Crisis Response Planning for Suicide Prevention

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Crisis Response Plan

1. Explain rationale for CRP
2. Provide card to record CRP

3. Identify personal warning signs
4. Identify self-management strategies
5. Identify reasons for living
6. Identify social supports
7. Provide crisis/emergency steps

8. Verbally review and rate likelihood of use
Sample Crisis Response Plans

Warning Signs: pacing, feeling irritable, thinking "it'll never get better"

- go for a walk 10 mins
- watch Friends episodes
- play with my dog
- think about my kids' vacation to beach in Florida, Christmas Day 2012
- call/text my Mom or Jennifer
- call Dr. Brown: 555-555-5555
  - leave msg w/ name, time, phone #
- 1-800-273-TALK
- go to hospital
- call 911

<table>
<thead>
<tr>
<th>Step</th>
<th>Action</th>
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<tbody>
<tr>
<td>1</td>
<td>Crying</td>
</tr>
<tr>
<td>2</td>
<td>Getting angry</td>
</tr>
<tr>
<td>3</td>
<td>Wanting to hit things</td>
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<tr>
<td>4</td>
<td>Argument w/ wife</td>
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<td>5</td>
<td>Videogames</td>
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<td>6</td>
<td>Woodwork in garage</td>
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<tr>
<td>7</td>
<td>Going for walk</td>
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<tr>
<td>8</td>
<td>Games on phone</td>
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<tr>
<td>9</td>
<td>Breathing 10 mins</td>
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<tr>
<td>10</td>
<td>Listen to music (uplifting)</td>
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<tr>
<td>11</td>
<td>Talk to Bill</td>
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<tr>
<td>12</td>
<td>Dr. Smith: 555-555-5555 (voicemail)</td>
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<tr>
<td>13</td>
<td>Hotline: 1-800-273-8255</td>
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<tr>
<td>14</td>
<td>Hospital or 911</td>
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</tbody>
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- Avoid others
- "What's the point?"
- Not wanting to get out of bed
  - Get a cup of coffee
  - Listen to jazz music
  - Spend time with my dog
  - Text Michelle
  - Think about kids
  - Call my therapist: 555-555-5555
  - Call the crisis line: 1-800-273-talk
    - Press #1 for veterans
  - Call 911
  - Go to hospital
FAQ

• Where is the section for means safety?

• Why include a section focused on reasons for living?
Baseline Follow-up

Optimism x Time

Optimism

Baseline
Follow-up

Rozek et al. (in press)