

Crisis Continuum and Response

Stage	Signs & Symptoms	Response
Stable	Baseline, functioning as well as can be expected	Assessment of strengths and needs, planning, reinforcing positives, positive interaction and engagement, early intervention strategies such as teaching coping skills, connecting with supports, etc. Development of a crisis plan.
Escalation	Increased anxiety, agitation, environmental stressors, feeling stressed out, difficulty coping	Continued engagement. Removal of environmental stressors, soothing techniques such as journaling, music, etc. Support positive coping, provide access to resources as identified in the crisis plan. Ongoing assessment and prevention planning.
Acute	Feeling totally overwhelmed and out of control, suicidal ideation, acts of self-harm, threatening to others, impulsive behaviors, unable to cope	De-escalation techniques, risk assessment and safety planning (crisis response plan), one-to-one monitoring and support, contact support persons identified in the crisis plan and/or contact LE if imminent risk, and referral to diversion bed or hospital if necessary
Stabilization	Returning to stable, calm after the storm, feeling more hopeful and may be feeling shame or remorse over things from the acute crisis	Continued de-escalation and stabilization. De-briefing and re-engagement, continued monitoring and support, re-assessment of crisis plan and adjustment as needed, crisis prevention strategies