SWP MENTAL HEALTH CRISIS MANAGEMENT PLAN FOR INDIVIDUALS

MENTAL HEALTH CRISIS PLAN

Recommendations for components of mental health crisis plans include the following:

1. Description of mental health crises covered by the plan, e.g. suicidal ideation/attempt.

2. Description of the different roles in the mental health crisis plan (behavioral health specialist, nurse, school administrators, school counselors and social workers, fiduciary supervisor/medical director, others).

3. Differential responses for crises that occur within the wellness program vs. crises that occur outside of the wellness program (or a student brought to the wellness program in crisis).

4. Assessment:
   a. Utilize an evidence-based assessment tool.
   b. Include warning signs for suicide (suicide ideation, isolation, expressed suicide plan, acute agitation, anxiety).
   c. Possible inclusion of or reference to an algorithm for determining the level of suicide risk.
   d. Family safety questions, when appropriate. For example, history of suicide in the family, history of previous attempts at suicide, friends who have died from suicide, access to firearms, etc.

5. Individual plan components:
   a. Safety plan (describe components) and crisis intervention.
   b. Notifying parent/guardian.
   c. Notifying school officials per school policy.
   d. Circumstances when collaboration occurs among SWP behavioral health specialists, nurses, school counselors, school social workers, teachers and other need-to-know staff.
   e. Following confidentiality guidelines and Michigan law.
   f. School security when appropriate.

g. Standing order for nurses if appropriate.

6. Referrals (community specific):
    a. Local community mental health agency.
    b. Local crisis agency.
    c. 24-hour crisis assessment.
    d. Emergency room.
    e. Other.

7. Follow-up plan after the crisis has been resolved includes:
    a. Monitoring treatment compliance.
    b. Providing feedback to family, PCP, mental health providers, school officials as appropriate.

8. Process for communication of the policy/procedure to school administration/school staff.

References

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National Institute of Mental Health. Ask Suicide-Screening Questions (ASQ) Toolkit. Retrieved from: https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials/index.shtml

Substance Abuse Services Administration (2019). Suicide Prevention Resource Center. Retrieved from: https://www.sprc.org/resources-programs/screeningassessing-students-indicators-and-tools

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