

THE UNIVERSITY OF TEXAS AT AUSTIN
SCHOOL OF SOCIAL WORK

Crisis Intervention

Course Number: SW 393R 29 **Instructor:** Suze L. Miller, LMSW
Unique Number: 63070 **Phone:** 512-413-3723 Cell
Semester: Fall 2012 **Email:** suzemiller@sbcglobal.net
Meeting Time: Weds 5:30 – 8:30 pm **Office Hours/Location:** Mon/Wed:
Meeting Place: Room 2.130 5:00 – 5:30 and by appt. 3.104A

I. Course Description:

The course is designed as an advanced clinical selective for graduate students in the School of Social Work who wish to increase knowledge and skills for practice with crisis intervention. The prevalence of acute crisis situations in our society necessitates that social workers acquire a knowledge and skill base for effective and professional crisis intervention. Students will study evidenced-based applications of theory to practice with identified at-risk populations. Special vulnerabilities and ethical concerns for at-risk populations will be examined. Students will apply crisis intervention theory and models of intervention to various problem areas such as suicide, sexual assault, domestic violence, substance abuse, grief and loss, and violent behavior in institutions. A bio-psycho-social and cultural emphasis will be applied to the various problem covered.

II. Objectives:

1. Demonstrate knowledge of basic theoretical approaches and models of Crisis Intervention.
2. Demonstrate skill in the application of the triage model in the assessment of cognitive, affective and behavioral domains in crisis situations.
3. Demonstrate an advanced clinical knowledge of the relationship between assessment and intervention as it relates to the strengths, the processes involved in human change, and the capacities and resources of people in crisis.
4. Demonstrate an advanced clinical knowledge of intervention with specific areas of crisis, including suicide, sexual assault, domestic violence, substance abuse, grief and loss, and violent behavior in institutions.
5. Critically examine professional use of self and personal limits involved in Crisis Intervention.
6. Critically evaluate ethical and professional issues related to Crisis Intervention, with particular attention paid to the principles of ethical decision-making as presented by the NASW Code of Ethics.
7. Demonstrate the ability to adapt intervention models and strategies to reflect an understanding of persons from religion/spirituality, physical or mental ability, developmental level, age, and national origin.
8. Demonstrate the ability to skillfully implement, document, and evaluate the effectiveness of clinical interventions for people in crisis.

III. Teaching Methods

This class provides opportunities for both theory and skill development. Lectures, class discussion, textbook assignments, experiential activities, special projects and papers will be utilized to achieve course objectives. Guest lecturers and media will provide supplementary learning resources. Lectures are designed to supplement readings. Experiential activities are designed to provide the student with a relationship to the reading. Students are expected to come prepared to each class and participate in discussions of assigned readings and of supplementary material presented in lectures.

IV. TEXTS : * Copy or copies will be on reserve in the resource center on the basement floor of the social work building.

Primary Texts – REQUIRED (2):

*Roberts, A.R. (Ed.). (2005). *Crisis intervention handbook: Assessment, Treatment, and Research* (3rd ed.). New York: Oxford University Press

*Kanel, Kristi (2012). *A Guide to Crisis Intervention* (4th ed.). California: Brooks/ Cole.

Supplemental texts:

There will be selected chapters from the following books on Blackboard during the semester, but all are helpful, should you want to purchase them.

*Myer, Rick A. (2001). *Assessment for Crisis Intervention; A Triage Assessment Model*. Wadsworth. B. Brooks/Cole

*Greenstone, J. L. & Leviton, S. C. (2002). *Elements of Crisis Intervention; Crises and How to Respond to them* (2nd ed.). Brooks/Cole

Regehr, C, & Bober, T. (2005), *In the Line of Fire: Trauma in the Emergency Services*, Oxford University Press.

*James, Richard K. (2008). *Crisis Intervention Strategies (6th Edition)*. Brooks/Cole.

V. Course Requirements

1. The class experience is a collaborative endeavor, and students are expected to attend class regularly and to participate in an interactive dialogue between students and professor. Students are expected to **complete the readings prior to class** and should be well prepared to participate in discussions and experiential learning assignments. Attendance and level of participation will be taken into consideration in final grade assignments.

