



**Erika's
Lighthouse**

Erika's Lighthouse Staff Training: Part 3: Crisis Intervention



Content Notice

This training contains discussion of depression, self-harm and suicide.

If you or someone you know is experiencing suicidal thoughts or a crisis, please reach out to the 988 Lifeline, which provides 24/7, free, confidential support for people in distress.





PART 3

Crisis Intervention

Agenda

- What is a crisis?
- De-Escalation Strategies
- Assessing Suicide Risks
- Self-Care & Wellness



Crisis

How do we define crisis?

"A disruption or breakdown in a person's normal or usual pattern of functioning. A crisis cannot be resolved by a person's customary problem solving resources/skills. It is a time of intense difficulty where a person is in trouble or in danger."



Basic Elements of a Crisis



- A stressful situation
- Difficulty coping
- Timing of the intervention



Types of Crisis



Medical Emergency:

- Fainting
- Collapsing
- Chest pain
- Blood in bowel
- Irregular heartbeat

Aggressive Behaviors:

Causing physical harm to others or to property

Mental Health Crisis

- Panic attack
- Psychosis
- Suicidal ideation



Assess and De-Escalate

The goal is to assess the situation, de-escalate the individual, and connect them to the appropriate professional help.



How do you approach someone in crisis?

Speak calmly, slowly, and confidently.

Try to understand and encourage the individual to discuss how they are feeling.

Instill hope about long term plans and goals.

**Think about approaching as you would approach ducks sitting on a pond*



Effective Tips for De-escalation

- Speak slowly
- Be empathic
- Do not argue
- Do not make threats
- Do not raise your voice
- Be aware of your body positioning
- Pause
- Use positive words
- Stay calm
- Do not restrict their movements
- Be aware of what might trigger aggression





When we remove the triggers and de-escalate it will take the individual **30 minutes** to calm down.



Ask the question

Asking someone if they are thinking about suicide is like CPR. It could save their life in a crisis situation.



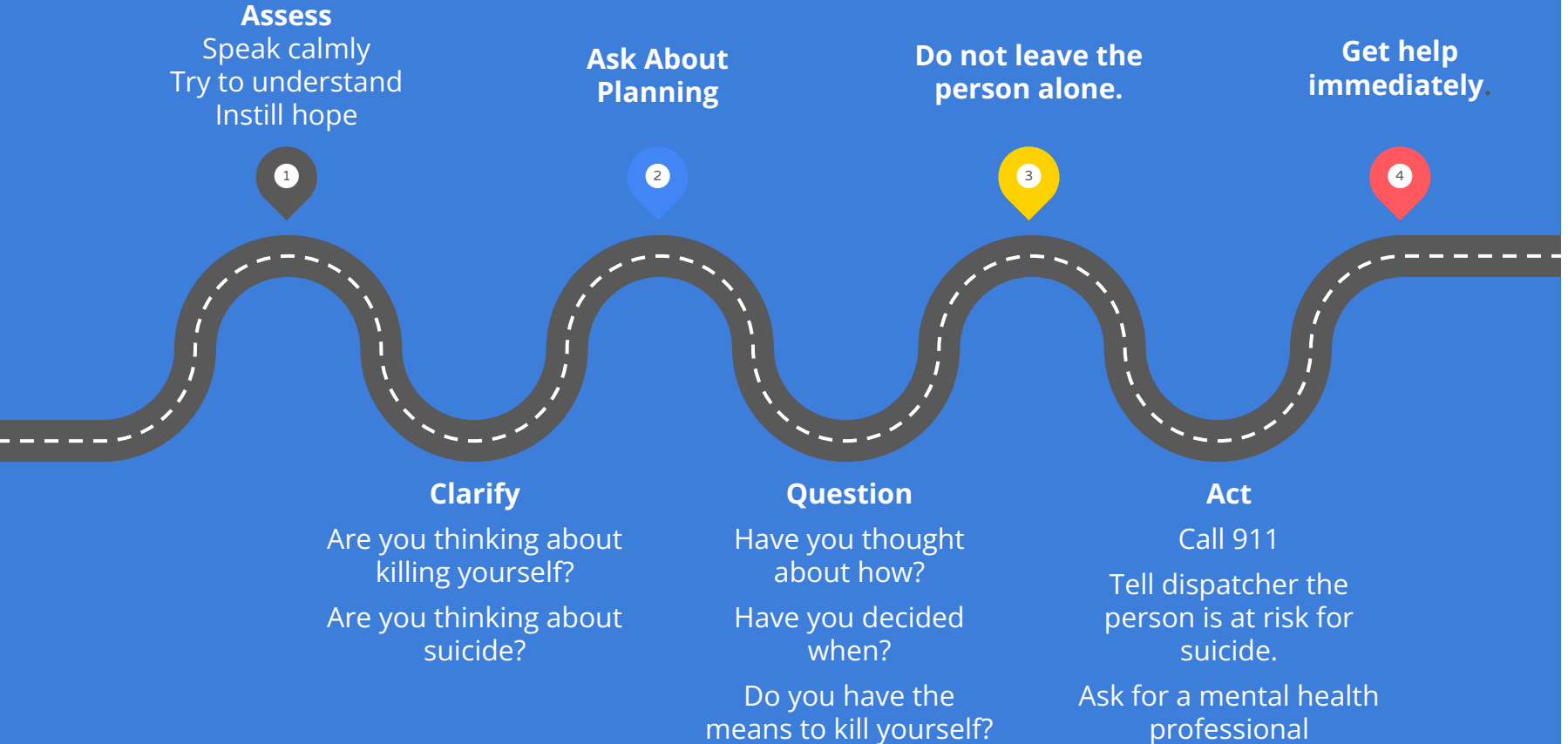
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Suicide Risk Assessment

Four Steps to take if
someone appears to
be having suicidal
ideation



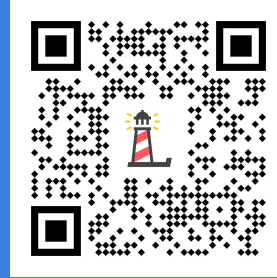
Suicide Risk Assessment







Thank you



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