	Phone #.....
Other:.....	Phone #.....

IN CASE OF EMERGENCY:

After work hours, or if no answer call COPE (Hennepin Co) at (612) 596-1223 or 911
Or go to your nearest Emergency room.