

In collaboration with the Bipolar Support Club

www.bipolarsupport.club



TRAUMA TREE

Trauma Informed Services & Support

Crisis Response Support Plan

Completed by: _____

Date: _____



TRAUMA TREE

Trauma Informed Services & Support

Crisis Response Support Plan (CRSP)

This form is here only if you need it. A CRSP can be a great way to be proactive about your mental health, your symptoms, triggers as well as an important step within your journey towards Self Advocacy. It's important that those within your support network know how to best support you when you need it most. If applicable, it may be helpful to share with: parents, caregivers, a trusted individual, family members, doctors, partners/spouses, employers, HR departments etc.

A CRSP allows you to communicate your needs to others ahead of time and create a plan on how to best help you in the event of a crisis.

Background Information

Name:		
Health Card Number (optional):		
Address:		
Phone Number:		
<i>Please circle:</i>		
Permission to call at home _____	YES	NO
Permission to leave a message at _____	YES	NO
Date of birth:		
Family Doctor:	Phone #:	
Are they part of your Mental Health Support Team?:		
Psychiatrist:	Phone #:	
Are they part of your Mental Health Support Team?:		
Name of Pharmacy:	Phone #:	





Please list any trusted emergency & support contacts that you would like to have notified in the event of a crisis. They can include neighbours, therapists, doctors, friends, family members etc.

Emergency Contacts		
Name	Phone Number	Relationship

Support Contacts		
Name	Phone Number	Relationship

Relevant Health Information *(including but not limited to: allergies / medication)*





Signs that I want support

Sometimes it can be hard to communicate our needs / signs when we need support the most. Being able to educate someone in advance of the signs is a great way to be proactive and make sure you are setting yourself up for success. What are your early warning signs that you need support from others?

(Or circle all that apply)

- Struggling to work
- Struggling to parent
- Struggling to maintain home
- Difficulty maintaining healthy appetite
- Experiencing significant weight loss
- Using drugs / alcohol to escape and cope
- Engaging in risk-taking behaviours
- Unable to focus
- Sleeplessness / oversleeping
- Lack in interests / activities that were once enjoyed
- Panic Attacks
- Fear of being around others (incl: family, friends)
- Mistrust in people
- Sense of guilt / unworthiness
- Restlessness
- Agitation / Irritation
- Anger & violent outbursts
- Suicidal thoughts / plans
- Actions or thoughts or self harm
- Manic behaviour & actions
- Feeling depressed or unhappy
- Emotional outbursts
- Changes in personality
- Changes in self care





What am I like when I am feeling well? What am I like when I am feeling unwell?

Self discovery is a beautiful thing. Providing details on what you are like when you are feeling unwell vs well is a great way to be on the same page with those in support roles and can be great for personal clarity as well. It will help with identifying the different signs in the earlier stages, helping you receive help & support sooner.

(Or circle all that apply)

- | | |
|------------------------------------------------------------------|----------------------------------------------------------------|
| <input type="radio"/> When I am well, I have a bounce in my step | <input type="radio"/> When I am unwell, I might not talk much |
| <input type="radio"/> When I am well, I enjoy doing my hobbies | <input type="radio"/> When I am unwell, I might isolate myself |

What are my 'triggers' ?

Knowing your triggers can help your medical support team know where your trauma response may be coming from. It also helps develop self awareness & provides the ability to be proactive when triggers are encountered. It might be helpful to include "things not to do" and "what not to say" in the event of a crisis.

(Or circle all that apply)

- | | |
|--------------------------------------------------------------------------|---------------------------------------------------|
| <input type="radio"/> Please don't raise your voice | <input type="radio"/> Please don't bring up _____ |
| <input type="radio"/> Please don't say things like "just snap out of it" | |





How will I let people know I need their support?

Having open communication with those on your support team is incredibly important. Sometimes, communicating we need help can be difficult and having pre-planned alternative ways can make it easier. We need to agree to reach out to others if we need it, but if talking face to face isn't an option, what are some other ways you feel you could reach out?

(Or circle all that apply)

- Talk face-to-face
- Phone call
- Text message
- Email
- Social Media Private Message / DM
- Handwritten / typed letter
- Ask to go for a walk
- Go for a drive
- Talk over tea / coffee / drink
- Ask a trusted friend / individual to relay information
- Ask a therapist / mental health coach to relay
- Leave a post-it note asking someone to approach you





What does the term 'crisis' mean to me? How do I know when I am in crisis?

Crisis means something different for everyone. By defining what it means to you and the signs to look for, you and your support team will have a better idea of what to look for and how to step into action.

How can I take care of myself when I am feeling less well or in crisis?

