


**RESPONDING TO A MENTAL HEALTH CRISIS IN NORTHERN NEVADA – Things You Need To Know**

	Pre-Crisis	Emerging Crisis	Crisis Event	Responses by Police or Ambulance	When Your Loved One is Placed on a Mental Health Hold or Legal 2000 (L2K)	Special Conditions
<b>What's Happening With Your Loved One?</b>	- Your loved one is doing well	- Watch for early warning signs and calmly discuss your concerns with your loved one. Don't be judgmental			- Your loved one will be taken by ambulance, or law enforcement, to a hospital emergency room. A form called a 'Legal 2000' or 'L2K' must be completed in order to have your loved one placed on a mental health hold - The hospital emergency room physician will complete an initial evaluation	- It is possible the police will decide NOT to place your loved one on a mental health hold. Stay calm and do not argue with the police.
<b>What You Need to Know (to be Prepared)</b>	- Promote patient centered care by writing down symptom prevention & suicide prevention plans during periods of wellness. Discuss any concern with your loved one that they may have about treatment during their periods of crisis. - Keep up to date list of emergency contacts, a list of medications with dosages, health insurance information, & a brief medical history - Make a list of symptoms that may be indicators the person is nearing a crisis, e.g., becoming withdrawn, looking disheveled, acting agitated, etc.	- <b>Safety First!</b> Don't handle a crisis alone. - Stay calm - realize you may have trouble communicating with your loved one - Don't take your loved one's actions or hurtful words personally - Don't threaten to call 911 unless you intend to do so - Don't argue or challenge your loved one, even if what they are saying seems unreasonable or outrageous to you	- A mental health crisis event <u>is an emergency</u> . Call 911 if you are worried about anyone's safety, or if you can no longer safely care for your loved one	- <b>Safety First!</b> - You may need to go outside or in another room while waiting for first responders. Keep keys and cell phone with you until help arrives	- IF the physician determines your loved one does not meet the criteria for admission into a psychiatric facility, a safe discharge plan will be developed - IF your loved one meets the criteria for admission into a psychiatric facility, a medical evaluation will also be completed to ensure they have no other medical conditions to be treated. - IF they are medically cleared, they will be transferred to a mental health facility - IF they are not medically cleared, they will be admitted to the hospital for treatment of the medical condition - IF your loved one is first admitted to the hospital for medical treatment, they will also be evaluated by a psychiatrist - IF the psychiatrist finds no underlying psychiatric condition, the mental health hold of your loved one is discontinued - IF it is determined by the psychiatrist that the psychiatric symptoms are due to drug or alcohol use, the mental health hold is discontinued - IF a psychiatric diagnosis is found while in-patient, psychiatric treatment will start while at the hospital. If the psychiatric treatment successfully stabilizes your loved one and they no longer meet the criteria for admission into a psychiatric facility, the mental health hold will be discontinued - IF psychiatric treatment does not lead to significant improvement by the time they are medically cleared, your loved one will be transferred to a mental health facility	- IF the police determine your loved one does not meet the criteria to be placed on a mental health hold, contact your loved one's mental health provider(s) for assistance as soon as possible and explain the symptoms you are seeing and ask for help. Also ask other family members, or a trusted friend to come give you support until your loved one can meet with their mental health provider(s). - IF the police determine it is necessary to take your loved one to jail, do not interfere with the police officers. Calmly ask to which jail they will be transporting your loved one. IF after 6 hours you are still unable to locate your loved one at one of the jails, call 3-1-1 and ask to which jail they were transported
<b>Things To Do, Ask For, and Say</b>	- Discuss with your loved one how they would like to be approached when warning symptoms are noticed - Know your rights as a caregiver and/or family member - Understand your employer's leave policy as well as the Family Medical Leave Act (FMLA) if it applies to your employer - Seek out a support system for yourself. Don't be afraid to ask for help	- Keep your cell phone charged and with you at all times - Make sure your car is gassed and free of harmful items - People with mental health issues get sick too. Make doctors aware of medical problems that may be causing psychotic behaviors - A psychiatric assessment should include the whole person; including medical history	- When calling 911 - ask if a <b>trained Crisis Intervention Team (CIT) officer</b> is available to respond. - Tell the dispatcher your loved one is having a mental health crisis, briefly explain their diagnosis, & if they are off their meds - If your loved one has access to fire arms - inform the 911 dispatcher	- To be most effective - Stay calm and out of the way. Provide on the facts to first responders; including information on previous mental health holds - Leave lights on and have animals contained in another room if possible - Remove anything that might be perceived as a weapon e.g., empty beer cans, kitchen knives, etc. - Police will need to 'secure the scene' to ensure the safety of all, which may include asking many questions and assessing for weapons, etc. - Ask to which hospital emergency room your loved one will be transported.	- A petition for the involuntary commitment of your loved one must be filed with the clerk of the district court within 72 hours; including weekends and holidays - A date, time and place for a hearing must be set within 5 judicial days after the petition is filed with the court - Your loved one has the right to be represented by an attorney during the hearing - Your loved one has the right to be present and testify at the hearing and family and/or caregiver(s) may also attend - If your loved one signs a consent form, a public or private mental health facility will contact a spouse or legal guardian upon admission to the facility	 <p><b>Nevada Disability Advocacy &amp; Law Center (NDALC)</b> is a statewide, private, non-profit organization that serves as Nevada's federally mandated protection and advocacy system for human, legal and service rights for individuals with disabilities. For more information about mental health hold, rights of individuals on mental health hold, or their rights while in a mental health facility, contact NDALC at 775-333-7878 or 800-992-5715. Visit our website at <a href="http://www.ndalc.org">www.ndalc.org</a></p>

**NOTES** REMEMBER - securing the scene & caring for your loved is the first responder's priority - NOT answering your questions. Be patient, calm & cooperative

<b>Helpful Community Resources - Northern Nevada</b>	<b>Northern Nevada Adult Mental Health Services (NNAMHS)</b>  775-688-2000	<b>Mojave Mental Health Services</b>  775-334-3033	<b>Dimi-Townsend Psychiatric Hospital</b>  775-688-2001	<b>Consumer Drop In Center</b>  775-688-0401	<b>National Alliance on Mental Illness (NAMI) for Northern Nevada (NOT a crisis line)</b>  775-336-3090	<b>National Suicide Prevention Lifeline</b>  800-273-8255	<b>Nevada 2-1-1</b> Call 211 for community assistance information	<b>Nevada Crisis Call Center</b>  775-784-8090 or 1-800-992-5757	<b>Reno Police Department – Mobile Outreach Safety Team (MOST)</b>  <b>NON-emergency</b> 775-657-4543
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