Punctuality is an important professional practice. Class will begin promptly at 5:30 pm. Students should make every effort to arrive on time. Late arrivals can disrupt the class process.

Students will be allowed **one unexcused absence**. If a student misses more than the allotted unexcused absence, the professor reserves the right to lower that student's final grade by one point for each class missed beyond the one allowed. If a student is going to be absent, efforts should be made to contact the professor in advance and secure an excused absence. Students will not be

penalized on their final grade for excused absences. Students are responsible for any material missed due to absence – excused or unexcused.

2. Except in the case of extended emergencies, and then only with the permission of the professor, **late assignments will not be accepted without penalty**. Students are expected to turn in all required assignments on the agreed upon due date by close of class. Assignments turned in after class will be considered late. If accepted, late assignments will be assessed point penalties at the rate of three (3) points each day late. If the due date is a problem, the student should see the professor and negotiate another due date well in advance. Because technology can be unpredictable, assignments will normally not be accepted via email. **Assignments must be presented to the instructor in class except for the Literature Review assignment which should be emailed to the instructor on or before the due date.**

3. If students are concerned about their class performance, the professor is more than willing to work with them to help improve understanding of the class material or the assignments *prior to the end of the semester*. Office hours are available weekly or an appointment can be set if needed. **Once final grades in the course are assigned, they are not negotiable.**

4. The ability to write in a professional manner is very important for social workers. Written work must be typed, edited for grammatical, spelling and typographical errors. Work will be graded based on the American Psychological Association (APA 6th Edition) guidelines for references and citations.

5. Student feedback is welcome. The professor may elicit formal and/or informal feedback from students on their learning and on the effectiveness of the professor's teaching strategies and style. Students are encouraged to provide feedback during office hours, by phone, e-mail or appointment.

6. All students are expected to maintain confidentiality regarding all shared professional and personal information related to agencies, clients or the experiences of other students, as required by Section 1.07 of the National Association of Social Workers Code of Ethics.

7. The UT School of Social Work is a training ground for professionalism. Participation in class should be seen as an opportunity to hone skills in how to work with individuals and groups you may encounter in the work setting. Using diplomacy, tact, and cooperation with fellow students will provide students practice for future staff meetings and clinical teams. Professional demeanor in interaction with the professor will afford the students practice with future supervisors who will "grade" the professional's skills. Class presentations, if applicable, require professional dress.

VI. Special Accommodations for Students with a Disability

The University of Texas at Austin provides upon request appropriate academic accommodations for qualified students with disabilities. For more information, contact the Office of the Dean of Students at 471-6259; 471-4641 TTY. Please notify the professor of any special accommodations that you may need prior to the end of the second week of class.

VII. Policy on Scholastic Dishonesty

Students who violate University rules on scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and/or dismissal from the University. Since such dishonesty harms the individual, all students, and the integrity of the University, policies on scholastic dishonesty will be strictly enforced. For further information, the student may refer to the Web Site of the Student Judicial Services, Office of the Dean of Students. (<http://www.utexas.edu/depts/dos/sjs>).

VIII. Safety

As part of professional social work education, students may have assignments that involve working in agency settings and/or the community. As such, these assignments may present some risks. Sound choices and caution may lower risks inherent to the profession. It is the student's responsibility to be aware of and adhere to policies and practice related to agency and/or community safety. Students should also notify instructors regarding any safety concerns.

IX. Grading Scale

The following scale will be used for grading/evaluating student performance on the graduate and undergraduate level.

- 100 - 94 = A
- 93 - 90 = A-
- 89 - 87 = B+
- 86 - 84 = B
- 83 - 80 = B-
- 79 - 77 = C+
- 76 - 74 = C
- 73 - 70 = C- (Constitutes a failing graduate course grade: 73 or below)

X. Student Performance Evaluation

Attendance and class participation	10 points
Group Project Plan	10 points
Class presentation	20 points
Class practice demonstration	20 points
Literature Review	20 points
Personal Reflection paper	<u>20 points</u>
	100 points

XI. Other

In this class, the instructor will use Blackboard – a Web-based course management system with password-protected access at <http://courses.utexas.edu> – to distribute course materials, and to communicate and collaborate online, Students can find support in using Blackboard at the ITS Help Desk by calling (512) 475-9500, M-F 8a-6p.