Sometimes it's impossible to know what we need in the moment. Outline what you need ahead of time & refer back when needed. Your support team can after refer back here and remind you of your list.

(Or circle all that apply)

- Grounding exercises
- Call a friend
- Talk to my therapist
- Make an appointment with my doctor
- Go for a walk
- Go out in nature
- Exercise / move body / work out
- Journalling
- Body scanning
- Eye tracking movement exercises
- Read a book
- Watch a comfort show
- Take a long bath or shower
- Breathing exercises





What is **not** helpful when I am in crisis?

*Sometimes people think they are being helpful, when they actually aren't. This can cause a lot of frustration and negatively impact communication. Please write a detailed list of things that are **not** helpful when in crisis.*

What **is** helpful when I am in crisis?

It is important to highlight what is helpful in times of need. Please be as specific as possible so that members of your support team can refer here when you are in crisis. Sometimes it is also helpful to display this page somewhere in your home (ie: many people include it on their fridge or somewhere in their bedroom)





How can family, friends, neighbours etc help when you are in crisis?

Name:
Connection / Role:
Contact Info:
<i>Specific tasks for this person:</i>

Name:
Connection / Role:
Contact Info:
<i>Specific tasks for this person:</i>

Name:
Connection / Role:
Contact Info:
<i>Specific tasks for this person:</i>





How can Service Providers / Medical Practitioners help when you are in crisis?

Name:
Connection / Role:
Contact Info:
<i>Specific tasks for this person:</i>

Name:
Connection / Role:
Contact Info:
<i>Specific tasks for this person:</i>

Name:
Connection / Role:
Contact Info:
<i>Specific tasks for this person:</i>





When should your Medical Support Team be contacted?

Sometimes it can be helpful to communicate to your support team when you feel it might be time / beneficial to contact your therapist, doctor, etc. You know you best, you know when you feel you have a handle on the situation and what it looks like to need extra support from medical professionals. Let your support team know when it's time to reach out and what to look for.

It's time to reach out to my Therapist when...

Contact Info:

It's time to reach out to my Doctor when...

Contact Info:

It's time to reach out to my _____ when...

Contact Info:





When to make the decision to go to the hospital

Being in crisis can sometimes present itself along a spectrum. It is important to communicate ahead of time with your support team when you feel hospitalization needs to be considered. Sometimes in the moment, being told about this option can be triggering and can lead to re-traumatization. Remain in control by having mutually-agreed upon criteria for hospitalization.

(Or circle all that apply)

- When I express I would like to go to the hospital
- When it is a decision I make on my own
- If I feel I am in danger of hurting myself or others
- If you feel I am in danger of hurting myself or others
- If I feel I can no longer make decisions
- If you feel I can no longer make decisions

Create a safe word & provide details on what it means to you

Being at the hospital and/or dealing with medical professionals can be a scary and intimidating experience. It can quickly become overwhelming, especially considering what is going happening on the inside. Communicating can be a difficult thing, try creating a safe word that you and your support team can use for if you start to feel really scared or don't agree with what is going on and would like to have a private conversation with a trusted individual. This way, instead of quickly trying to find the words, you can use this single safe word and your support person will know you need a safer space to express your thoughts.





Residential or Hospital Services

If I want / need crisis respite, residential treatment or hospitalization (living away from home) I want the following considered:

If I am hospitalized, I would like the following brought in my hospital bag

Gentle reminder: Nurses / Medical Staff will go through your bag upon intake, this is normal. They may remove items, this is standard for Hospitals - just a head's up!

(Or circle all that apply)

- | | |
|------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> Journal | <input type="checkbox"/> Books / magazines |
| <input type="checkbox"/> Cellphone & charger | <input type="checkbox"/> Blanket |
| <input type="checkbox"/> Hygiene products | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Sleepwear /Loungewear | <input type="checkbox"/> Toothpaste / Toothbrush |
| <input type="checkbox"/> Slippers | <input type="checkbox"/> Socks & underwear |
| <input type="checkbox"/> Sweater | <input type="checkbox"/> Brush, comb & hair elastics |





Please take care of....

Sometimes when we are away for a period of time (hospitalizations, programs etc) there are things we need taken care of. This is a great place to make note of important errands, schedules, appointments or responsibilities that you'll need help with until you get back. This will reduce stress on your end so you can focus on YOU, knowing that everything else back home is being covered.

- Pets (food, water, walks, play time)
- Garbage / Recycling / Compost
- Appointments to be rescheduled / canceled
- Contacting of friends, workplace etc
- House plants
- Turn on/off heat or air conditioning
- Make sure appliances are off
- Turn on/off humidifier or dehumidifier
- Bring in mail

