

Family Crisis Plan

Green Zone:	What to say	What to do:
<p>The child feels well, they look and behave like: (List below)</p>	<ul style="list-style-type: none"> • <i>“How are things going?”</i> • <i>“Please know that I am always here to talk. and listen.”</i> • <i>“You seem sad to me.” (angry/anxious/irritated)</i> • <i>“Are you feeling that way?”</i> • <i>“Let me know if you are feeling unsafe. I will not be upset; I want to help you.”</i> • <i>“I love you.”</i> • <i>“I am proud of you.”</i> • <i>“You’re important to me.”</i> • <i>“Let’s sit down and talk about what’s going on.”</i> 	<ul style="list-style-type: none"> • Acknowledge successes, especially small ones. • Build a relationship outside of your child’s illness. • Have fun together. • Provide reassurance.
	<p>What questions work best for your child: (specify below)</p>	

	<p><i>Start with a statement: "I love you and want to make sure you stay safe."</i></p> <p><i>Add one of the following:</i></p> <ul style="list-style-type: none">• <i>"How can I help you?"</i>• <i>"Are you thinking about killing yourself? How would you do it?"</i>• <i>"Remember that time you felt so bad? You got through it, and you can get through this too."</i>• <i>"Let's talk when we're calmer. (Attempt to decrease family conflict/arguments.) What words will you use during this time with your child? (specify below)"</i>	
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Yellow Zone:	What to say	What to do:
<p>Behaviors that show the child is in the yellow zone:</p> <ul style="list-style-type: none"> • Withdrawing from previous activities. • Mood changes often for no specific reason. • Increases in irritability, angry, or more argumentative. • Changes in sleep and/or eating patterns. <p>Events to watch for:</p> <ul style="list-style-type: none"> • School failures • Recent losses, including friendship losses. • Bullying. • Social media conflicts. • Social rejection. • *Conflict with parents, often can 	<p>Emergency Numbers: Therapist: ----- ----- Psychiatrist:----- ----- Psychiatric Emergency Services: 734-936-5900</p>	<ul style="list-style-type: none"> • Regularly check in with your child to see how they are doing: <ul style="list-style-type: none"> ▪ Emotions, feelings ▪ Suicidal thinking ▪ Behavior changes • Encourage positive peer relationships and activities. • Encourage engagement in family activities with each other. • Coach your child to use coping skills from the recovery action plan. • If a pattern in behavior is noted and not improving, call the child’s therapist or psychiatrist for guidance or to set up an appointment as soon as possible. • Establish a school/community

be a trigger for Red Zone*		contact, who can provide support to and touch base regularly with your child.
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Red Zone:	Do this immediately:	What else to do:
<p>Child is:</p> <ul style="list-style-type: none"> • Talking, joking, writing, or drawing about suicide. • Actively engaged in self harm. • Shutting down or refusing to discuss any item. • Running away with suicidal thoughts. <p>You are:</p> <ul style="list-style-type: none"> • Contacted by 3rd party around safety concerns. 	<ul style="list-style-type: none"> • Do not allow the child to leave home alone. • Do not allow the child to isolate in a room or in other areas alone. • Give the child space while being watchful. 	<ol style="list-style-type: none"> 1. Ask calmly and directly about suicidal thoughts, plans, and intent. 2. Coach the child to use the coping strategies listed on their Recovery Action Plan. 3. If the child doesn't respond to your direct inquiry about suicidal thoughts, wait 15 minutes (while still monitoring them) and then re-ask the question, while expressing your love and concern. (Repeat the same process up to one hour.)

		<p>4. If the child does not communicate with you, suggest that they phone their therapist or the National Suicide Prevention Lifeline to talk anonymously. [800-273-TALK (8255)]</p> <p>Take your child to the nearest emergency room if:</p> <ul style="list-style-type: none">• They report or you observe them starting to implement a specific plan for suicide.• They express the intent to carry out a plan.• They express an inability to keep themselves safe. <p>If the child refuses to go to the emergency room call 911.</p>
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