XII. Course Schedule – schedule is tentative pending confirmation of speakers

Purple and Italics –Will Be Uploaded to Blackboard

Date Topics/Activities

Aug 29 Introductions
Class Overview and Syllabus Review
Class Expectations
Group Planning Time – 30-45 minutes
Introduction to Crisis Intervention

Reading: Kanel – Ch 1: What is a Crisis?

Sept 5 Approaching Crisis Intervention
History of Crisis Intervention
Crisis Intervention Models
Roberts Seven Stage Crisis Intervention Model
Ethical and Professional Issues
Group Planning Time – 30 to 45 minutes

Reading:
Kanel – Ch 2: The History of Crisis Intervention; and Ch 3:
Ethical and Professional Issues
Roberts – Intro and Ch. 1: Bridging the Past and Present to
the Future of Crisis Intervention
Myer – Appendix A: Ethical and Legal Issues

Sept 12 **CONCEPT PAPER DUE**
Basic Crisis Intervention Skills
Theoretical Concepts
Brief Solution Focused Therapy
Cultural Sensitivity in CI/Disability/GLBT

Reading:
Kanel - Ch 6: Cultural Sensitivity in Crisis Intervention.
Roberts – Ch. 3: How to Work with Client's Strengths in Crisis
Intervention: A Solution Focused Approach
Greenstone & Leviton – Ch. 1: Approach to Crisis Intervention
Greenstone & Leviton – Ch. 2: Procedures for Effective CI
*Greenstone & Leviton – Ch. 3: Communicating Effectively with
Those in Crisis*

Sept 19 Assessment
Myer's Triage Assessment Model
The ABC Model of Crisis Intervention
Group Planning Time 30-45 minutes

Reading:
Kanel – Ch 4: The ABC Model of Crisis Intervention
Myer–Ch. 3: Assessment of Affective reactions

Myer–Ch. 4: Assessment of Cognitive Reactions
Myer–Ch. 5: Assessment of Behavioral Reactions
Myer–Ch. 6: Using the Triage Assessment Form: Crisis Intervention
Myer- Appendix B: Triage Assessment Forms

**Sept 26
and Oct 3**

Mental Health / Clinical Disorders
Risk Assessment
Healthcare and Medical Crisis
Crisis in the human services workplace / Psychiatric Emergency

Reading:

Roberts – Ch. 23: Crisis Intervention in the Hospital Emergency Room

Roberts – Ch. 26: The Comprehensive Crisis Intervention Model of Safe Harbor Behavioral Health Crisis Services

Roberts – Ch.27: A Model of Crisis Intervention in Critical

Norco, A. and Baronoski, V. (2008) Prediction of Violence; Detection of Dangerousness. Brief Treatment and Crisis Intervention. 8:1.

Suicide

Lethality Assessment

Speaker from Psychiatric Emergency Services

Reading

Kanel – Ch 5: Suicide, Homicide and Psychotic Crises

Roberts - Ch 2: Lethality Assessment and CI w/ Persons Presenting with Suicidal Ideation

Roberts - Ch. 17: Adolescent Suicidality and Crisis Intervention

Fiske, Riley and Widoe. (2008). Physical Health and Suicide in Late Life: An Evaluative Review. Clinical Gerontologist 31(4).

Oct 10

FIRST GROUP PROJECT – LETHALITY/SUICIDE

Crisis In the Schools

Bullying

School crisis intervention, teen pregnancy, gangs, and runaways.

Reading:

Kanel: Chapter 7: Developmental Crisis

Greenstone & Leviton – Ch. 7: Children’s Reactions to Crises

Roberts – Ch. 21: School Crisis Intervention, Crisis Prevention, and Crisis Response: Ch. 22: Crisis Intervention with School Violence Problems and Volatile Situations

Mishna, Faye. (2009) An Overview of the Evidence on Bullying Prevention and Intervention Programs. Brief Treatment and Crisis Intervention 8:327–341.

