

EMPS Crisis Assessment, Planning and Intervention

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Description

This is a full-day training for all EMPS clinicians including Bachelors and Masters level clinicians and program managers. The training is designed to provide an overview of multiple aspects of crisis assessment, planning and intervention with children, adolescents and their families/ caretakers, utilizing both interactive and lecture approaches. Discussions and examples are drawn directly from the experiences and processes of EMPS teams. EMPS staff members are encouraged to utilize clinical and practice dilemmas to forward the learning of all.

Learning Objectives

1. To provide participants with a basic overview of crises, including definitions; levels of crises and appropriate responses for each level; phases of crises; and common coping strategies and psychological effects of people in crisis
2. To expose participants to crisis intervention goals, values and theoretical perspectives
3. To review the stages of typical crisis assessments and interventions from initial referral through discharge, within a six-week model
4. To highlight components of crisis assessments with youth and families, including mental status exams; suicide and homicide assessments; substance abuse assessments; risk and resiliency assessments; formulations, diagnostic impressions, treatment planning and safety planning.
5. To explore concepts of “risk-rescue” and “intentionality” as they apply to assessing suicidal youth
6. To familiarize participants with therapeutic approaches commonly used in crisis intervention, with particular emphasis on utilizing a solution-focused therapy approach to moving families through crisis situations

Training Outline

- Elements of Crisis Situations
- Goals, Principles and Values
- The Crisis Worker
- Anatomy of a Crisis Response
- Roberts’ Seven Stage Crisis Intervention Model
- Another Model to Consider
- Assessment
- Intervention Approaches and Techniques
- Crisis/Safety Planning