MENTAL & SOCIAL HEALTH QUICK TIPS & RESOURCES

LOCAL SUBSTANCE ABUSE

Logan County Peer Support **ON CALL**: **937-210-9003**

Champaign County **ON CALL** Emails: amber@recoveryzonelc.org brenda@recoveryzonelc.org



Recovery Zone

LOCAL DOMESTIC VIOLENCE

24/7 Advocate on Call

937-508-6002

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Project Woman 24/7 Crisis 800-634-9893





LOCAL MENTAL HEALTH PROVIDER CONSULTATION

24/7 Crisis Line - Connect to or consult with a LOCAL TCN
Mental Health Provider
937-376-8701



LOCAL TREATMENT SYSTEM NAVIGATION

CALL NAMI of Logan-Champaign for help navigating the treatment system **CALL Pete Floyd**

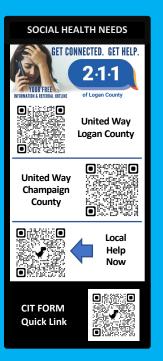
937-750-1702

petefloyd.nami.lc@gmail.com



NAMHope starts with you.





DE-ESCALATION

ENGAGE - stabilize and establish trust

- Be aware of how you present yourself
- Speak in a calm tone and be patient
- Introduce yourself to the person
- Ask for the individual's name
- Cleary state the reason you are there
- Compliance orders do not work in crisis
- Use "I" statements, they build trust
- Acknowledge the person is having a hard time

ASSESS - gather the information for safe resolution

- Focus on observable symptoms (see below)
- Rule out substance abuse & medical conditions
- Ask about medications, especially recent changes
- Inquire about doctors/therapists Can you call?
- Assess for suicide lethality (QR code on front)
- Call for mental health consultation (TCN or 988)
- Talk to family/friends/support persons
- Determine if "pink slip" criteria is met

RESOLVE - safe & voluntary ending

- Give clear and simple instructions
- Check understanding of instruction
- One instruction at a time
- Tell them what you are going to do
- "I am going to reach in your pocket"
- Creating options = desired outcome
- "Let's go see your doctor"
- "Come with me"
- "Let's go get you some help today"

SUBSTANCE USE DISORDER

- Intense cravings that can not be blocked
- · Not meeting work/family obligations
- Giving up hobbies and social life to use
- Irresponsible spending of money
- Doing things out of character- i.e. stealing
- Driving under the influence
- · Risk taking while under the influence
- Spending a lot of time using /recovering
- · Failing in the attempts to stop using
- Experiencing intense withdraw symptoms
- Continuing use even when you know it is causing physical/mental/social harm

MANIA

- · Being easily distracted
- · Having abnormally high energy
- Talking very fast/excessive
- Cannot be interrupted
- Purposeless and excessive movement
- Fidgeting and Pacing around the room
- Switching topics of conversation quickly
- Overly or inappropriately happy/excited
- Impulsive behavior
- Feeling invincible
- Not sleeping
- Hallucinating or having delusions

PSYCHOSIS

- Hallucination-see/hear/smell/taste/feel things that do not exist outside of their mind.
- **Delusions**-unwavering belief in something that is not true. (i.e., person/organization is going to kill them, belief they are the president).
- Disturbed/Confused Thoughts- switching from one topic to another mid thought, sudden pause mid conversation, rapid or constant speech.

