# CRISIS INTERVENTION

## 6 AREAS OF ASSESSMENT

1. **INTELLECTUAL FUNCTIONING** - oriented X3 - denial - shock - can they give accurate description of details of events?

2. **INTERPERSONAL ASSETS** - What kind of support system is available to them? 
   - spouse
   - family
   - friends
   - church
   - clubs
   - neighbors
   - anybody else to phone

3. **EMOTIONAL RESOURCES** - Is present affect labile or flat? Do they need help in release or control of emotion? Angry outbursts often mask sadness or hurt.

4. **HOW MUCH ACTUAL AND REALISTIC HOPE AVAILABLE** - Do not make unrealistic promises (house burned down, child dead) "everything will be OK" instead look for and list the resources available for working with the reality and feelings.

5. **SELF-MOTIVATION FOR HELPING THEIR OWN SITUATION** - assess personality type, independent-dependent-loner - what kind of self-help skills do they indicate

6. **IS CRISIS SELF-CREATED?** Chronics tend to manipulate and escalate, i.e. Suicide attempt as spouse packs bags and leaves, bought liquor instead of food and now in a panic about how to feed and clothe the family

## SUICIDE ASSESSMENT

**High Risk Populations:**

1. emotionally agitated

2. agitated depression

3. adolescents (2nd form of death)

4. women attempt suicide 3 times more than men do

5. women succeed more than men do

6. medical workers, like gun enthusiasts, have the means at hand

7. middle-age depression, old, chronically ill, poor

8. anybody with a plan and method or a history of attempts

9. anybody with a severe current crisis

10. other -

**SUICIDE IS THE 11th FORM OF DEATH IN THE UNITED STATES**

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**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING. YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**

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R&M SEMINARS