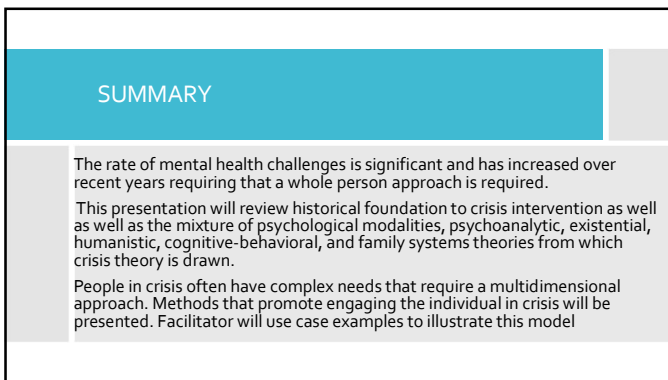
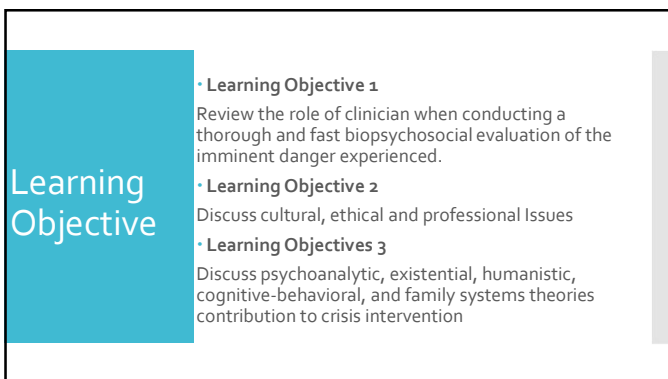




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3

Defining Crisis

- What is your/org definition of Crisis?

4

Defining Crisis

- CDC—"Crisis is an acute emotional upset; it is manifested in an inability to cope emotionally, cognitively, or behaviorally and to solve problems as usual (Hoff, 2009)."
- "Crisis is a state of feeling; an internal experience of confusion and anxiety to the degree that formerly successful coping mechanisms fail us and ineffective decisions and behaviors take their place. As a result, the person in crisis may feel confused, vulnerable, anxious, afraid, angry, guilty, hopeless and helpless. Perceptions often are altered, and memory may be distorted." (NIFC -National Interagency Fire Center).
- According to James and Gilliland, crisis is an all-encompassing and subjective term that describe situations which affect people in an excruciating way due to life, environmental, and psychological stressors. Behavior is largely impacted by unexpected and uncontrolled life events that impair comprehension.

5

Learning Objective 1

Review the role of clinician when conducting a thorough and fast biopsychosocial evaluation of the imminent danger experienced

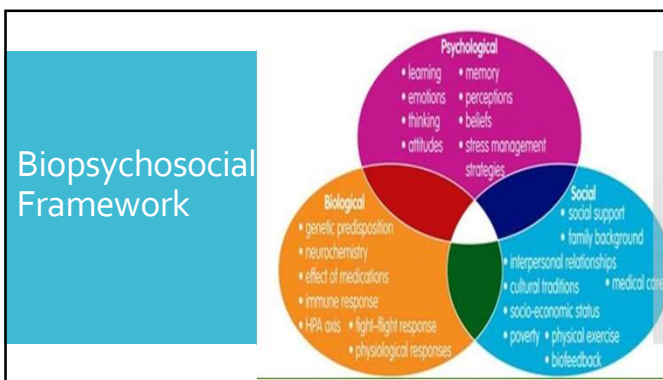
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Biopsychosocial Considerations

Psychosocial and Lethality Assessment

- Conducting a thorough biopsychosocial assessment.
 - Consider environmental supports and stressors, medical needs and medications, current use of drugs and alcohol, and internal and external coping methods and resources (Eaton & Ertl, 2000).
 - One useful and quick assessing of the emotional, cognitive, and behavioral aspects of a crisis reaction is the triage assessment model (Myer, 2002; Myer, Williams, Ottens, & Schmidt, 1992; Roberts, 2002).
- Assessing lethality, involves determining if the person being supported initiated a suicide attempt, such as ingesting a poison or overdose of medication.
 - If no suicide attempt is in progress, the professional should inquire about the client's "potential" for self-harm. This assessment requires asking about suicidal thoughts and feelings (e.g., "When you say you can't take it anymore, is that an indication you are thinking of hurting yourself?");

7



8

Learning Objective 2

Discuss cultural, ethical and professional Issues

9

Defining Culture

Your Definition of Culture?

10

Culture Role in Defining a Crisis

- James Cunningham (2003), suggest that culture, socialization, and race impact the thinking, feelings, and behavior of all people during crisis intervention. Culture plays an integral role in defining what a crisis is, and how, when, and if we intervene in a crisis situation.
- Professionals who are not aware of these critical variables risk not adequately providing support in cross-cultural interactions (Cunningham,2003).
- Lack of cultural competence in crisis situations may result in negative outcomes

11

Cultural Factors That Influence Diversity Among Individuals and Groups

Internal Factors

- Cultural/Racial/Ethnic Identity
- Tribal Affiliation/Clan
- Nationality
- Acculturation/Assimilation
- Socioeconomic Status/Class
- Education
- Language
- Literacy
- Family Constellation
- Social History
- Military Status
- Perception of Time
- Health Beliefs & Practices

- Health & Mental Health Literacy
- Beliefs about Disability or Mental Health
- Lived Experience of Disability or Mental Illness
- Age & Life Cycle Issues
- Gender, Gender Identity & Expression
- Sexual Orientation
- Religion & Spiritual Views
- Spatial & Regional Patterns
- Political Orientation/Affiliation

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12

Cultural Competence in Crisis Intervention

- To understand cultural competence, it is important to grasp the full meaning of the word culture first. According to Chamberlain (2005), culture represents "the values, norms, and traditions that affect how individuals of a particular group perceive, think, interact, behave, and make judgments about their world."

