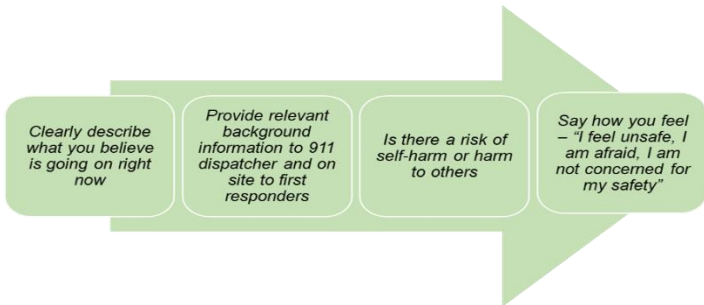


A Sample Emergency Preparedness Plan

A sample emergency preparedness plan (your plan) follows including information (as highlighted at page 3) to be shared with first responders, police and if a visit to the hospital ER is required, with the ER physician or others including if available, emergency psychiatric services staff. It is suggested that you print a copy of page 3 and ensure it is readily available if you decide to call 911.

Your plan should reflect the unique needs of the person you care for both in an emergency and as you identify mental health and substance use disorder resources in your community in response to the on-going need for supports from counselling to legal aid and access to secure and safe housing.

OUR EMERGENCY PREPAREDNESS PLAN



○ **First name, last name – Mental Health and Medical History**

Personal information – first name, last name, our son, is 44, a 6 ft, heavy set (240 pounds) male living with mental illness for over 20 years (schizophrenia and anxiety), living at home, no recent hospitalizations, no history of violent behaviour, no contact with police in the past, substance use is an issue (alcohol and cannabis), there are no other health concerns

Physician: Dr. last name, 613-xxx-xxxx, psychiatrist – Dr. last name, 613-xxx-xxxx, OHIP number xxxxxxxxxx, emergency contact (first name, last name (father and mother), 613-xxx-xxxx

Medications: list of medications to be provided here

Hospitalization: in 2000 with first psychotic break, in 2005 second psychotic break and attempted suicide. Symptoms experienced in the past: disorganized thinking, paranoia, delusions, hearing voices, anxiety, fear

Son's coping strategies: – responds well to efforts focused on reassuring him there is nothing to be afraid and sharing what we and those that respond to our request for emergency assistance are going to do to keep him safe

Son's triggers: substance use (alcohol, cannabis), feelings of isolation, loneliness

Current Situation – our son is hearing voices, is agitated, not sleeping, not eating, and is stressed - believes neighbours are listening to his thoughts, he is fearful and anxious, lacks insight

We are concerned that there is a risk of self-harm, we are not concerned for our safety, we are concerned his lack of insight may impact his judgement and his capacity to make informed decisions regarding his mental health and treatment options

○ **What is a crisis**

- A **psychological crisis** is a crisis relating to an unexpected situation that is perceived as threatening and destabilizes a person to the point of potentially putting their life peril (i.e. divorce, loss of job, spousal violence, bereavement, financial problems)
- A **psychiatric crisis** is a crisis in which the psychological state of the person changes suddenly and dramatically, resulting in a major psychological imbalance and an inability to cope with the situation and function normally (i.e. Panic attack, psychosis, delirium)

THE OTTAWA MOBILE CRISIS LINE – contact crisisline.ca or phoning 1-866-996-0991 or 613-722-6914. Seek the advice of the phone responder regarding the need to escalate the call to get additional support by: calling the local Mobile Crisis Team, contacting emergency services and directing a person to the emergency department

○ **A 911 CALL INVOLVING OTTAWA PARAMEDIC SERVICE - BEING PREPARED**

- ✓ Share reason for 911 call – current situation
- ✓ Mental Wellbeing Response Team (MWRT) - depending on the situation may request a MWRT response.
- ✓ If appropriate, may request the 911 call be transferred to a Distress Centre crisis line responder to support us while waiting for paramedics to arrive
- ✓ Share John's mental health and medical history
- ✓ Supports include parents, physicians
- ✓ As indicated above – responds well to efforts focused on reassuring him there is nothing to be afraid and sharing what we and those that respond to our request for emergency assistance are going to do to keep him safe
- ✓ Be ready to share any information that may be of relevance to first responders in assessing the situation

