

**Praxis 2023**

Verpleegkundig Specialist Geestelijke Gezondheidszorg

**JOINT CRISIS PLAN – A DYNAMIC NEW APPROACH**

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**LISA ELFES-BARTEN** (28) is in drie jaar opgeleid tot Verpleegkundig Specialist ggz. Deze en voorgaande verpleegkundige opleidingen heeft zij gevolgd binnen GGZ Centraal. Waar ervaring is opgedaan in een breed spectrum.

Na een periode van werken op de HIC, kwam er een kans om verder te groeien binnen het FACT waar voor het eerst kennis is gemaakt met de rol van verpleegkundige binnen behandelaarschap.

Voor de opleiding keerde zij terug naar de klinische setting, alwaar zij werkzaam was op de Medium Care.

Het tweede jaar gevormd bij de polikliniek persoonlijkheidsstoornissen.

De basis cognitieve gedragstherapie en keuze module schematherapie, vonden directe aansluiting in de praktijk.

Het laatste leerjaar was een specialisatie: de kinder- en jeugdpsychiatrie. In dit jaar heeft zij ook de mogelijkheid benut om de internationaliseringsuren in te zetten voor een stage op Curaçao. Meedenken en meewerken binnen een klinische setting om de verpleegkundige behandeling verder te ontwikkelen. Dit heeft haar veel gebracht in denkwijze over culturen.

Na de opleiding is Lisa gestart als verpleegkundig specialist binnen een centrum voor behandeling en begeleiding van volwassenen die kampen met de gevolgen van (vroeg)kinderlijk trauma.

# Joint Crisis Plan – a Dynamic New Approach;



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# The lived experiences of people with personality disorders

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## Background

- People with **personality disorders**, particularly those with borderline personality disorder, often experience **mental health crises**<sup>1</sup>.
- A **joint crisis plan** is a document that outlines how people can respond to mental health crisis and effectively reduces forced admissions and helps prevent crises. Effective interventions improving lifestyle in inpatients are still limited
- **Only 4-13%** of mental health care patients **complete a joint crisis plan**. To complete a joint crisis plan it is necessary that the mental health care professional and patient are looking **retrospectively at past crises**<sup>2</sup>.
- People with **borderline personality disorder struggle** with highly fluctuating moods, and limited affect regulation. That makes the **retrospective capacity is limited**.
- It ensures that a joint crisis plan is **not factual information** and **limits its effective ability to prevent crises** for people with borderline personality disorders.

## Aim

To evaluate the effects of the JCP-DNA intervention, this study explores **participants' experiences** of this process.

## Structural consciousness

All participants experience the JCP-DNA intervention as a structural consciousness-raising exercise. The **daily measurements** contribute to participants taking a moment to reflect on what they are doing. This **increased consciousness** about thoughts, behavior, and feelings gave the participants a **sense of control** over the patterns they were engaged in.

## Empowerment

Participants re-experienced their possibilities and **gained insight** into their daily patterns. They also indicated hope and a positive outlook at the time of the intervention because they felt they were **actively working on their health**. Empowerment refers to a process of learning that focuses on restoring a feeling of **self-determination** in daily life by improving the individual's levels of choice, influence, and control<sup>4</sup>.

*'I was shocked when I got the message to fill out a measurement and realized what I was doing. I then called my therapist'.*

*'When we started filling out the first JCP, I thought, here we go again. In the end, I was able to fill in really better signals'.*

*'The daily notifications on my phone literally made me stop and think: how am I actually doing and what do I want to do with this'.*

*'My crisis comes in waves and that I have to make sure that these waves stay as low as possible'.*

*'I still asked if I could continue and if there was something that could make me see this. There wasn't, and I haven't been able to find it myself'.*

*'Now I was getting feedback that I noticed that I was isolating myself and amplifying feelings of loneliness. I could have done something else'.*

## JCP-DNA

The study forms part of a more extensive study investigating the benefits of employing a joint crisis plan (The **Joint Crisis Plan - a Dynamic New Approach** [JCP-DNA]). The JCP-DNA study developed an **intervention** that used **daily measurements** to explore what precedes a crisis over several months. Using the **experience sampling method**, real-time, person-specific data about participants was gathered. The JCP-DNA study examines whether an intervention with **personalized feedback** derived from experience sampling method will enhance a JCP and result in **more effective coping behavior** for crisis-sensitive patients with a personality disorder<sup>3</sup>.

## Methods

In this **qualitative study**, six in-depth interviews were conducted. Participants were **crisis-prone adults** in treatment at a personality disorder outpatient clinic and/or outpatient crisis department of a **Dutch mental health institution**.

The in-depth interviews began with a broad question: *how did you feel about participating in the JCP-DNA study?*

The data were analyzed using Colaizzi's (1978) **descriptive phenomenological strategy**.

## Findings

### Six participants from the JCP-DNA study participated

- 4 women, 2 men
- Average age: 36 (22-61)
- 100% classification of a personality disorder (according to DSM-5 criteria).

## Iterative reflection

Participants mentioned that the intervention approach was much **more personal** than previous experiences with a joint crisis plan, which made them feel that a joint crisis plan can **contribute to recovery and quality of life**. Reflections are open, transparent, clear, and very person-oriented, which is why the participants experience them as valuable. **Trust and motivation** develop as a result. The participants in this study found it difficult to learn from the reflections and insights into daily patterns that their behavior is not just an externalizing response to distress.

## Conclusion and recommendation

The results show that **structural awareness contributes to gaining insight into existing coping strategies**. Participants indicated that they experience **more insight** into daily patterns, providing the opportunity to identify crisis warning signs. This knowledge can then **adapt the joint crisis plan**, thereby improving its effectiveness.

It is recommended that the intervention be rolled out further in different patient groups and that the study be repeated with a larger sample size to improve generalizability

1. Fonagy, P. et al., (2017). *Jama Psychiatry*; 74: 316-317.  
2. Adjouan, M. et al., unpublished (submitted).

3. ter Burg, C. et al., unpublished (submitted).  
4. Tjaden, C. D. et al., (2021). *Psychology and psychotherapy*; 94: 407-425