

CALMING THE CRISIS: ARE YOU R.E.A.D.Y.?

Learn tools to assess and respond to a mental health crisis. Use the R.E.A.D.Y. Action Plan to de-escalate and engage crisis responders.



**BENEATH
THE BRAVE**

CALMING THE CRISIS: ARE YOU R.E.A.D.Y.?

R

RECOGNIZE MENTAL HEALTH CRISIS

- Understand the Spectrum of Mental Health
- Identify Crisis Warning Signs, Red Flags, and Risk Factors
- Use Conversation Starters and Clear Communication
- Assess for Safety, Crisis, and/or Suicidal Ideation

E

ENGAGE CRISIS RESPONDERS

- Calling for Help: When, Who, and How
- Administering Naloxone in Overdose Situations
- Learn Where to Find Crisis Resources and Ongoing Support
- Identify Types of Treatment and Crisis Interventions

A

APPLY DE-ESCALATION TOOLS

- Do's and Don't's of Offering Support in a Crisis Situation
- Utilize De-Escalation Practices and Strategies
- Learn to Use Deep Breathing and Grounding Techniques

D

DETERMINE NEXT STEPS

- Explore Ways to Provide Empathy, Patience, and Support
- Determine Confidentiality of Employee/Client/Person
- Provide Necessary Accommodations or Modifications
- Use Tools for Supporting Success and Promoting Recovery

Y

YOUR SELF CARE

- Engage Your Systems of Support
- Invest Time in Personal Reflection and Self Check-ins

CALMING THE CRISIS PRICING

OPTION #1	LENGTH	INCLUDED	COST
<p>VIRTUAL</p> <ul style="list-style-type: none"> • Live facilitation via Zoom • Requested by company • Closed to the public • Dates selected by company • 15-30 min consult to discuss company needs or customization 	<p>LIVE TRAINING</p> <ul style="list-style-type: none"> • One 3 hr session OR • Two 1.5 hr sessions • Three 1 hr sessions <p>COMPLETION OF ALL 3 HOURS IS REQUIRED</p>	<p>VIRTUAL ACCESS TO:</p> <ul style="list-style-type: none"> • Calming the Crisis Participant Workbook • R.E.A.D.Y. Action Plan • 10 Ways to Ask for Help Cheatsheet • 988 Factsheet • National Resource and Referral List • Certificate of Completion 	<p>\$167 per person</p>

GROUP PRICING AVAILABLE FOR 20+

UPGRADE TO INCLUDE:

Recording of 3 hour Virtual Training - \$1,950

OPTION #2	LENGTH	INCLUDED	COST
<p>IN PERSON</p> <ul style="list-style-type: none"> • Requested by company • Closed to the public • Company selects date/time • 15-30 min consult to discuss company needs or customization 	<p>LIVE TRAINING</p> <ul style="list-style-type: none"> • One 3 hr session OR • Two 1.5 hr sessions • Three 1 hr sessions <p>COMPLETION OF ALL 3 HOURS IS REQUIRED</p>	<p>PRINTED MATERIALS:</p> <ul style="list-style-type: none"> • Calming the Crisis Participant Workbook • R.E.A.D.Y. Action Plan • 10 Ways to Ask for Help Cheatsheet • 988 Factsheet • National Resource and Referral List • Certificate of Completion 	<p>\$197/pp</p> <p>*Plus \$650 travel day rate & hotel, car, airfare</p>

GROUP PRICING AVAILABLE FOR 20+

UPGRADE TO INCLUDE:

Recording of 3 hour In-Person Training (Recording/AV provided by company) - \$2,250