

Crisis Intervention/Defusing

A Virtual Structured Group Intervention Process



Participants will benefit from this virtual structured group intervention process.

PROCESS:

The process is supportive and educational. Its purpose is not to process or explore feelings, nor to allow for the ventilation of feelings (this happens 1:1 and after 4 weeks has passed). Why? This process prevents participants from revealing more about themselves than they wish to in a group and also protects the other participants from being exposed to others emotional intensity that may further regulate them.

OBJECTIVES:

- To allow participants to know that they are not alone with their thoughts and reactions.
- To normalize thoughts and reactions.
- To educate about additional reactions participants may have in the days/weeks that follow.
- To identify the kind of support and resources they feel may make life a little easier for them.
- To learn ways to care for themselves over the next several days, weeks, months.
- To provide referral resources should they wish to talk with someone in the future.

DURATION & GROUP SIZE:

Two hours (no longer) and no more than 8 participants at a time.

TIMELINE:

Initiated any time after the first week of exposure/experience. If exposure/experience is ongoing, can be initiated/repeated for the duration of the experience.

PARTICIPATION:

Participation is voluntary. Appropriate for groups of children, adolescents and adults. Not everyone will want or require assistance. Choice and safety is a trauma-informed care priority.

INSURANCE:

Starr Behavioral Health works closely with insurance companies and grantees to ensure access for as many families as possible, regardless of your healthcare situation. We encourage any potential client to inquire with our team about what is available to them before scheduling an appointment.

CONTACT STARR BEHAVIORAL HEALTH:

For more information and to get started please email sbh@starr.org.