

CRISIS INTERVENTION

From “being in action”

to

“taking action”



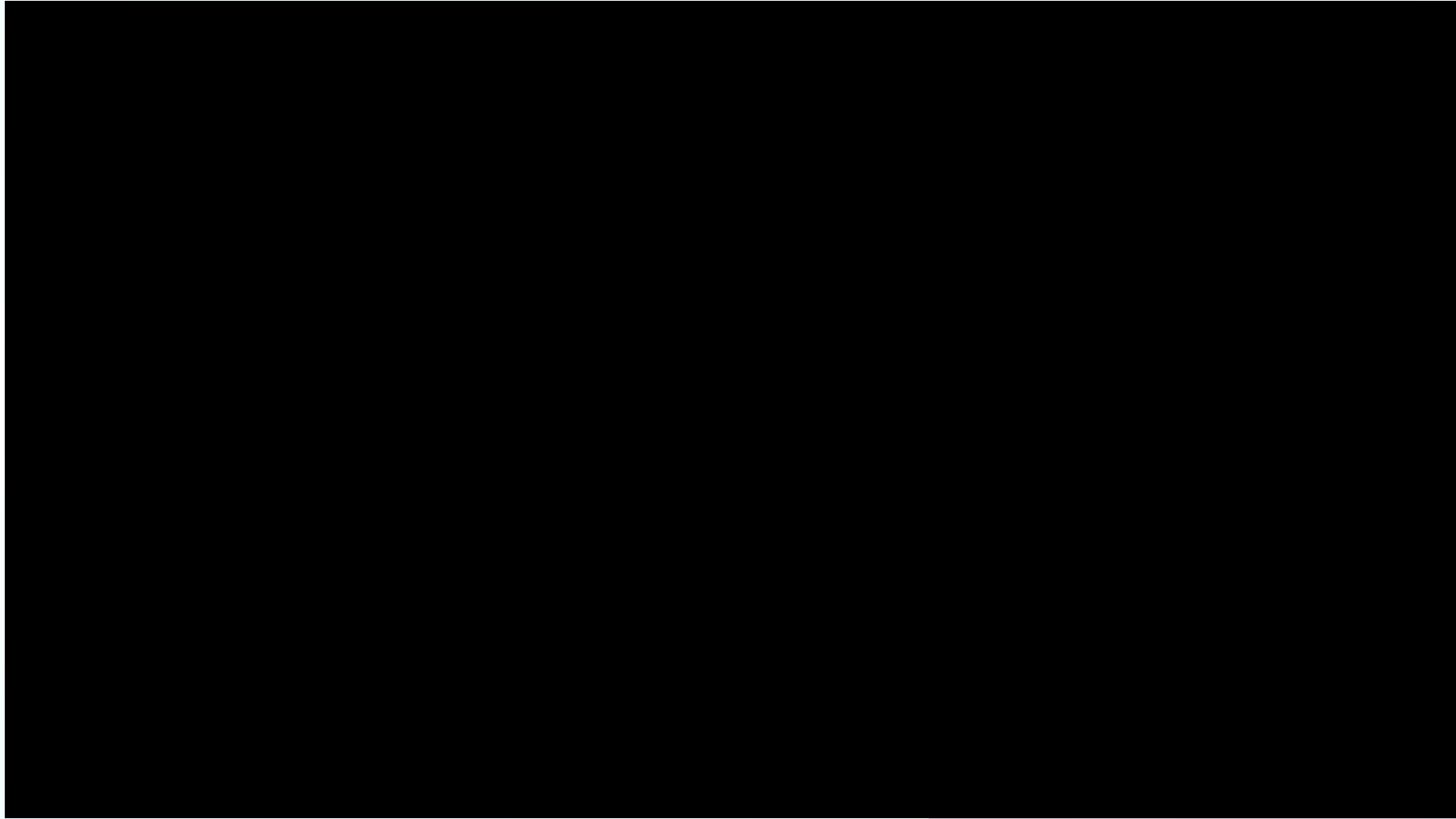
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**What kind of crisis
do you typically
encounter?**

- 1. Gambling –
often related to a financial loss**
 - At a venue
 - In peer or therapy session
- 2. Suicidality**





Listening

It's not about the nail.

5

Action Steps for Helping Someone in Emotional Pain



1. ASK



2. KEEP THEM SAFE



3. BE THERE



4. HELP THEM CONNECT



5. STAY CONNECTED

Keep them safe



Feeling overwhelmed



What is your goal?

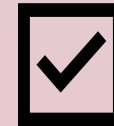




What is your goal?

~~“Get them to go to gambling treatment”?~~

De-escalate – sympathetic nervous system



Build engagement



Get them to professional help



Warning signs for suicide.

