

Crisis & Relapse Plan



Crisis Plan

Emergency resource 1: _____

Phone: _____ Cell phone: _____

Emergency resource 2: _____

Phone: _____ Cell phone: _____

Physician: _____ Phone: _____

If we need help from professionals, we will follow these steps (include how the other children will be taken care of):

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Crisis & Relapse Plan



Relapse Plan

Caregivers and child should talk together and agree on the following parts of their plan:

How do we know you are getting sick again? List signs and symptoms of relapse:

1. _____
2. _____
3. _____

When the symptoms on line one appear, we will:

- _____
- _____
- _____

When the symptoms on line two appear, we will:

- _____
- _____
- _____

When the symptoms on line three appear, we will:

- _____
- _____
- _____

When will we think about going to the hospital? What type of behavior would make us consider doing this?

When will we think about calling the police? What type of behavior would make us consider doing this?