

# EXCELLENCE IN HOUSING:

## Crisis Plan

**OrgCode Consulting, Inc.** is pleased to share this document as part of a collection of the most requested resources from our **Excellence in Housing** training series. These documents are intended for professionals who have been properly trained on these tools and practices.

For more information about this resource, training, or other available resources, please visit us online at:

[www.orgcode.com](http://www.orgcode.com)

### Acknowledgements:

OrgCode Consulting, Inc. wishes to thank Mary Ellen Copeland, PhD and the “WRAP” approach as the inspiration for this tool.

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## Crisis Plan Sample

Client: <b>Frank</b>	Version: <b>1</b>	Date: <b>August 4</b>
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**About Me**

Name:	<b>Francis McNeill</b>
Date of Birth:	<b>June, 1968</b>
Address:	<b>8 Fairview Ave.</b>
Health Card Number/Version:	<b>555-555-1234</b>

**Emergency/Medical Contacts**

Role	Name	Telephone Number
Emergency	Emergency Services	9-1-1
Contact this person 1st	<b>Erica McNeill (sister)</b>	<b>555-555-9876</b>
Contact this person 2nd	<b>Rob Samborski (boss)</b>	<b>555-555-1111</b>
Contact this person 3rd	<b>Melissa Harken</b>	<b>555-555-2468</b>
Support Worker	<b>Rodrigo Nuñez</b>	<b>555-555-4321</b>
Support Worker Back-up or Team Leader	<b>Rachel Domino</b>	<b>555-555-8787</b>

**Depending on the situation, I may also use these community resources when in crisis:**

Name of Community Resource	Telephone Number
<b>Gamblers Anonymous</b>	<b>555-555-0005</b>
<b>Mental health hotline</b>	<b>555-555-3434</b>

**Understanding & Managing a Crisis**

My definition of a crisis is: **Gambling, when I blow all my savings and go into huge debt and then get evicted and end up on the streets again.**

Things that cause me to go into crisis are: **When Melissa's mad at me, I want to buy her things to make her feel better. Or unexpected bills, whenever I feel stressed about money.**

## Crisis Plan Sample

Client: **Frank**

Version: **1**

Date: **August 4**

The **signs** that I am **about to go into crisis** are: Money is tight and I start watching poker online. I start talking about my system.

The **signs** that I am **in crisis** are: I ask people for money and make up lame stories about why I need it. I disappear for hours and don't tell anyone where I've been. I talk to Ivan for any reason.

If you notice I am **doing** and/or **saying** talking about how gambling is bad for me, then **give me space**.

In the past, **to deal with a crisis effectively**, I have: Gone to meetings. Also just finding something else to do, maybe movies or a long walk (as long as I don't bring any money with me).

If I am in crisis, it is best to **contact these people**: Erica, because she can usually talk sense into me. My boss because I might totally flake out on work. Melissa, because sometimes it's her fault.

If I am about to be in crisis or I am in crisis, these are the **special arrangements** or things I need to have taken care of for me: Call my boss and tell him I'm sick. Erica has power of attorney so she can put a freeze on my bank accounts. Pay the landlord next month's rent immediately so I don't get evicted.

In the event of a crisis I would like my crisis plan shared with my support network, as deemed appropriate by my worker.

Yes     No

**Client**

Frank McNeill

Signature

August 4, 2014

Date

**Intensive Case Manager**

Rodrigo Nuñez

Signature

August 4, 2014

Date

## Crisis Plan

<b>Client:</b>	<b>Version:</b>	<b>Date:</b>
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### About Me

<b>Name:</b>	
<b>Date of Birth:</b>	
<b>Address:</b>	
<b>Health Card Number/Version:</b>	

### Emergency/Medical Contacts

Role	Name	Telephone Number
Emergency	Emergency Services	9-1-1
Contact this person 1st		
Contact this person 2nd		
Contact this person 3rd		
Support Worker		
Support Worker Back-up or Team Leader		

**Depending on the situation, I may also use these community resources when in crisis:**

Name of Community Resource	Telephone Number

### Understanding & Managing a Crisis

My **definition** of a crisis is: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Things that **cause** me to go into crisis are: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Crisis Plan

<b>Client:</b> _____	<b>Version:</b> _____	<b>Date:</b> _____
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The **signs** that I am **about to go into crisis** are: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The **signs** that I am **in crisis** are: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If you notice I am **doing** and/or **saying** \_\_\_\_\_  
\_\_\_\_\_, then **give me space**.

In the past, **to deal with a crisis effectively**, I have: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If I am in crisis, it is best to **contact these people**: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If I am about to be in crisis or I am in crisis, these are the **special arrangements** or things I need to have taken care of for me: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In the event of a crisis I would like my crisis plan shared with my support network, as deemed appropriate by my worker.

Yes       No

### Client

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

### Intensive Case Manager

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date