

## BH Crisis Scenario – Team Exercise

### Scenario 1

#### Meet John

- John is 40, a Tribal member, and he lives with family on Tribal land. He works sometimes for friends and family, sometimes attends Tribal events, and has lots of affiliations in the community.
- He has a 3-year on-off history with BH programs and the BH counselor. His history includes substance use, trauma, and depression.
- There has been escalating involvement with Tribal Police and the Fire/EMS.

#### Wednesday 3:00 PM

- There's a crisis at a friend's house, on Tribal Land; it seems like he is going to hurt himself and there are "strange and unusual behaviors" including talk about aliens visiting him. A friend calls BH. A cousin calls their cousin at the Fire Department. A neighbor calls 911 after he hears yelling. Mom calls the person she knows on council.
- The BH counselor reaches out but is unable to talk to John directly. John heads out walking. His friends back off, thinking he's going to cool off.
- By 5pm John is rumored (via Facebook post) to have been seen by another cousin headed to a friend's house.

#### Wednesday 6:30 PM

- It'll be dark in an hour and John may be arriving at the cousin's house soon.

Who responds next and how?

Who coordinates efforts?

Who is the family's point of contact?



What would you like to see happen along each step?



Who would be involved to make the process work well?



What does a healing process look like?

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### Scenario(s) 2

#### A. John

- John is convinced to voluntarily go to treatment. He is transferred to BH Treatment facility that says he is longer a threat to himself or others and he is released with 3 days of medication. The facility does not coordinate with anyone and John ends up hitchhiking back to Tribal land. No departments know that John is back.
- John is staying with his friends and problems are growing again. He is both lashing out at them and threatening to hurt himself. He gets in a fight and ends up in police custody and is headed to jail.

#### B. Jane

- Jane is 19, a Tribal member, and she lives with her mother and 5-year-old sister. She just moved back to the community after living with her dad for 8 years. She's in a toxic relationship and blows up over many things, even lashing out at the little sister.
- Jane hurts herself, seems intent on doing it again, and a designated crisis responder petitions the court for involuntary treatment.
- Jane seems to improve some and returns home from inpatient treatment with a Least Restrictive Alternative (LRA) from the hospital.
- A few weeks later, her mother shows up at BH because Jane cut herself "really bad" early this morning and refused to go to the clinic.

What information does each facility need while the person is being held there?

Who at the Tribe keeps track of what is happening to John and Jane?

What programs and services should be arranged for while they are in custody?

How will Tribal departments coordinate when John and Jane return to Tribal land?

Where do institutions stigmatize treatment and where can the Tribe normalize seeking help earlier to break cycles?



What would you like to see happen along each step?



Who would be involved to make the process work well?



What does a healing process look like?