

Mental Health Mondays

Safety Crisis Plans & The Crisis Cycle Issue 29 February 27, 2023



What is a Safety Crisis Plan?

Safety Crisis plans are written plans that outline how supports should be employed for an individual who exhibits challenging behavior. Recognizing the signals of an individual escalating allows for intervention before the situation reaches a crisis point.

Planning for Success

It's important to clearly outline what behavior other people should look for during each stage of the crisis cycle, as well as **what they should do** and **what they should avoid doing** during each stage to support the individual.

Escalation

Individual engages in behavior that typically precedes challenging behavior. Focus for supports should be using interventions to prevent further escalation.



Individual may be tired, hungry, bored, or asked to do something. Focus for supports should be to avoid trigger events.

Crisis

Individual engages in challenging behavior. Focus for supports should be on maintaining safety during this stage.

De-Escalation

Individual engages in less intense behavior which signal a return to baseline. Focus for supports should be on calming strategies.



Stabilization

Individual demonstrates calm, relaxed, and engaged behaviors. Focus for supports should be on problem solving.

Baseline

Individual engages in typical every day behavior. Focus for supports should be on skillbuilding.

Want to learn more?



Scan the QR Code with your phone or click here to learn more about writing a safety crisis plan.

Interested in a specific topic or want to contribute to Mental Health Monday content?

Email: Rhiannon.Evans2@dmh.mo.gov

Like Mental Health Mondays? Check out Thursday Thoughts!