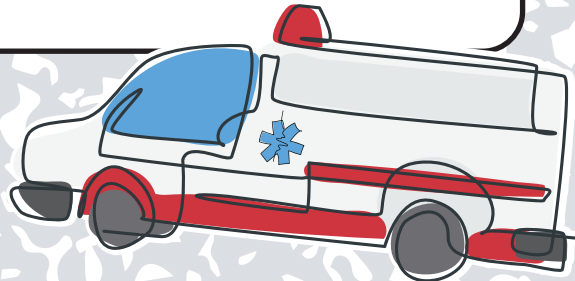




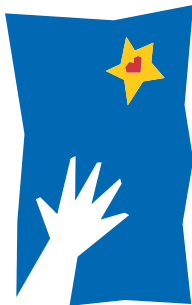
# Crisis Stabilization

Officers | First Responders | Public Safety Personnel | School Personnel



Participants in our training will develop the skills and abilities to better support individuals with a diagnosis of an Intellectual Developmental Disorder and/or Autism Spectrum Disorder when in crisis.

**Crisis Team**  
Call 913.755.5937  
[lakemary.crisisteam@lakemary.org](mailto:lakemary.crisisteam@lakemary.org)



LAKEMARY  
CENTER

**Our Mission:** Empowering children and adults with intellectual and developmental disabilities to achieve their individual potential.



Olathe KS | Paola KS

**Common traits of Autism Spectrum Disorder (ASD):**

**Lakemary Center provides training that focuses on the following:**

- How to assess the individual and the situation as this will be different from a neurotypical individual.
- How to identify if there are any triggers present that are escalating or maintaining the escalation of behavior.
- Different types of calming strategies, identification techniques and de-escalation strategies.
- How to approach an individual with ASD and/or IDD and assess the environment to prevent re-escalation once calming occurs.
- Providing different scenarios and how to manage those scenarios.

- ▷ Unusual mannerisms and emotions
- ▷ Unaware of surroundings
- ▷ Extreme sensitivity to normal stimuli
- ▷ Lack of eye contact and facial expression
- ▷ Delay in responding
- ▷ Often takes information literally and does not 'get' humor
- ▷ Communication deficits
- ▷ Sensitive to touch and the proximity of others
- ▷ Impulsivity
- ▷ Lack of empathy and emotion
- ▷ Deficits in concentration and focus
- ▷ Can hyperfocus on a topic or subject



**Instead they may:**

- Pace back and forth
- Yell or scream and be hard to talk to
- Have 'black and white thinking'
- Be unable to understand that the event will end and not go on and on
- Be impulsive and unpredictable in reaction, aggression, threats and actions (seemingly out of no where)
- Experience a breakdown in their ability to communicate
- Struggle to process the information being relayed to them and have rigid and inflexible thinking
- May be unable to follow simple instructions
- Experience a desire to distance themselves from people or the event
- Have a strong fear of being trapped or cornered

**When a person with autism is escalated or experiencing a crisis, how they respond may not look the same as someone who does not have autism.**

**Common traits of an Intellectual Disability Disorder (IDD):**

- ▷ Delay in processing information
- ▷ May convey that they understand when they might not
- ▷ Communication deficits
- ▷ Lack of personal boundaries
- ▷ Social response incongruent with social event
- ▷ Facial expressions that may not match emotion
- ▷ Poor boundaries with strangers
- ▷ Deficits in concentration and focus
- ▷ Talkative and may freely give too much personal information
- ▷ May frequently repeat questions and comments
- ▷ Difficulties in retaining information

**A person with an intellectual disability will also respond differently when escalated or when experiencing a crisis situation.**

- Their ability to process information will be even more compromised
- May be unable to follow simple instructions
- May have deficits in communicating wants and needs
- Their fear and anxiety levels will be very high which may result in confusions and an inability to respond
- Might become more impulsive
- May become aggressive but behaviors will be predictable
- More prone to property damage and harm to self rather than others
- May have trouble understanding abstract concepts

**★ SIX Strategies**

Stay calm



Use clear simple language



Demonstrate what you want them to do rather than just tell them

Minimize environmental stimuli



Give them space



Be patient



We recommend that you consider the following when interacting with a person with autism or an intellectual disability during a crisis situation or when they are escalated. It would be best to . . .

- ★ Remember to ask questions or state your requests in simple one or two-word statements
- ★ Demonstrate what you want the person to do
- ★ Try to speak in a quiet and calm tone
- ★ Use simple, clear language
- ★ Realize they may have trouble understanding what you are thinking and they may not be able to read your facial expressions
- ★ Remember they may have a strong reaction or no reaction at all
- ★ Try to reduce over stimulation
- ★ Remain calm, caring and authentic



Working together with first responders in our communities is important to us and might save a life.

Please visit our Lakemary Center website for more information about training, calming strategies, calming techniques to assist with the de-escalation and how to utilize the sensory items in the kits to assist with de-escalation.

LAKEMARY.ORG

