Introduction

Strategies of crisis intervention are the methods through which short term and prompt support are offered to people facing various forms of incidences that triggers their mental, emotional and psychological well being or even complications. A crisis is that occurrence in which people go through an immediate ability to cope well or solve problems effectively. This paper will present an in-depth discussion on the main function of crisis intervention and present an overview of the future trends in crisis intervention. This will show how the trend will have an impact on crisis intervention practices in the file of human services. There is also need to meet the challenges that the trend faces as a result of its impact.

Trend overview

Most of the crisis that people face today are often considered to be life threatening, and this calls for the need to immediately intervene in order to save the lives of people. Some of the crisis faced today includes natural disasters such as earthquakes, tornados, and floods. Other calamities include sexual assault, kidnap, suicide attempt, losses of loved ones, and criminal victimization.

Crisis intervention purpose

Crisis intervention plays various roles one of the main purposes of crisis intervention is to reduce the intensity of reaction of an individual towards the calamity which may have physical, mental, or behavioral risk. Another critical aim of crisis intervention is to assist the victim return
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back to normal life and functioning after being destructed by the crisis emergence. The restoration of a normal life is through various coping skills and elimination of coping skills that are ineffective (Aguilera, 1998). Examples of the ineffective coping skills include substance abuse, withdrawal, and aloofness. When these ineffective skills are eliminated, it will be possible for individuals to deal with future recurring problems, that he or she has encountered or face new other kinds of problems.

Some people are more receptive or open to these kind of problems whiled others may take days or even months to finally accept to seek help after experiencing the crisis. The time length taken for the intervention of a crisis depends mainly on the nature of crisis and the time a victim takes before finally accepting to seek help. This crisis intervention process does not significantly guarantees of ones resolution to problems though it is important for any person at any age to seek counseling.

Crisis intervention services are offered in clinics, hospitals, social service agencies, and mental healthcare centers among others. However, it is not sufficient to provide crisis intervention services to people who have had long standing problems (Aguilera, 1998).

Current trends of crisis Response

Crisis Response is not a one time event, but, is associated with different phases. The first phase involves with assessing the nature of a problem or crisis and how a person is responding to the problem. This is a very important stage because when one has determined how a person has responded to the crisis, it will be possible to consider a whole range of response patterns that are the mechanisms of intervention. Some people may harm others or themselves as a way of reacting to crisis. Others may try to commit suicide or homicide while others may get into a trance or collapse into panics and dizziness. The kind of information complied after assessing the victim’s react-ion will help to evaluate the person’s coping skills.

Strategies of crisis intervention in the past did not include education but future and current intervention strategies have to incorporate the education element. Education is important for it assist individuals in passing knowledge concerning various mechanisms that they cause to
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prevent abnormal reactions. This means that the victims are taught on problem solving and coping skills, in which the person will be capable to understand the crisis by it self and is enlightened on the appropriate means of experiencing his / her feelings (Aguilera, 1998).

When an intervention strategy has been identified that is used by an individual to deal with a recurrent crisis, it might be enhanced or bolstered through the inculcation of skills for coping or educating on these skills. The new effective skills for coping, is encouraged, and the person is advised to speak out about how they feel such as fears and worries instead of shutting themselves out. Another aspect that will be part of the future trend of crisis intervention is problem solving. This involves well understanding of the problem, and indicating the desired changes as well as suggesting the alternative to be considered in solving problems, the alternatives include the demerits, and merits of the solution.

Cognitive therapy is another aspect that has to be considered as part of future trends in crisis intervention. The cognitive therapy is effective for it recognizes the fact that thoughts do play a major role on behavior, and feelings, and thus, should be considered in the crisis intervention strategy. The last phase of crisis intervention is in changes review within a victim. The aim of crisis intervention is to make the victim know that it is possible to cope with difficult events that affect all human beings (Aguilera, 1998).

Intervention on suicide

Suicide is a common and highly frequent mental behavior within mental emergency. The aim of suicide intervention is to protect the victim from taking away his or her own life and to ensure that he attains a stable state of mind where he can make alternative and better choices instead of suicide. This implies that suicidal behaviours are a common experience to most people who are faced with a crisis. Suicide intervention is crucial to help reduce distress of the victim and to keep him survive through after a crisis.
The assessment process is the beginning of suicide intervention that focuses on the chances of recurring incidences in future (Slaby, 1998). A professional has to evaluate various components, and also evaluate on if the victim plans to commit suicide and the seriousness of the act. The person's emotions also have to be evaluated. These emotions include hopelessness, anxiety, depression, and hostility. Another important aspect to consider in the intervention process is the past history of the victim and how he or she responded to a given crisis. This will enable the professional know whether or not the victim had ones tried to commit suicide and also how the whole family responds to crisis. An assessment of factors that contributed to the crisis is also part of the trend. Such factors can be illness, unemployment and loss of a loved one.

One of the strategies that will help the victim avoid suicidal thoughts is through signing a written contract and vowing that he or she will not commit suicide. The victim will then have to consent to the different actions to mitigate the suicidal thoughts such as informing emergency personnel or responsible medics at any time the suicidal thoughts cross their minds (Aguila 1998). It can be necessary to have involuntary and voluntary hospitalization. Another important trend is to provide education to close friends and family members on how to provide support to individuals. Other forms of therapy that might be helpful include substance abuse and psychiatric treatment, therapy medication, and family therapy.

Debriefing on Critical stress

Critical incident stress debriefing is a strategy through which a group format structure is used to discuss on the distressing aspects of a crisis event. This is one of the most effective models for debriefing and plays an important role in stress management. Other models are used in conjunction with Critical incident stress debriefing such as education on the management of stress and follow-up programs (Slaby, 1998).

The program involves a wide range of personnel who have been trained on crisis intervention. They include professionals in the mental health sector, clergy, social service groups, and teachers among others. Many changes are ongoing to improve the Critical incident stress debriefing program. Medical crisis counseling is another trend within the brief intervention that addresses paranoia, depression, anxieties, and social challenges. Such a trend is effective in helping a victim manage and mitigate the stress levels (Koocher, Erin, & Krista 2001).
Conclusion

The crisis intervention strategies trends have greatly been improved by the incorporation of education and incorporating more professionals who are in touch with people facing crisis. The strategies aim at helping victims to improve their functioning and develop positive coping skills. Further, research has to be undertaken to ensure the effectiveness of the process aimed at decreasing the victim's distress, and to improve their normal functioning after life changing experiences.

Reference