- ✓ Determine what next - from transport to hospital to doing whatever is needed to ensure the PIC is confident situation is now under control
- ✓
- **A 911 CALL INVOLVING OTTAWA POLICE SERVICE - BEING PREPARED**
- ✓ Share reason for 911 call – current situation
- ✓ Doors unlocked for police to enter, persons on scene include father (Tom Smith), mother (Mary Smith) and their son
- ✓ Share John's mental health and medical history
- ✓ Supports include parents, physicians
- ✓ Report no weapons and no history of violence
- ✓ Encounter with police to take place in living room, TV off and no loud music and no one else is on scene
- ✓ As indicated above - responds well to efforts focused on reassuring him there is nothing to be afraid and sharing what we and those that respond to our request for emergency assistance are going to do to keep him safe
- ✓ Be ready to share any information that may be of relevance to police in assessing the situation
- ✓ Determine what next
- **A VISIT TO THE HOSPITAL ER, ASSESSMENT, ADMISSION OR DISCHARGE**
- ✓ Share reason for 911 call or visit to the ER as well as mental health and medical history – determine what next – Form 1?
- **APPREHENSION, CHARGE AND RELEASE**

AN ORDER FOR EXAMINATION (SECTION 16 OF THE MENTAL HEALTH ACT) - If current situation warrants, we may consider applying for a Form 2 at the Justice of the Peace (courthouse). Be prepared to demonstrate our son is at risk of harming himself or others and lacks care for self. Justice of the Peace – 613-239-1054, Ottawa.OJC@ontario.ca

APPREHENSION (SECTION 17 OF THE MENTAL HEALTH ACT) - where a police officer has reasonable and probable grounds to believe that a person is acting or has acted in a disorderly manner and has reasonable cause to believe that the person meets the criteria for certification.

Community treatment order - is a provision under the Ontario Mental Health Act that allows a physician to mandate supervised treatment on a patient when they are discharged from hospital. A **Form 47 (Order for Examination)**, can be issued by a physician when a patient is non-adherent to an agreed-upon treatment plan as laid out in the Community Treatment Order (Form 45).

Determine next steps – if John is taken into custody and a decision is made to take him to a schedule 1 facility to be examined by a physician

Charge and release

- The call to police and is going to be the start of a potentially long and difficult process before the court
- Once an accused is charged, there's often no going back, even if we do not want charges to proceed - not everyone entitled to funded counsel
- There are extremely limited circumstances in which the court can order treatment

Legal Advice and Supports – fitness for trial, eligibility for court diversion, criminal responsibility - Legal Aid - Toll free - 1-877-314-0933, egalaid.on.ca
CMHA Court Outreach - 613-737-7791, general@cmhaottawa.ca
John Howard Society - johnhoward.on.ca, Toll free - 1-844-236-3077, Office – 1 613-236-3077

Court Diversion - consider application by defence counsel (a form) that sets out the charges, the reason why the person should be in Mental Health Court Share John's mental health and medical history and current situation - what services John already has and what mental health diagnoses are in place

**IT ISN'T AN EMERGENCY, DOING WHAT I CAN TO SUPPORT THE PERSON I
CARE FOR LIVING WITH MENTAL ILLNESS AND/OR SUBSTANCE USE
DISORDERS
BY ACCESSING RESOURCES, PROGRAMS AND SERVICES**

○ **ACCESSING RESOURCES, PROGRAMS AND SERVICES**

COUNSELLING

- Distress Centre Ottawa and region - 613-238-3311, Text: 343-306-5550 (10am-11pm), English and French
- Walk-in Counselling Clinic, walkincounselling.com, 613-755-2277
- Counselling Connect, Counsellingconnect.org

RESOURCES

Canadian Mental Health Association Ottawa - system navigation, Outreach (TCM, hospital, court, housing), Case Management, Dual Diagnosis, Internal services-nursing, concurrent disorders, DBT, Housing – **613-737-7791, general@cmhaottawa.ca**

Eastern Ontario Portal: addiction counselling and treatment, community mental health centres, crisis lines, diversion programs and mental health related to justice, geriatric psychiatry, in-person crisis services, psychiatric hospitals, support groups on health - **<https://211easternontario.ca>**

Ottawa Public Health - Mental Health Caregiver Guide and Resource Guide (**https://www.ottawapublichealth.ca/en/public-health-topics/resources/Documents/mental_health_caregiver_guide_en.pdf**) – a resource for caregivers of children, youth, adults, and older adults facing mental illness or experiencing mental health challenges and a resource guide for the greater Ottawa area that reflects mental health resources and supports located throughout the Ottawa area (Champlain LHIN).