

# **Strengths-based Crisis Planning**

## **Utilizing the Wraparound Process**

Trainer: Mary Jo Meyers, M.S. and/or Verneesha Banks

### Description

This training provides participants with the necessary information on how to respond to crisis events, engage in a planning process and write meaningful crisis safety plans that are responsive to families' needs, as well as utilizing their strengths to meet those needs.

### Learning Objectives

Participants will:

1. Learn how the value base of the Wraparound Process can guide us in creating crisis/safety plans that hold more meaning to families.
2. Gain an understanding of the usefulness of incorporating the families cultural norms and functional strengths into individualized crisis plans
3. Learn the difference between reactive crisis plans for an immediate situation and proactive safety plans intended to prevent further crisis
4. Enhance their understanding of how to gather information from families regarding their potential support system and community resources that can be utilized in families' plans.
5. Practice the team planning process by creating a responsive crisis plan and proactive safety plan based on an understanding of needs versus problems and strengths based strategies.

### Training Outline

- Steps for Developing an Individualized Plan
- Activity: Operationalizing the Value Base
- Definition of Functional Strengths and Understanding needs
- Natural/Informal, Formal Supports and Community Resources
- Positive Support Indicators
- Negative Risk Factors
- Meeting Immediate Crisis Needs
- Crisis Planning/Safety Planning Activity