

# **PRESERVING AND STABILIZING PLACEMENTS UTILIZING CRISIS INTERVENTION STRATEGIES**

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## **Executive Summary**

### **Workshop Description:**

This workshop is designed to assist a variety of people involved in substitute care children and youth in child welfare. The aim is to help all of those interested in achieving permanency and reducing the need for placement changes to develop skills in crisis intervention to assist clients or caregivers who are experiencing crisis in a placement situation. The goal of such interventions will be to stabilize situations and avoid harmful breakdowns in relationships that result in placement failure.

**Target audience:** Professional social workers, paraprofessionals, foster and kinship caregivers involved in a variety of child welfare support services with children and youth in out-of-home placements.

### **Specific objectives:**

- To be able to give examples of situations that meet the criteria for “crisis” situations in both personal and work experiences
- To distinguish between crisis behavior, unhealthy patterns of behavior, and “pseudo” crises
- To define the differences between a crisis, acute trauma, and post-traumatic stress disorder
- To list the elements that make a life experience a crisis
- To identify ways in which a crisis can be a danger and ways in which a crisis can be a blessing and opportunity to change situations for the better
- To analyze when a crisis situation has become chronic, rather than episodic
- To identify the five steps in the crisis cycle and how skilled interventions can be helpful in each stage
- To distinguish the individual differences and specific factors that influence whether a person will experience a crisis, for both client and service provider
- To describe the signs and symptoms of situational trauma, and to help caregivers assess when these are appropriate

- To state the guidelines for making a referral for special help
- To illustrate individual experiences in each stage of a crisis
- To understand the role of empathy as a crisis intervention skill
- To outline the importance of school attendance for a child/youth experiencing crisis
- To successfully capture the steps for building resiliency and thus enhancing the chances for success in placement
- To learn specific interventions for potentially dangerous crisis situations
- To engage in a self-assessment with regard to personal approaches to crisis situations
- To grasp the personal qualities that enable successful crisis intervention in crisis situations
- To list the six general principles of crisis intervention
- To identify the basic competencies required for successful crisis intervention

**Ways that Supervisors can support the transfer of learning from the classroom to the job:**

**Before the training:** Encourage participants to come to the workshop with specific examples of specific situations from either the present or the past in which placement was threatened by a crisis on the part of either the client (child/youth) or the caregiver, or both. Concepts presented in the workshop will be most meaningful if they can be applied to specific examples.

**After the training:** The supervisor can assist the participant in applying specific strategies from the workshop to specific cases where a placement is threatened either from a crisis being experienced by the child/youth or by the caregiver.