



# TRAUMA KNOWLEDGE<sup>®</sup> MASTER CLASS

## Equip Yourself With The Tools to Parent Effectively

*Get the Course That Helps You Understand Trauma,  
Make Sense of Behaviors, and Respond to Your Child's Needs.*

**CRISIS  
MANAGEMENT  
CHECKLIST**



## **CRISIS MANAGEMENT CHECKLIST:**

### **As crisis unfolds:**

- \_\_\_ Determine who's in your corner, who you can confide in, and who's a part of your support team
- \_\_\_ Text, call, or email your support team
- \_\_\_ Notify your therapist, case manager, etc
- \_\_\_ Create your safety plan
- \_\_\_ Set up ongoing therapy appointments
- \_\_\_ Make Immediate necessary moves (move bedrooms, Install cameras, put chimes/alarms on doors, schedule therapy, etc)
- \_\_\_ Stay connected to your other children, spouse, or partner during this phase (remember, during a crisis, the entire family Is affected)
- \_\_\_ Allow space for honest conversation and Q&A
- \_\_\_ Create a special file In a secure area for all documentation.

### **During & after crisis:**

- \_\_\_ Stay In contact with your support team or network. While It's easy to slide Into Isolation (and may feel safer), you need community more than ever.
- \_\_\_ Continue therapy for the entire family
- \_\_\_ Make sure you reiterate and stay consistent with your safety plan
- \_\_\_ Continue to maintain file or folder with all documentation (emails, phone calls, text messages, etc.)
- \_\_\_ Be Intentional about time with family member at the center of crisis, but also affected family members
- \_\_\_ Don't forget to take necessary time for you to heal (self care)
- \_\_\_ Continue to foster open and honest conversation In your family