Hope to Support: A Community Response to Crisis

Paolo del Vecchio, M.S.W., Director
Center for Mental Health Services
Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services

From Hope to Support, A Community Response to Crisis
June 16, 2017 • Nashville, TN
Hope for Recovery

“The sun shines not on us but in us.”
— John Muir

Good Intentions ...

Are no substitute for **effective interventions**!

Evidence-based

NREPP  SAMHSA’s National Registry of Evidence-based Programs and Practices

Trauma-informed
Effective Crisis Response

The components of effective crisis response are simple:
• First and foremost, we must listen.
• We must maintain and strengthen relationships.
• We must empathize with, share, accept, and demystify feelings.
• We must help develop personal power and choices.
• We must reduce harm.
• We must offer hope for recovery.

– Mark Ragins

Keys to Recovery

10 Principles & 4 Dimensions of Recovery
Health in Recovery

“The ache for home lives in all of us, the safe place where we can go as we are and not be questioned.”

— Maya Angelou
Purpose in Recovery

“We don’t have to become less symptomatic before returning to work.”

Recovery Takes Place in the Community

Individuals recover with their families and in communities. There must be safe, nurturing communities and opportunities for meaningful work, real education, quality housing, and continuing care that maintains health and wellbeing.

We all suffer when people with behavioral health problems do not fully participate in community life.

— Paolo del Vecchio
Comprehensive Crisis Services

TO MATCH A CONTINUUM OF CRISIS INTERVENTION NEEDS

EARLY INTERVENTION

RESPONSE

PREVENTION

POSTVENTION

TRANSITION SUPPORTS
Critical Time Intervention, Peer Support & Peer Crisis Navigators

WRAP
Crisis Planning
Housing & Employment
Health Care

Crisis Respite
Outpatient Provider
Family & Community Support
Crisis Telephone Line

23-hour Stabilization
Mobile Crisis Team
CIT Partnership
EMS Partnership
24/7 Crisis Walk-in Clinic
Hospital Emergency Dept.

Integration/Re-integration into Treatment & Supports
Peer Support
Non-hospital detox
Care Coordination

Ten Essential Values of Crisis Services

1. Avoiding harm
2. Intervening in person-centered ways
3. Shared responsibility
4. Addressing trauma
5. Establishing feelings of personal safety
6. Based on strengths
7. The whole person
8. The person as credible source
9. Recovery, resilience, and natural supports
10. Prevention

www.store.samhsa.gov
Preventing Suicide Takes a Community

- To those who have lost their lives by suicide,
- To those who struggle with thoughts of suicide,
- To those who have made an attempt on their lives,
- To those caring for someone who struggles,
- To those left behind after a death by suicide,
- To those in recovery, and
- To all those who work tirelessly to prevent suicide and suicide attempts in our nation.

- We believe that we can and we will make a difference.

– Dedication from the 2012 National Strategy for Suicide Prevention

Hope Is the Key

“If you lose hope, somehow you lose the vitality that keeps moving, you lose that courage to be, that quality that helps you go on in spite of it all. And so today I still have a dream.”

- Martin Luther King, Jr.
For More Information

SAMHSA
5600 Fishers Lane • Rockville, MD • 20852
Phone: 1-877-SAMHSA-7 (1-877-726-4727)
TTY: 1-800-487-4889
Fax: 240-221-4292
http://www.samhsa.gov

CMHS
Phone: 240-276-1310
Fax: 240-276-1320