

CRISIS INTERVENTION SERVICES

INTRODUCTION

A crisis is a significant life event or radical change that seriously disrupts the normal functioning of an individual, family, or school. A crisis can elicit strong emotions that result in people feeling vulnerable and out of control.

Recovery from trauma is a process and may require professional assistance. ADAPP Crisis Intervention Services address the immediate needs of those affected by the crisis and help to create the conditions that allow the recovery process to begin.

ADAPP uses sound techniques based on principles of crisis intervention. The goals of all crisis intervention services are:

- ◆ To help stabilize the current situation
- ◆ To reduce symptoms, such as anxiety and post-traumatic stress
- ◆ To help people begin to resume their normal routines

For more than 50 years ADAPP has responded to numerous crises and has effectively assisted schools, parishes, colleges and communities in managing the psychological effects of trauma.

CRISIS INTERVENTION SERVICES

Incident Assessment

An ADAPP staff member will provide an initial consultation to gather important data about the event, to identify at-risk populations, and to develop a plan tailored to your site. The plan may include individual sessions, small or large group meetings, or follow-up services.

Individual Assessment

This service is for any individual who is either unable to participate in a group setting or who requires more intense services.

Information/Education Session

This is a brief session for large groups to provide information about the crisis event and to familiarize participants with the crisis intervention plan.

Stabilization Group for Adults/Children (40-60 minutes)

This service is a crisis intervention session offered immediately after the event and is designed for the general population. Led by a professional social worker, the session provides information about the incident, helps to normalize reactions, and assists participants in developing new strengths, coping skills, and resources to manage the initial days after the event.

Coping Group for Adults/Children (60-90 minutes per session)

This small group service is for those most affected by the crisis event and can be conducted 72 hours to 6 months after a crisis. It is a professionally led, confidential, psycho-educational session similar to a Stabilization Group. It provides information about the incident, helps to normalize reactions to the event, encourages and allows participants to express personal reactions, and assists with identifying coping strategies and a self-care plan.

Classroom Based Interventions (ages 5-11) (60-90 minutes per session)

This three-session small group model is offered to young children who have been exposed to trauma and uses silent storytelling and therapeutic play, art, music, and movement therapy. The process helps to facilitate resiliency, a return to normalcy, empowerment and mastery after the event. This service is implemented three times in one week or once per week over three weeks.

Follow-up and Recovery Support

At the request of the site administrator, an ADAPP staff member will provide follow-up consultation and ongoing support.

EXPERIENCE AND TRAINING

All ADAPP staff members are master's level counselors and social workers and have been extensively trained and certified in trauma response including Psychological First Aid and Skills for Psychological Recovery.

We have encountered and assisted with a wide range of crisis events and critical incidents that include suicide, homicide, sudden accidental death, fires, natural disasters, and other violent incidents.

For information and resources visit: adapp.org