Oct 17

SECOND GROUP PROJECT – MENTAL HEALTH / PSYCHIATRIC

Crisis of Loss

Personal loss, i.e. Illness, Aging, Death of a Loved One

Speaker from the Healing Place

Reading:

Kanel – Ch 8: Crisis of Loss

Whiting P. and Bradley, L. (2007). Artful Witnessing of the Story: Loss in Aging Adults. AdultSpan Journal. 6(2).

Roberts - Ch.12: Crisis Intervention, Grief Therapy, and the Loss of Life

Optional reading:

Roberts – Ch. 16: Crisis Intervention with Early Adolescents Who Have Suffered a Significant loss

Roberts – Ch. 28: The Crisis of Divorce: Cognitive–Behavioral and Constructivist Assessment and Treatment

Oct 24

THIRD GROUP PROJECT – CRISIS OF LOSS

Crises of Personal Victimization

Crisis of Violence

Speaker APD Victim Services

Reading:

Kanel – Ch 10: Crises of Personal Victimization: Child Abuse, Elder Abuse, Intimate Partner Abuse and Sexual Assault *

Roberts – Ch. 19: A Comprehensive Model for Crisis Intervention with Battered Women and Their Children

Roberts - Ch.20: Crisis Intervention w/ Stalking Victims

Greenstone & Leviton – Ch. 9: Family Crisis

Oct. 31

FOURTH GROUP PROJECT – CRISIS OF VIOLENCE

Crises of Addiction

Reading:

Roberts: Ch 24: Crisis Intervention Application of Brief Solution Focused Therapy in Addictions

James – Chapter 10: Chemical Dependency: the Crisis of Addiction

Nov 7

FIFTH GROUP PROJECT – CRISIS IN SCHOOLS OR CRISIS OF ADDICTION

PTSD

Working With Returning Military Personnel; Veterans

SPEAKER – ASK CINDY HAAS – VETERENS

Reading:

Roberts - Ch. 4: Differentiating among stress, acute stress disorder, crisis episodes, trauma and PTSD: Paradigm and treatment goals

- Nov 14** **SIXTH GROUP PROJECT – WORKING W RETURNING MILITARY AND VETERANS**
LITERATURE REVIEW DUE
 Disasters & Community Crises
 Crisis Response Teams (CRT)
- Reading :**
 Kanel – Ch 9: PTSD, Community Disasters and Trauma Response
 Roberts - Ch. 6: The ACT Model: Assessment, Crisis Intervention, and Trauma Treatment in the Aftermath of Community Disaster and Terrorism Attacks
 Roberts – Ch 8: Disaster Mental Health: A Discussion of Best Practices as Applied After the Pentagon Attack
Speaker from Bluebonnet Trails – Bastrop Fires
- Nov 21** **NO CLASS – HAPPY THANKSGIVING**
- Nov 28** **SEVENTH GROUP PROJECT - VICTIMS OF DISASTERS**
 Burnout, Compassion Fatigue and Self Care
 Crisis w/ Caretakers
 Roberts: Chapter 30: Crisis w/ Caretakers
- Course Evaluations
- Reading**
 Roberts – Ch. 18: Crisis Intervention at College Centers
 Roberts – Ch. 10: Crisis Support for Families of Emergency Responders
Greenstone & Leviton – Ch. 6: Intervener Survival
- Dec 4th** **EIGHTH GROUP PROJECT, IF APPLICABLE – OPEN PERSONAL REFLECTION PAPER DUE**

CLASS ASSIGNMENTS

The assignments for this class are designed to integrate theory and practice with knowledge of community agencies, and allow for individual in-depth study of an area of crisis intervention. Assignments focus on in-class projects, student research and presentations, and community speakers with real-world experience in the field.