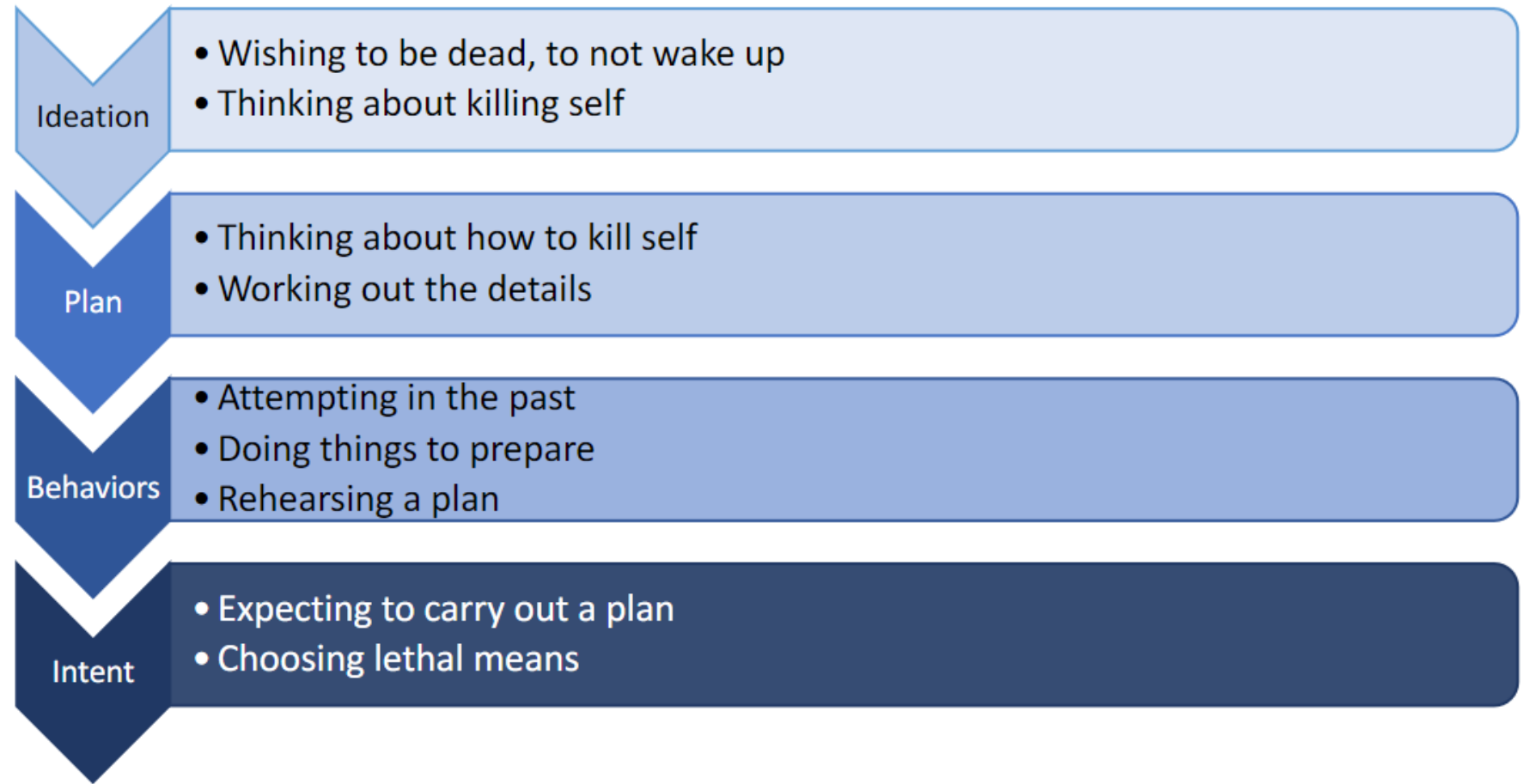
Do you know the warning signs for suicide?

If someone is at risk for suicide, you can watch for warning signs, including:

- Talking about being a burden
- Being isolated
- Increased anxiety
- Talking about feeling trapped or in unbearable pain
- Increased substance use
- Looking for a way to access lethal means
- Increased anger or rage
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide



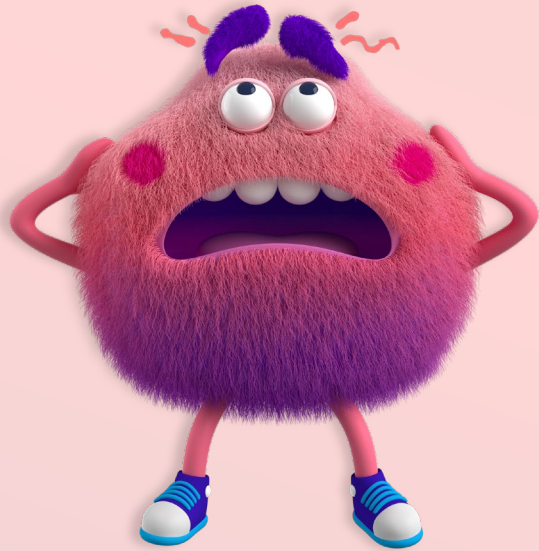
Spectrum of suicidality



**Have you ever called?
You can also text.**

9888

**S U I C I D E
& C R I S I S
L I F E L I N E**



Thank you