

Mobile Crisis Response in Action

Self-Assessment

Mobile Crisis Response in Action · Complete once before the session and again 30 days after. Score honestly — this document is for you, not your supervisor.

Name

Which pass is this?

Before the session

30 days after

S — AWARENESS & REGULATION

I check my own stress state before making contact

1 2 3 4 5

1 — Not yet · 5 — Consistently

I scan people, risks, exits, and changes as a habit, not an afterthought

1 2 3 4 5

1 — Not yet · 5 — Consistently

I notice early when a scene starts to shift

1 2 3 4 5

1 — Not yet · 5 — Consistently

T — TONE & COMMUNICATION

I deliberately control pace, volume, and sentence length under stress

1 2 3 4 5

1 — Not yet · 5 — Consistently

I avoid stacked commands when someone is in crisis

1 2 3 4 5

1 — Not yet · 5 — Consistently

A — LISTENING & ASSESSMENT

I use reflection and validation to keep someone talking

1 2 3 4 5

1 — Not yet · 5 — Consistently

I can cover safety, medical, substance, and risk factors without it feeling like an interrogation

1 2 3 4 5

1 — Not yet · 5 — Consistently

N — NAVIGATION

I know every option available in my jurisdiction, including at night and on weekends

1 2 3 4 5

1 — Not yet · 5 — Consistently

Mobile Crisis Response in Action

I default to the least-restrictive, most-connected path — not the easiest one

1 2 3 4 5

1 — Not yet · 5 — Consistently

Every close I run includes a 24–72 hour reconnect plan

1 2 3 4 5

1 — Not yet · 5 — Consistently

D — CLOSE & SUSTAIN

The person always knows what happens next when I leave

1 2 3 4 5

1 — Not yet · 5 — Consistently

My documentation lets the next responder continue, not restart

1 2 3 4 5

1 — Not yet · 5 — Consistently

I debrief hard calls instead of stacking them

1 2 3 4 5

1 — Not yet · 5 — Consistently

IN YOUR OWN WORDS

Which STAND move is weakest in your practice right now — and what does it cost you on scene?

What would your last three calls look like if you had run them through all five moves?

SCORING GUIDANCE

There is no passing score. Compare your pre and 30-day columns move by move: any move that hasn't shifted is your coaching conversation. If everything is a 5, you scored your intentions, not your calls — redo it with your last real shift in mind.