



Initial Crisis Plan Modified Crisis Plan

Date Completed

Child's Name Age Parent

Keep this plan accessible and in sight! Hang it up at home, keep a copy in your phone, and reference it regularly.

Instructions

Open Instructions

Child's Possible Triggers

IDENTIFY POSSIBLE TRIGGERS: What might make you sad, angry, nervous, or scared?

Trauma reminders make a child think about or “relive” a frightening event from the past. Trauma reminders or “triggers” can be places, sounds, smells, tastes, colors, textures, words, feelings, and even other people.

- Change in caregiver Change in routine Loud sounds/voices Others yelling
- Being touched Being teased Not being listened to Being told “no”
- Feeling lonely Lack of privacy Not having control Homework
- Being in the dark Feeling hungry Feeling pressured
- Changes in light/temperature Bad dreams/nightmares Being forced to do something
- Family Time w/parents or siblings Time of day: _____
- Other: _____ Time of year: _____
- Specific person(s): _____

Child's Warning Signs

WATCH FOR WARNING SIGNS: How can we tell you are having a hard time?

When a child experiences a trigger or trauma reminder, there are usually physical signs that a behavioral outburst or crisis might be ahead.

- Excessive crying Fussiness/Irritability Startling easily Frequent tantrums
- Change in eating Change in sleeping Red face Can't sit still
- Breathing heavily Clenching fists Isolating Rocking/Pacing
- Racing heart Anger outbursts Swearing
- Not taking care of myself Change in activity level Refusing medication(s)
- Difficult to calm/soothe Other: _____

Child's Replacement Activities

POSITIVE REPLACEMENT ACTIVITIES: What can you do to distract or comfort yourself? Identify possible activities the child can do to help cope with escalating emotions and support building coping skills.

- | | | | |
|--|--|--|--|
| <input type="checkbox"/> Quiet time | <input type="checkbox"/> Change location | <input type="checkbox"/> Sensory toys | <input type="checkbox"/> Listening to music |
| <input type="checkbox"/> Deep breathing | <input type="checkbox"/> Reading a book | <input type="checkbox"/> Bouncing a ball | <input type="checkbox"/> Drawing/coloring |
| <input type="checkbox"/> Getting a hug | <input type="checkbox"/> Lying down | <input type="checkbox"/> Talking to a friend | <input type="checkbox"/> Exercising |
| <input type="checkbox"/> Writing in a journal | <input type="checkbox"/> Talking to an adult | <input type="checkbox"/> Playing a game | <input type="checkbox"/> Being around others |
| <input type="checkbox"/> Taking a bath or shower | <input type="checkbox"/> Playing with clay/slime | <input type="checkbox"/> Getting something to eat or drink | |
| <input type="checkbox"/> Being alone in a safe space | <input type="checkbox"/> Repetitive/rhythmic movement (rocking, swaying, etc.) | | |
| <input type="checkbox"/> Talking to my therapist | <input type="checkbox"/> Other: _____ | | |

CHILD REFLECTION: What have you tried in the past that helped in a crisis? What has not helped?

Child's Support

SUPPORT PEOPLE: Who can you talk to? These are safe people who will be supportive in response to a potential crisis.

_____	_____	_____
Name	Relation	Contact #
_____	_____	_____
Name	Relation	Contact #

HELP STATEMENT: What can you say to let your parent know you need help to calm down or stay safe?

Parent Interventions

PARENT INTERVENTIONS: What steps can a parent take to help prevent and de-escalate a crisis? Referencing these tips in a crisis can help parents calm the situation.

- Respond in a calm, non-judgmental, and neutral manner.
- Allow child to go to a designated calming place (ie, outside swing, etc.)
- Share power by offering the child choices or options when safe to do so.
- Remind the child that you are on the same team and can work together to solve the problem.
- Maintaining flexibility when possible in allowing a child to do an activity that may help them to calm down.
- Contact a family member, friend, or alternate parent for tangible or emotional support during

crisis.

Other _____

Name

Contact #

PARENT REFLECTION: What have you or your parent tried in the past that helped in a crisis? What has not helped?

Crisis Response

RESPONDING TO A CRISIS: The following are steps we can take if de-escalation attempts have not worked and a crisis does occur:

Contact crisis support:

Agency providing crisis support

Crisis line

Statewide Children's Mobile Response: 1-833-885-CARE (2273)

Notify the child's worker or on-call personnel as well as foster care staff.

In the event of an emergency, call 911, or go to the nearest emergency room.

Additional Notes

Signatures

Person(s) assisting with completion of this form (print)

Child signature

Date

Parent signature

Date