Each class will be organized roughly in the following manner:

- First hour to 1 ½ – lecture, theory, discussion of readings
- Second hour to 1 ½ – group presentations and practice opportunities
- Third hour - outside speaker when appropriate

The first day of class, students will be asked to choose an area of crisis intervention interest from the following list: (others may be added with permission from the instructor on the first night of class). Each area of interest should have no more than three student participants. You will be researching and applying evidence based best practice in these areas, providing a presentation to the class, modeling a role play, and directing practice sessions for other students using case studies or case scenarios.

Lethality – with various populations (James, Chapter 7) +
Mental Health/Health (James, Chapter 13, 14) +
Personal loss, i.e. Illness, Aging, Death of a Loved One (James, Chapter 11) +
School-based Violence/Bullying (James, Chapter 12)
Personal Victimization: Domestic Violence / Sexual Assault (James, Chapter 8, 9) +
PTSD; Working with Returning Military (James, Chapter 6) +
Crisis of Natural/Public Disasters (James, Chapter 16) +
Crisis of Addiction (James, Chapter 10) +
Cultural considerations & interventions specific to cultural group(s) (James, Chapter 2) +

+The James text, *Crisis Intervention Strategies*, may provide helpful case scenarios which you may use as a springboard for your case development. (Chapters listed above)

Assignment #1 **GROUP PROJECT PLAN (10 POINTS) (Group grade)**
DUE ON SEPT 12, 2012
Students will choose their area of interest, and by no later than the third week of class, provide the instructor with their plan for class presentation, role play and practice opportunities for fellow students. Plan should be typewritten, 1-2 pages. Instructor will review and approve. Each group is encouraged to discuss their proposed project in advance of due date

Assignment #2 **CLASS PRESENTATION (20 POINTS- Individually Graded)**
DUE ON ASSIGNED CLASS DATE
Include the following

1. Present a general overview of the scope of your chosen crisis area of study, prevalence, and evidence-based research related to best practices in this crisis area.
2. Describe how you will assess the person or client population and how you will apply the theoretical model chosen Identify and discuss any cultural considerations
3. Present your case example

Assignment #3 **CLASS PRACTICE DEMONSTRATION**
DUE ON ASSIGNED CLASS DATE
The student will present a role play for their case example utilizing best practices for assessment and intervention identified above. For the second part of this assignment, the student will guide other students in their practice exercises. These practice exercises and how they are structured should follow the outline developed in your group project plan paper.

3A: DEMONSTRATION OF BEST PRACTICE IN ROLE PLAY(s) (10 POINTS – Individually graded);

3B: DIRECTION TO/LEADERSHIP FOR STUDENTS RE PRACTICE EXERCISE(10 pts – Individually graded)

Assignment #4

LITERATURE REVIEW – SUBMIT ELECTRONICALLY (20 POINTS – group Grade) 8-10 pages

DUE ON NOV 14, 2012

From the work you have done in assignments, 1, 2 and 3, your group will formally put together a literature review of pertinent resources that will help your fellow practitioners. Section 1 - Begin your review of the literature with background information about the crisis intervention topic, and a description of initial crisis reactions. Focus your paper on a specific interest rather than attempting to cover all there is to know about the topic. Section 2 - You will cite and synthesize information from the related literature. Section 3 – Identify and describe evidence practice(s), interventions, and techniques to address the issue.

Assignment #5

PERSONAL REFLECTION PAPER (20 POINTS) 6 pages

DUE ON DEC 4, 2012

The student should identify his/her own barriers in thinking surrounding cultural, spiritual, ethnic, socioeconomic, or other value based issues, and focus on dissecting this barrier in written form. The student will be required to examine a bias or long held belief that has been challenging to them in a practice or personal setting. For the purposes of this paper, the student will be required to conduct scholarly inquiry about the topic through journal articles or text.

This written inquiry should include experiences you have purposefully had during the semester to dissect your bias through discussions with others or gaining personal exposure to that which you have perceived as difficult to deal with. Identify the specific instances where you were involved in challenging your own bias. Included in this assignment should be a thorough review of social work values, ethics, practices, and policies which assist or inhibit the student in overcoming this barrier.