560: In Case of Emergency: Development of a Personal Crisis Management Plan

- Studies have shown that approximately 30% of residents are depressed and 10% have had suicidal ideation yet few tools have been developed for residents to individually and proactively address this professional risk.
- Joiner theory of suicide is an interpersonal-psychological theory of suicidal behavior which proposes that a person will not die by suicide unless they both desire suicide and have the capability for suicide.
  - An individual desires suicide when they hold psychological states of *perceived burdensomeness* and *social alienation*
  - A person develops the capability for suicide when she has developed a fearlessness of pain, injury, and death, which, according to the theory, they acquire through a process of exposure to pain and injury
- Given the high rate of burnout, depression and suicidal ideation, the long hours, social isolation, immense responsibility and repeated exposure to painful and provocative events through work, we make the assumption that **every resident entering training is at risk for developing an emotional crisis that can lead to a suicide attempt.**
- Tool and session based on a clinical intervention developed by Brown and Stanley used by psychiatrists to help patients identify resources to use when a suicidal crisis is emerging
- With residents rotating through various off-service rotations and spread out at various clinical sites, they can escalate to an emotional crisis given they are isolated; red flags may not be noticed by anyone else.
- By asking residents to first identify personal triggers and warning signs, the plan also asks residents to be vigilant about their own emotional well being
- A personal crisis management plan consists of a prioritized list of coping strategies and resources for use during an emotional crisis, helping to provide a sense of control during an overwhelming time in a brief, easy to read format
- A personal crisis management plan should contain the following elements:
  - Warning signs, triggers
  - Internal coping strategies
  - People and social settings that provide distraction
  - Personal contacts
  - Professional resources
  - Ways to make the environment safe.
- Important to introduce personal crisis management plan within a session on risk of developing an emotional crisis during residency; can be done during intern orientation or conference time
  - Normalizes the discussion of mental health
  - Crucial for residents to understand their personal risk so they can understand why filling out a personal crisis management plan is relevant to them
- Apps which can be used as personal crisis management plans:
  - My3
  - Safety Plan
  - Suicide Safety Plan

Sample Safety Plan:

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

1. _____
2. _____
3. _____

Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

1. _____
2. _____
3. _____

Step 3: People and social settings that provide distraction:

1. Name_____ Phone_____
2. Name_____ Phone_____
3. Place_____ 4. Place_____

Step 4: People whom I can ask for help:

1. Name_____ Phone_____
2. Name_____ Phone_____
3. Name_____ Phone_____

Step 5: Professionals or agencies I can contact during a crisis:

1. Clinician Name_____ Phone_____
   Clinician Pager or Emergency Contact # _____
2. Clinician Name_____ Phone_____
   Clinician Pager or Emergency Contact # _____
3. Local Urgent Care Services_____
   Urgent Care Services Address_____
   Urgent Care Services Phone_____
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

Step 6: Making the environment safe:

1. _____
2. _____