

brought to an isolation cell, he must be given the permission to leave the cell when he calls for this. Visitation must be regulated by confidantes

Institution of preference (in case of admittance)

Name
Address
Postal code and place of residence
Telephone number

Second Institution of preference

Name
Address
Postal code and place of residence
Telephone number

Practical notes and finances

The following persons subscribe the plan of action and the role and position they have been attributed with:

Signature	Signature
J.P. Overduin ('Client')	Confidant 1
Signature	Signature
Confidant 2	Psychiatrist

The following person declares to have been informed with the content of this plan of action:

Signature
General practitioner

Plan of action belonging to the crisis card (Example)

Through this plan of action Mr. J.P. Overduin indicates what he wishes for in case of mental crisis

This plan is also signed by: confidantes and psychiatrist

Personal data

Name
Date of birth
Address
Postal code and place of residence
Telephone number
Insurance company
Insurance number
Civil state

Data general practitioner

Name general practitioner
Address
Postal code and place of residence
Telephone number
Emergency telephone number

Mr. J.P. Overduin gives his confidantes, names, the authority to take care of the situations he himself cannot control during times of mental crisis and accredits them to act as his representative if necessary. In the matter of a mental crisis the confidantes must be notified immediately and they need to be given the opportunity to execute and fulfill the tasks described in the plan of action
The first confidant to be notified is, name. If this confidant cannot be reached, name, needs to be informed

Personal data first confidant

Name
Address
Postal code and place of residence
Telephone number
Telephone number office
Mobile number

Personal data second confidant

Name
Address
Postal code and place of residence
Telephone number
Telephone number office
Mobile number

Mental assistance

At present Mr. J.P. Overduin is treated at the hospital, name
Doctor in attendance, name
Address
Postal code and place of residence
Telephone number

Physical condition

Medication

Daily routine

Phenomena mental crisis

In case of mania the following phenomena occur in Mr. J.P. Overduin's behaviour:

In case of depression the following phenomena occur in Mr. J.P. Overduin's behaviour:

How to act in times of crisis

If Mr. J.P. Overduin during times of a mental crisis has had an encounter with the police, he wishes to be approached by the officers in a calm manner. He would like the police to clearly communicate to him what is going to happen and why these operating procedures need to be taken. Kind request to repeat this procedure a couple of times

When a temporary incarceration seems to be inevitable, it is requested to check the condition of Mr. J.P. Overduin and to explain to him once again what has happened to him and what the current procedures are. Furthermore Mr. J.P. Overduin would appreciate it if the police would see to it that he is offered food and drink regularly
In addition Mr. J.P. Overduin wishes to contact his confidantes as soon as possible, in mutual agreement these persons will then decide where Mr. J.P. Overduin will be transferred to

Advices for social workers

Speak calmly, soothe and reassure
Do not go into discussion
Contact confidantes with the request for a quick response

How to prevent admittance

This can only be realised in consultation and agreement with the confidantes and the doctor in attendance. The latter can suggest a plan of medication to prevent admittance

Advices during admittance

Give clear information about present proceedings
If possible, let a confidante escort Mr. J.P. Overduin to the place of admittance. A separate and private room in a quiet and stimuli-free environment. Opportunity to talk a lot. When Mr. J.P. Overduin needs to be 'sedated' it is appreciated not to use Haldol. In case Mr. J.P. Overduin volunteers to be

Crisis chart

Name
Address
Postal code and place of residence
Telephone number

Confidential

The owner of this card is fit but
sometimes can be troubled by:

Manic-Depression

Please see to the following recommendations in circumstances of police intervention:

When I, during times of a mental crisis, have had an encounter with the police, I would like to be approached by officers in a calm manner. I would like the police to clearly communicate to me what is going to happen and why these operating procedures need to be taken. Kind request to repeat this procedure to me a couple of times

When a temporary incarceration seems to be inevitable, it is requested to check on my condition regularly and to explain to me once again what has happened to me and what the current procedures are. Furthermore I would appreciate it if the police would see to it that I am offered food and drink regularly

In addition I wish to contact my confidantes as soon as possible, in mutual agreement these persons will then decide where I will be transferred to

Advices for social workers

Speak calmly, soothe and reassure

Do not go into discussion

Contact confidantes with the request for a quick response

Confidantes:

Name, telephone numbers

When admittance is necessary and needed:

Name

Address

Postal code and place of residence

Telephone number

My doctor in attendance

Further information is provided in my PLAN of action in times of crisis

This plan is in the possession of:

Name and address of confidantes

Psychiatrist and hospital

General practitioner

Violence is not needed when you approach me in a calm manner and explain to me what you are going to do.