

<div> <div>“5150” Crisis (up to 72 hour involuntary hold) - Family Tips</div> <div>←----- typically 24 hour timeframe -----→</div> </div>								
At any stage in this process, call Access at 888-868-1649	Pre-Crisis	Emerging Crisis	Mental Health Emergency (Possible 5150) Call 24/7 Access Line: 1-888-868-1649	Mental Health Crisis <b>Call 911</b>	Response by Police/Ambulance (and possibly Crisis Co-Response Team, as available)	If transported to Psych Emergency Services (PES)	Arrival at Hospital Emergency Room	Admitted to Inpatient Psych Hospital
WHATS HAPPENING WITH YOUR LOVED ONE (YLO)	<p><i><b>YLO (Your loved one)</b></i> is doing well</p>	<ul style="list-style-type: none"> <li>Early warning signs emerge, then increase (e.g. more withdrawn, agitated, disheveled? Seeing / hearing things no one else can? Now refusing to take meds?)</li> </ul>	<ul style="list-style-type: none"> <li>There is no immediate risk of someone hurting themselves or others.</li> <li>The person may be upset, crying, exhibiting increased</li> </ul>	<ul style="list-style-type: none"> <li>Danger to self and/or others</li> <li>Gravely disabled (unable to be cared for <u>safely</u> in current environment + unable to care/ provide for self)</li> </ul>	<ul style="list-style-type: none"> <li>YLO may exhibit behaviors immediately or may ‘pull it together’ during their interaction with police / first responders</li> </ul>	<ul style="list-style-type: none"> <li>Usually restrained on a gurney during transport by ambulance</li> </ul>	<ul style="list-style-type: none"> <li>YLO will be assessed / evaluated. Possible outcomes include: discharge, hold up to 24 hours in hospital or admit to Psych Hospital (See details in Glossary)</li> </ul>	<ul style="list-style-type: none"> <li>Involuntary 5150 hold</li> <li>Treatment</li> <li>Assessed for readiness for discharge vs. 5250 (extended hold)</li> </ul>
WHAT YOU NEED TO KNOW (to be prepared)	<ul style="list-style-type: none"> <li>YLO’s early warning signs</li> <li>Your rights for LEAVE TIME as a caregiver (<a href="#">Family Medical Leave Act-FMLA</a>)</li> <li>Phone and Fax #s to local Psych facilities /Hospital ER’s</li> <li><a href="#">AB1424</a>, your right to provide information that must be considered in a 5150 process</li> <li>What is ‘grave disability’</li> <li>Your rights re: accepting YLO’s return to home after 5150</li> <li>Getting support for yourself</li> </ul>	<ul style="list-style-type: none"> <li>Safety First!</li> <li>Know / enact your role in YLO’s W.R.A.P. plan</li> <li>Know and call upon YLO’s strengths and your own</li> <li>Continue to recheck YLO’s current state and offer support and encouragement</li> <li>Notify YLO’s treatment team</li> <li>Consider calling Access Line and requesting a referral to CSU</li> </ul>	<ul style="list-style-type: none"> <li>Though exhibiting symptoms, the person is not currently trying to hurt themselves or others and does not have immediate access to weapons or other means of harm.</li> </ul>	<ul style="list-style-type: none"> <li>A mental health emergency <u>is</u> an emergency. Call 911 if you are worried about anyone’s safety or if you can no longer safely care for YLO; contact Pt Rights Advocates: (805)681-4735 (South County) and (805)934-6548 (North and West).</li> </ul>	<ul style="list-style-type: none"> <li><b>Safety First</b> – if need be, go outside or lock self in room/keep keys, cell phone with you until help arrives. If you’re in the same room as YLO, stay near an exit door</li> <li>Most effective: stay calm/know your rights and provide only the facts (include info re: prior 5150s)</li> <li>YLO <i>may</i> be taken in handcuffs, or on a gurney to ensure everyone’s safety</li> </ul>	<ul style="list-style-type: none"> <li>Most likely, YLO will be taken to a Medical Hospital (e.g. if overdose etc)</li> <li>It’s possible YLO <i>may</i> be arrested and taken to jail (call jail mental health (805-681-4036) to inform of YLO’s psychiatric history, current meds, etc; jail ‘history’ forms are available</li> </ul>	<ul style="list-style-type: none"> <li>Have a plan in place if / when YLO is discharged during this process</li> <li>If providers can’t talk with you (due to confidentiality laws) know that you CAN send in “info”, leave messages, submit notes (<a href="#">AB1424</a>)</li> <li>Ask staff if they have asked YLO to sign a Release of Authorization (ROA) form</li> </ul>	<ul style="list-style-type: none"> <li>YLO may be placed at the county’s Psychiatric Health Facility (PHF) or one of the counties contract hospitals in Ventura or L.A. County</li> <li>You and YLO should review the <a href="#">Patients Rights handbook</a></li> <li></li> </ul>
THINGS TO DO, ASK FOR, AND SAY	<ul style="list-style-type: none"> <li>Call National Alliance on Mental Illness (<b>NAMI</b>) for support and information e.g. how to avert a 5150</li> <li>Attend Family Support Groups, and Attend NAMI’s ‘Family to Family’ to gather tips and insight</li> <li>Have 1-2 page <b>Brief History</b> prepared w/ copies (for you, friend, police, hospital, etc) – include insurance, medications, provider names and your contact information</li> <li>Maintain a calm environment</li> </ul>	<ul style="list-style-type: none"> <li>Stay calm</li> <li>Communicate with YLO what early warning signs you are noticing</li> <li>Keep cell phone charged, available at all times</li> <li>Make sure car is gassed, prepped, and free of harmful items</li> <li>May prepare a labeled bag with slippers, vanities, sweats, etc (no strings allowed)</li> <li>Update <b>Brief History</b> with current events</li> </ul>	<ul style="list-style-type: none"> <li>Call Access Line and request Mobile Crisis Team Response</li> <li>Let Access line know YLO is not in imminent danger of harming self or others.</li> <li>Stand by for Mobile Crisis Team arrival to provide collateral information to the team</li> <li>Mobile Crisis Team will attempt to de-escalate and provide a safety plan</li> <li>If safety plan is not viable, YLO may be placed on 5150 hold</li> </ul>	<ul style="list-style-type: none"> <li>Call family / friends for immediate in-person support for you</li> <li>Take other family members (e.g. younger siblings) to friends’ home</li> <li>We recommend not telling YLO about making a 911 call</li> <li>When calling 911:               <ul style="list-style-type: none"> <li>Request no sirens</li> <li>Ask if trained CIT officers or Mobile Crisis Response team can also come</li> <li>Provide only the facts and be brief</li> <li>Goal is no surprises for the police</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Stay calm / out of way</li> <li>One person stay inside if safe to do so; 2nd person meets police outside / provide brief history and what’s happening now</li> <li>Unlock doors, keep keys and cell phone with you</li> <li>Lights on, animals contained</li> <li>Remove anything that may confuse / complicate the matter, or be perceived as a weapon (e.g. empty beer cans, kitchen knives, etc)</li> <li>Describe what “helps YLO” e.g. respectful tone</li> </ul>	<ul style="list-style-type: none"> <li>Ask where they are taking YLO</li> <li>You may also drive to the hospital and speak to the staff there</li> <li>Bring <b>brief history</b> – updated with today’s events (fax if can)</li> <li>After ambulance leaves, fax/call hospital with past history, current state, (see <b>Brief History</b> form) ; include any current alcohol or drug use</li> </ul>	<ul style="list-style-type: none"> <li>Submit written ‘<i>conditions</i>’ for YLO’s return home - “I would like my loved one home when... ”(Contact <a href="#">Pt Rights Advocates</a> (805)681-4735 (South County) and (805)934-6548 (North and West).</li> <li>Request Nurse’s station ph#; ask for a call when YLO is: admitted, held for observation, transferred, or discharged</li> <li>Ask staff to have YLO sign a ROA form or fax signed form if you have it</li> </ul>	<ul style="list-style-type: none"> <li>Inform YLO’s provider(s) of recent events</li> <li>Visit YLO, call (don’t get discouraged if YLO isn’t receptive; keep trying)</li> <li>Develop a contract with YLO, case manager, and discharge planner (early); put in writing “I would like my loved one home when...”</li> <li>Request notification of discharge especially if your home isn’t a part of the discharge plan</li> </ul>

