Youth in Crisis: Doing What Works

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What we could (should?) go over...

- Adolescent Brain Development
- Trauma
- Youth Developmental Phases
- Crisis Response Cycles
- Adverse Childhood Experiences*
- Resiliency factors*
- Nature vs. Nurture
- Suicidality
- Mental Status
- Psychopathy
- Diagnosis & symptoms
- Clinical states
- Risk Assessments
- Substance use disorders
- Latest research
- Mental health trends
Why we’re not and what we’ll do instead

- Review Youth in crisis
- Learn some skills
- Meet some people
- Imagine your best strengths in those moments
- Plan for best next steps
My state CIT team
My local CIT team
My clinical service team
My family team
What do I mean, “youth in crisis?”

- Suicidal
- Psychotic
- Aggressive
- Anxious
- Upset and potentially volatile
- Cutting/burning/self-harming
- Traumatized and reactive
- Struggling with life; themselves/parents/school/others
Prepping you

• Imagine yourself as a youth....

• Imagine who helped and how they did that....

• Imagine the last youth crisis call you were a part of....

• Imagine what you wish would have been different....

• Take a selfie

• Write down the best skill offered TO you or BY you
Safety First, Always!
Relationship, relationship, relationship….
SHOW UP & BE AVAILABLE...
(Present **AND** Honest, Kind & Willing)
Think Maslow’s Hierarchy of need
Know your local resources

First Response
Community Connection Card

Crisis / Mental Health Helplines (24 Hours)

- 911
- Emergency (police, rescue, fire)
- 972-1800
- Region Ten Emergency Services
- 295-8255
- Madison House Help-Line
- 972-SAFE
- Runaway Emergency Services Program
- 800-784-2433/800-273-8255
- Suicide Hotline
- 1-800-222-1222
- Poison Control Center
- 977-7273
- Sexual Assault Resource Agency (SARA)
- 293-8509
- Shelter for Help in Emergency
- (Collect Calls Accepted)
- 1-800-272-3900
- Alzheimer’s Safe Return
- 972-4010
- Social Services
- Charlottesville
- 970-3400
- Counseling / Parenting / Mental Health
- 972-4118
- Children Youth & Family Services (CYFS)
- 972-1800
- Region Ten Community Services Board
- 979-2440
- On Our Own (mental health peer support)
- 972-7011
- Substance Abuse Services
- 1-800-344-2666
- AL-Anon
- 1-800-344-2666
- Alateen
- Alcoholics Anonymous
- Narcotics Anonymous
- 979-8871
- Mohr Center
- 979-8298
- Law Enforcement
- 296-5807
- Albemarle Police
- 970-3282
- Charlottesville Police
- 924-7166
- UVA Police
- Anonymous Tips
- Crime Stoppers
- 977-4000
- Drug Information
- 970-3376
Local, State & National

- http://www.cachy.net/resources
- https://www.sparchope.org/
- http://vacitcoalition.org/resources
- https://www.samhsa.gov/
- https://www.nami.org/
Be trauma informed
Recognizing the presence of ACE’s and encouraging protective factors

- Initial phase was 1995-1997
- One of the largest investigations ever conducted to assess the associations between childhood maltreatment and later life health and well-being.
- Over 17,000 participants
- Medical status of baseline participants was tracked over time.
- Significant findings..
Resiliency or Protective Factors

- Asking for help
- DEVELOPING TRUSTING RELATIONSHIPS
- Forming a positive attitude
- Listening to feelings
- Feeling capable and competent

--- all these help people improve their lives
Use what you know

“I don’t know what I am doing here..
But I do know…….”
ner. You can’t make him nuts. He keeps his cool. Even if you begin losing your own control, his calmness seems contagious, helping you to regain your composure. If you snap and yell at him, he just stays calm and says, “Sir, no one’s yelling at you.”

How does he do that? Training, training, and more training. The fact is that the entire approach to law enforcement has undergone the same transformation that is now required of parents of adolescents—and for many of the same reasons. In the old days of parenting and policing, both sets of professionals were able to use brute force a lot more to get the job done (see Chapter 7). But times have changed, and we aren’t allowed to rough up offensive drivers or offensive adolescents anymore. The cops had to learn a whole new set of people skills to replace the old billy club skills. Just like you, they had a terrible time in the initial transition as physical force was outlawed as a routine enforcement technique. Many officers couldn’t believe that this dispassionate approach could work. They saw it as being weak and becoming vulnerable to abuse and assault. This model was completely contrary to both their initial training and their own experiences.

When the cops overcame their skepticism, they found that this dispassionate approach actually lessened the chances of physical attack and reduced the frequency and ferocity of verbal abuse, as well as increased the chances for voluntary compliance. It works well for cops. It works even better for parents. Using this approach helps your kid not get diverted by your own angry behavior, increases the rates of voluntary compliance, and greatly reduces the odds of having a physical confrontation with Junior.
Individuation vs. Connectedness quandary
Develop a list of “go to” folks
Have a reading list for you, them and parents ...

- No Drama Discipline Dan Siegel
- Mindsight- Dan S.
- The Whole Brain Child- Dan S.
- Get Out of My Life, but first could you Drive me and Cheryl to the Mall? –Anthony Wolf
- Yes, Your teen is Crazy!- Loving your Kid Without Losing Your Mind- Michael Bradley
Keeping Boundaries

THE RIVER OF INTEGRATION

RIGIDITY

F A C E S

Harmony / Integration

Differentiation + Linkage

CHAOS

Chaos

Rigidity
(put on a good) F.A.C.E.S

- F = Flexible
- A = Adaptive
- C = Coherent
- E = Energized
- S = Stable
Find Positives & Strengths
Learn tactile, 4 square breathing
Use Humor Respectfully
Create Neutral space
Empathize and Validate
Know your Own Buttons
Please tell me about it

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