



# Creating and Promoting Crisis Alternatives

Presented for: Maine HOPE Conference  
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## Workshop Outline

1. Brief Introductions
2. What is "crisis"?
3. Values of crisis alternatives
4. Overview of existing crisis alternatives
5. Strategy session

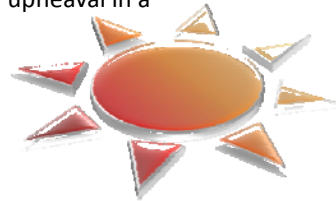




## What is Crisis?

1. a stage in a sequence of events at which the trend of all future events, especially for better or for worse, is determined; turning point.
2. a condition of instability or danger, as in social, economic, political, or international affairs, leading to a decisive change.
3. a dramatic emotional or circumstantial upheaval in a person's life.

Source: *dictionary.com*



## Crisis Alternatives Need to be Value-Driven

WM Recovery Learning Community Defining Principles

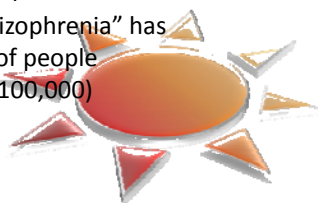
- Genuine Human Relationships
- Healing Environments
- Respect
- Optimism
- Self-Determination and Personal Strength
- Mutuality





## Alternative: Open Dialogue

- Since the early 1980s, Open Dialogue has been *the* “mental health” system in Western Lapland, Finland
- Views “psychosis” as happening in the space between relationships rather than residing in the individual
- 80% success rate of avoiding hospital, medication, and achieving full recovery at 5 year follow up
- Number of people diagnosed with “schizophrenia” has almost disappeared (by 2005, number of people diagnosed went from 33/100,000 to 2/100,000)





## Alternative: Open Dialogue

- Some providers are starting to offer Open Dialogue in the United States (Massachusetts, for example)
- Mary Olson founded an Open Dialogue training center in Massachusetts
- Open Dialogue has been a provider led initiative, it has been a challenge to include peers in a meaningful way



## Alternative: Emotional CPR (eCPR)

### What is eCPR?

A public health education program which prepares members of the public to assist a person who is experiencing an emotional crisis

### Why eCPR?

- There is a vast and compelling need for the general public to learn how to assist any person who is experiencing an emotional crisis.
- Just as CPR trains people to help someone in cardiac crisis, eCPR trains people to help others in emotional crisis.

**eCPR is a form of *heart-to-heart connection* for emotional resuscitation.**



## Alternative: Emotional CPR (eCPR)

- e - Emotion
- C - Connect
- P - emPower
- R - Revitalize



## Alternative: Soteria Houses

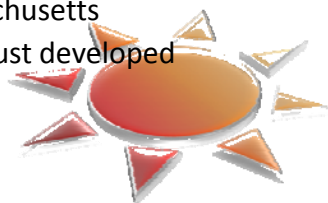
- Soteria Houses were started in the 1970s by Dr. Loren Mosher
- Nonprofessional staff
- Geared toward "first-break psychoses"
- Longer-term stays
- Well researched with fantastic results compared to psychiatric hospitals
- Currently we have Soteria Vermont





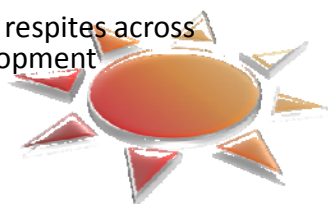
## Alternative: Alternatives to Suicide

- Developed by the Western Massachusetts Recovery Learning Community
- Views suicidal thoughts and suicide as a normal human response to a distressing world
- Several alternatives to suicide support groups are available in Western Massachusetts
- A comprehensive training was just developed with help from NEC



## Alternative: Peer-run Respite

- Peer developed and peer-run
- Initial research shows very positive results, including cost-effectiveness
- Shorter term stays, usually from a few days to two weeks
- Ideal is for these to be neighborhood houses
- Currently there are 22 peer-run respites across the country, with more in development





## Strategy Session

1. How can we promote existing crisis alternatives? What are other crisis alternatives that were not mentioned that we should promote?
1. How can we create new crisis alternatives?



## Resources

Peer-Run Respite

<http://www.power2u.org/crisis-alternatives.html>

Alternatives to Suicide

<http://www.westernmassrlc.org/alternatives-to-suicide>

Wellness Recovery Action Planning

<http://www.copelandcenter.com>

Soteria

<http://www.moshersoteria.com>

<http://www.pathwaysvermont.org/soteria>





## Resources

Open Dialogue

<http://www.dialogicpractice.net>

Emotional CPR

<http://www.emotional-cpr.org>

WMRLC Defining Principles

<http://www.westernmassrlc.org/defining-principles>

Intentional Peer Support (crisis module)

<http://www.intentionalpeersupport.org>



## Contact Us

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