

LAKESHORE BEHAVIORAL HEALTH ALLIANCE
Community Mental Health Services of Muskegon County
Community Mental Health of Ottawa County
Lakeshore Coordinating Council for Substance Abuse Services

POLICY
No. 20-052

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Effective: June 27, 2008
Revised: January 23, 2009

Subject: Individual Crisis Planning

John North, Executive Director

I. POLICY:

It is the policy of the Lakeshore Behavioral Health Alliance to offer an option of individual crisis planning for individuals receiving services from their local Community Mental Health Service Provider (CMHSP).

II. PURPOSE:

To ensure that a crisis plan is developed for individuals served by the affiliates of Lakeshore Behavioral Health Alliance where their preferences are indicated when a crisis occurs.

III. APPLICATION:

This policy applies to the mental health affiliates of the Lakeshore Behavioral Health Alliance along with contracted providers.

IV. DEFINITIONS:

Crisis: A psychiatric, medical or natural disaster emergency for the individual and/or their caregiver.

Crisis Plan: A type of advanced directive that outlines routine items areas (i.e. apartments, 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 individual's life if not addressed as soon as possible.

Individual Crisis Planning: A process driven by the individual receiving services where a document is developed in which the individual decides what questions they want to ask and the people to enlist to support them in implementing the plan. The individual also determines who will receive a copy of the plan when completed.

V. PROCEDURE:

- A. The mental health affiliates will provide individuals information and a template on Individual Crisis Planning at the time of the initial assessment, pre-planning for the Person Centered Plan and as requested. The individual may chose whether or not to use the format provided. The mental health affiliate should assist the individual with identifying as many natural supports as possible to assure that the plan is followed to its fullest extent and support them in this plan. If the mental health staff are identified as supports to implement the crisis plan, the Person Centered Plan should reflect the crisis plan and a copy of the plan must be provided to the mental health affiliate.
- B. Should the mental health affiliate staff not be identified as supports to implement the plan, the individual may choose whether or not to inform the mental health affiliate of the plan. If a plan is presented to the mental health affiliate and the mental health affiliate is not part of the crisis plan, the mental health affiliate will file the plan in the correspondence section of the individual's record.
- C. 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.
- D. Once a crisis plan is developed, the individual's preferences should be reflected in their Person Centered Plan and a safety goal developed to show that a crisis plan is developed and more detailed information is available.

VI. REFERENCES:

MDCH Person Centered Planning Guidelines
Michigan Patient Self Determination Act (PA 312 of 1990)