Over

NOTES	<ul style="list-style-type: none"><li>A <a href="#">W.R.A.P.</a> plan is a wellness, recovery action plan developed when you and YLO are well – offers insight and self-generated instruction on supporting YLO (or yourself) before and during a crisis</li></ul>	<ul style="list-style-type: none"><li>This chart depicts typical events leading up to a 72 hour Involuntary Hold (<b>5150</b>). Other situations different from those described are possible</li><li>Ask YLO to agree to a <b>voluntary admission</b> / avert a 5150 if at all possible</li></ul>		<ul style="list-style-type: none"><li>Unable to care for self includes: own food, clothing, shelter and safety</li><li><a href="#">W.R.A.P.</a> plan should include a realistic plan for caring for YLO at home during a crisis (if no safety issues) or if not 5150'd</li></ul>	<ul style="list-style-type: none"><li>Ambulance &amp; multiple police cars may arrive</li><li>Police will call Mobile Crisis (for adults or SAFTY for adolescents)</li><li>Police will need to 'secure the scene' to ensure safety for all – includes: asking many questions, assessing for weapons, etc; guns <i>may</i> be drawn</li></ul>	<ul style="list-style-type: none"><li>It is possible that Mobile Crisis/SAFTY will decide NOT to involuntarily hold YLO</li><li>Request that Mobile Crisis/SAFTY safety plans with you.</li></ul>	<ul style="list-style-type: none"><li>YLO may not receive treatment or therapy here, as this is primarily an observation period (<b>5150 process</b>)</li><li>HIPAA Laws may prevent staff from disclosing information to you – routinely ask YLO to sign a ROA</li></ul>	<ul style="list-style-type: none"><li>Routinely request that YLO sign a <a href="#">confidentiality release</a> for this hospital &amp; for YLO's provider so that staff can speak with you and coordinate discharge planning with you</li></ul> <div>Revised: 8/30/23</div>
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