

<b>Community Mental Health Partnership of Southeast Michigan/PIHP</b>	<b><i>Policy Crisis/Safety Planning</i></b>
<b>Department: Regional Compliance Committee Author:</b>	<b>Local Policy Number (if used)</b>
<b>Regional Operations Committee Approval Date 5/17/17</b>	<b>Implementation Date 8/1/17</b>

**I. PURPOSE**

To ensure a crisis plan/safety plan is developed in accordance with consumers'/families' preferences and needs, and that meets relevant requirements.

**II. REVISION HISTORY**

DATE	REV. NO.	MODIFICATION
2004	1	
2017	2	Overdue for review. Renamed from Individual Crisis Planning.

**III. APPLICATION**

This policy pertains to all regional affiliate partners within the CMHPSM along with contracted providers.

**IV. POLICY**

Crisis/safety Planning shall be offered to all individuals/families receiving services from their local Community Mental Health Service Provider (CMHSP)

**V. DEFINITIONS**

Advanced Directive: A document signed by a competent adult giving direction to healthcare providers about his or her treatment choices in certain circumstances.

Community Mental Health Partnership of Southeast Michigan (CMHPSM): The Regional Entity that serves as the PIHP for Lenawee, Livingston, Monroe and Washtenaw for mental health, developmental disabilities, and substance use disorder services.

Community Mental Health Services Program (CMHSP): A program operated under chapter 2 of the Mental Health Code as a county community mental health agency, a community mental health authority, or a community mental health organization.

Crisis: a psychiatric, medical or natural disaster emergency for the individual and/or their caregiver(s).

Crisis Plan: A type of advanced directive that outlines routine items and areas (i.e.

apartment, pets etc.) within the individual's life that may need attention until the crisis has passed. A crisis is defined as an emergent situation that is likely to cause reduced levels of functioning in primary aspects of the recipient's life if not addressed as soon as possible.

Regional Entity: The entity established under section 204b of the Michigan Mental Health Code to provide specialty services and supports for people with mental health, developmental disabilities, and substance use disorder needs.

Safety Plan: To reduce unsafe situations and the likelihood of harm.

## VI. STANDARDS

- A. Crisis/Safety Planning is a consumer/family driven process in which the consumer/family decides the content, how the plan will be implemented, and who will support them in the implementation of the plan.
- B. Staff shall offer the following components in assisting consumers/families with developing a crisis plan:
- The types of crisis the consumer/family will plan for
  - The triggers (situations, circumstances) that have resulted in the consumer/family experiencing a crisis in the past
  - Past signs, symptoms, prodromals, behaviors, observations, changes that have served as indicators of a potential crisis
  - What has been effective in reducing the severity of the crisis in the past
  - What could lead to a crisis and what supports could be provided to prevent or assist the consumer/family with the crisis
- C. The CMHSP should assist the individual with identifying as many natural supports as possible to assure that the plan is followed through to its fullest extent and support them in this plan. If CMHSP staff are identified as supports to implement the crisis/safety plan, the Person Centered Plan should reflect the crisis/safety plan and a copy of the plan must be provided to the CMHSP
- D. The consumer/family determines who will receive a copy of the plan when completed.
- E. CMHSP's will provide consumers information and a template on Crisis/Safety Planning at the time of initial assessment, pre-planning for the Person Centered Plan and as requested. The consumer may choose whether or not to use the format provided
- F. Should CMHSP staff not be identified as supports to implement the plan, the consumer may choose whether or not to inform the CMHSP of the plan. If a plan is presented to the CMHSP and the CMHSP is not part of the crisis/safety plan, the CMHSP will ensure the crisis/safety plan is made a part of the consumer's/family's record.
- G. If a crisis does occur, this plan will show what the individual's preferences are, who should be contacted by whom and valuable information on how to implement the plan.

H. Once a crisis/safety plan is developed, the one's preferences should be reflected in their Person Centered Plan and a safety goal developed to show that a crisis/safety plan is developed and more detailed information is available.

**VII. EXHIBITS**

None

**VIII. REFERENCES**

- A. Community Support and Treatment Services procedure: Procedure for Preparing a Crisis Plan
- B. Michigan Patient Self Determination Act (PA 312 of 1990)
- C. CMHPSM Self Determination Policy

**IX. PROCEDURES**

<u>WHO</u>	<u>DOES WHAT</u>
CMHSP Staff	At the time of the consumer's assessment, PCP pre-planning or as requested will provide informational materials (brochure) on what crisis/safety planning entails, examples of crisis plans and explanations of the process.
Consumer/Family	Determines whether or not to complete a crisis/safety plan.  Determines what format to use if a crisis/safety plan is to be completed.  Determines how the plan will be written (independently, with family or friend, CMHSP staff)
CMHSP Staff	Determines who will receive a copy of the crisis/safety plan.  Assist consumer in identify supports to implement the plan if asked by the consumer.  If CMHSP staff <b>ARE</b> included as supports to implement the crisis/safety plan, make a recommendation for the consumer to forward a copy of the plan and the PCP should reflect the crisis plan be part of the consumer's record.  Obtain any necessary Release of Information's needed to implement the plan.  Document involvement in the crisis/safety plan.  If CMHSP staff are <b>NOT</b> include in the crisis/safety plan but the consumer forwards a copy of the plan to the CMHSP, it will be filed in the consumer's record under the

	correspondence section.
Consumer/Family	<p>Notify all people that are listed as supports in the crisis/safety plan of their role in implementing the plan.</p> <p>Notify all people that are listed as supports in the crisis/safety plan if the plan changes.</p> <p>If a crisis occurs, inform the person who is to initiate the plan.</p>
CMHSP	Document involvement in the plan once the crisis occurs.