

What is a Crisis?

Crisis is a situation in which a person feels overwhelmed and unable to cope in healthy or adaptive ways. A crisis may be brought on by the accumulations of many different stressful events or by one major traumatic incident.

Crisis services are provided 24 hours a day, seven days a week for all people in the service area who feel they need assistance with a behavioral health crisis.

Crisis Intervention Specialist (CIS)

CIS works with Service coordinators, providers, and other service agencies to identify individuals with IDD who are at risk of requiring crisis services. CIS collaborates with team members to identify prevention strategies, training and supports, and to promote coping skills. CIS offers immediate, short-term help to individuals who experience an event that produces emotional, mental, physical, and behavioral distress or problems.



For Referrals, contact:

Olga Garcia

Lead Crisis Intervention Specialist
Coastal Plains Community Center

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Crisis Hotline
1-800-841-6467

IMPORTANT

For Any Crisis situation that
involves the threat of imminent
danger, call

911

Crisis Intervention

IDD Crisis Intervention Services

Crisis Hotline
1-800-841-6467



WHO WE ARE?

OUR MISSION

The **mission** of Coastal Plains Community Center is enhancing personal growth in our community through support, guidance, education and advocacy.

OUR VISION

Coastal Plains Community Center will be a leader in quality human services as defined by the people it serves.

What is IDD?

Intellectual Developmental Disorder

- ♦ IDD is a neuro-developmental disorder characterized by deficits in: general intellectual functioning such as reasoning, planning, judgment, abstract thinking, academic learning and experiential learning
- ♦ It is a disorder that affects the brain
- ♦ Typically presents itself at birth or during the developmental period



- ♦ Provide information about IDD program/services
- ♦ Provides Crisis Intervention Services
- ♦ Conducts training and educational activities in: coping skills, de-escalation techniques, anger management, relapse prevention and problem-solving techniques, etc.
- ♦ Crisis follow-up
- ♦ Crisis Respite (In-Home or Out-Home)
- ♦ Provide training to MCOT, Law Enforcement, School Districts, ER staff and other community members.
- ♦ Contract with MCOT, LIDDA staff and the Transitions teams to identify and support individuals with IDD.
- ♦ Provide therapeutic supports to individuals and their family.

Life always waits for some crisis to occur before revealing itself at its most brilliant. —Paulo Coelho

WHAT TO DO?

The behaviors of an individual in crisis are unpredictable and can change dramatically that often time's family and friends do not know what to do.

- ♦ Assess the situation (is the individual in danger of hurting himself, others or property)
- ♦ Do you need emergency assistance, if so call 911 **SAFETY FIRST:**
- ♦ If safety is not an issue Call the **Crisis Hotline at 1-800-841-6467.** The Crisis Hotline will determine if the crisis warrants a face to face contact. Further assistance will be provided
- ♦ Contact SC/CIS