

Mobile Crisis Response in Action

Pre-Work

Sent at least three days before the session. Takes about 20 minutes. Bring your answers — the opening exercise uses them.

Describe, in plain words, the last crisis call you ran (or witnessed). What happened, and what was the hardest moment?

What do you do — actually, not ideally — to steady yourself before a hard contact?

List every crisis-response option you're confident you could reach in your jurisdiction at 2 a.m. tonight.

Don't look anything up. The workshop uses the gap between this list and the real one.

Complete the 'before' column of the Self-Assessment (file 02) and bring both documents.

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Post-Work — 30 days later

Complete one month after the session, ideally right before your follow-up conversation with your supervisor or coach.

Which STAND move did you commit to at the capstone — and what has it looked like on real calls since?

Describe one call from the last 30 days where a STAND move visibly changed the outcome. Which move, what changed?

Did your 24–72 hour reconnect habit survive contact with real shift work? If not, what broke it?

The resource gap you named in your planner: what did you do about it, and what happened?

Complete the '30 days after' column of the Self-Assessment and bring both to your follow-up conversation.

WHY 30 DAYS

Thirty days is long enough for the workshop glow to wear off and short enough that the commitment is still findable. What survives at thirty days is what you actually learned; everything else was a good afternoon.