



# CA:tCH

Chequamegon

Accountable

the Community for Health

## *Facilitating Plans: A primer*

Each facilitator will have their own way of completing a CA:tCH Plan with a participant. For those who want a little guidance about that process, we have included some scripts that can act as prompts and probes while walking participants through the plan.

“When some people are having a really hard time, there might be signs that tell other people they’re struggling. This can include things like withdrawing from others, over-eating or under-eating, getting really angry, not sleeping. If you were having a really hard time, what sort of things might someone see?”

This is what it looks like when I am struggling.
1.
2.
3.

“Sometimes there are really simple things a person can do when they feel upset in order to feel better. These might be things that calm you down or distract you. Some people feel better after they take a walk or practice some deep breathing. Some people find that it helps to talk about something they’re interested in, whether it’s a hobby, a place they like, or something they’re looking forward to. Can you think of a few things that you already know make you feel better when you’re upset?”

These are things that help me when I feel upset, or make me feel better:
1.
2.
3.

These are the people I want involved if I feel unsafe:	Contact Information:		This is how I want them involved:	
Contacted	Not contacted	Left Message	Participant will Contact	
Contacted	Not contacted	Left Message	Participant will Contact	
Contacted	Not contacted	Left Message	Participant will Contact	

“It would also be helpful if you could think of a few reliable people in your life that you would want involved if you felt unsafe. This could include family members, friends, or anyone in your network that is over 18 and can provide positive support to you when you need it. Maybe it’s someone you enjoy talking to, someone who always calms you down, someone you feel safe with.”

“I’d also like you think about how you would want them involved in a time of crisis. How could they be most useful to you?”

“Can you also provide their contact information? And let’s decide whether you want to contact them or if you want me to contact them.”

These are the things that need to be taken care of by others in the event that I have to leave my home:	Person assigned: _____	Contact Information:
1.		
2.		
3.		

“For some people, having to leave their home to receive care is stressful, because they think about all the things that need to be taken care of at their home. It can be helpful to plan ahead in the event that happens. So if you had to leave your home, what are a few things that need to be taken care of by others? This might include things like watching children, feeding any animals you have, watering plants, tending your yard.”

“Now that we’ve figured out what those things are, let’s figure who in your life could be responsible for taking care of those things in the event you have to leave your house. Do you know the phone numbers for each person you listed?”

“Next, it would be helpful if you could name a few different providers to contact in case you need help. This might include therapists, social workers, doctors, people that you will rely on for care. In the event this safety plan is used, there’s no guarantee we would be able to get in touch with these folks right away, but we could leave messages for them. Can you think of a few providers?”

“It would also be helpful if you could think of any providers you don’t want involved in your care. Maybe in the past you’ve had negative experiences with certain providers. In the event of a crisis, we can’t guarantee that anyone you list here won’t be involved, but it would be helpful to know this information so that the best possible support can be provided to you.”

Providers to contact if I need help:	Contact Information:
1.	
2.	
3.	

Are there providers that you would prefer not to involve in your care? Who?

If you have an interaction with law enforcement or EMS what do you want them to know?

“And finally, if you have an interaction with law enforcement or emergency medical services, is there anything you want them to know? This plan covers a lot of ground, but maybe there’s something we haven’t touched on that would be really helpful for someone to know about you in a crisis situation. This could include anything from a reminder of where you keep your plan, to something about your medication, to any previous interactions you’ve had before with law enforcement or EMS.