13

The Role of Culture in "Crisis"

- Often because of the immediate demands that professional face during a crisis, elements of culture and cultural identity are often neglected.
- The professional and person being support are from different cultures, i.e., **age, gender, race, ethnicity, language, nationality, religion, occupation, income, education, mental and physical abilities.**
- To this end, crisis intervention often requires an immediate development of trust between two people from different cultures for purposes of restoring the client's coping mechanisms to a pre-crisis level of functioning. The quick development of rapport and trust between people of different cultures often requires the professional to communicate, both nonverbally and verbally, a demeanor that one is knowledgeable about and accepting of cultural differences (Dykeman, 2005).

14

Ethical Consideration

- **Follow all relevant Code of Ethics according to profession**
- Undertake ongoing efforts to maintain knowledge and skill levels in their practice specialties.
- Ensure service is culturally appropriate and people are not discriminated based on sex, age, race, ethnicity, religion, sexual orientation, disabilities or socioeconomic status, or any other factors that are defined or prescribed by law.
- Respect each person's rights to self-development and self-direction.
- Respect each person's rights of choice, including responsibilities for goals reached, as long as the client's choices do not cause harm to self or others.

15

Learning Objective 3

Theories of crisis and crisis intervention
Discuss psychoanalytic, existential, interpersonal/humanistic, cognitive-behavioral, and systems theories contribution to crisis intervention

16

History and Crisis Theory

- Erich Lindemann and Gerald Caplan of Massachusetts General Hospital formalized crisis theory in the 1940s and set the practice tenets, which is prevalent today.
- This led to the Mental Health Centers Act of 1963. With the policy's implementation, asylums and psychiatric hospitals were converted to community health centers, and eventually community services boards as they understood crisis as acute, pervasive that may lead to negative coping mechanisms
- The three notable events that shaped crisis intervention were the beginning of Alcoholics Anonymous (AA), The National Organization for Women (NOW), and the Vietnam Veteran's movements of the 1970s.
- Other grassroots movements were shaped around a common theme: desiring help and intervention for specific critical incidences but not receiving it. Although these organizations' goals were not shaped around crisis management, they assisted in bringing PTSD, to the attention of clinicians. This allowed for the creation of interventions such as Mobile Crisis Units, suicide prevention hotlines, and Critical Incident Stress Management Teams.

17

Multidimension Approach to Crisis Intervention

- There are many crisis intervention procedures, all of which aim to restore stabilization in people who have been affected by a crisis. A person dealing with a crisis may be severely depressed or suicidal, having procedures in place helps to ensure the best and fastest care possible.
- Because of the multi-theoretical approach, rather than one model for conceptualizing crisis, there are multi approaches to crisis intervention
- A mixture of psychological modalities, psychoanalytic, existential, humanistic, cognitive-behavioral, and family systems theories from which crisis theory is drawn are all effective and may help individuals depending on their situation.

18

Where do you Draw your crisis intervention approach?	Applied Crisis Theory	Applied crisis theory: View each person and each crisis as different. Brammer characterizes applied crisis theory as encompassing 3 domains: (1) normal developmental crises ; (2) situational crises ; (3) existential crises . Developmental crises are events in the normal flow of growth. I.e. birth of a child, graduation from college, midlife career change, or retirement. Situational crises are extraordinary events that an individual has no way of forecasting or controlling. Existential crises refer to the inner conflicts and anxieties that accompany important issues of purpose, responsibility, independence, freedom, and commitment
	Adaptational Theory	Adaptational theory depicts a person's crisis as being sustained through maladaptive behaviors, negative thoughts, and destructive defense mechanisms. A person's crisis will recede when these maladaptive coping mechs are changed to adaptive ones.

19

Where do you Draw your crisis intervention approach?	Systems	Systems theory stresses the interrelationships and interdependence among people and between people and events. The theory refers to an emotional system, a system of communications, and a system of need fulfillment and request in which all members within an intergenerational relationship bring something to bear on each other.
	Psychoanalytic	Psychoanalytic theory is based on the view that the disequilibrium that accompanies a person's crisis can be understood through gaining access to the individual's unconscious thoughts and past emotional experiences. The presupposition is that some early childhood fixation is the primary explanation of why an event becomes a crisis.

20

Where do you Draw your crisis intervention approach?	Cognitive Behavioral	To be discussed as a model alter....
	Interpersonal Theory	Interpersonal theory describes how enhancing personal self-esteem and belief in others. When people confer their locus of self-evaluation on others, they become dependent on others for validation of their being


21

Crisis Intervention Models	The Equilibrium Model	People in crisis are in a state of psychological or emotional disequilibrium in which their usual coping mechs. and problem-solving methods fail to meet their needs. This model is most appropriate for early intervention when the person is out of control, disoriented, and unable to make appropriate choices.
	The Cognitive Model	Based on the premise that crises events are caused by faulty thinking about the events or situations related to the crisis. The goal of this model is to help people become aware of and to change their views and beliefs about the crisis events.
	The Psychosocial Transition Model	Assumes that people genetics are important and social learning place a role in crisis management. The goals of this model is to collaborate with people in their assessment of both internal and external difficulties contributing to the crises and to help them choose alternatives to their current behaviors, attitudes and use of environmental resources

22



23



What is 1 thing you can take away and apply?

Thank you for your participation!

24

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