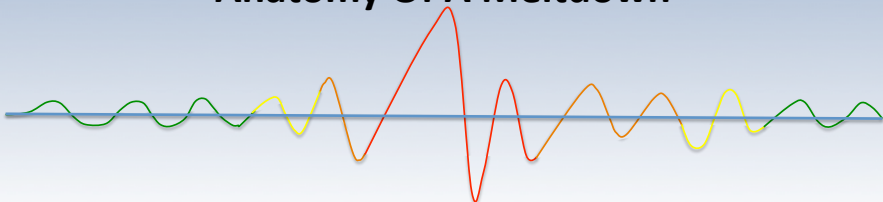



Washington State Department of Social and Health Services

Transforming Lives

## Anatomy Of A Meltdown



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Department of Social  
& Health Services  
Transforming lives

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## Anatomy of a Meltdown

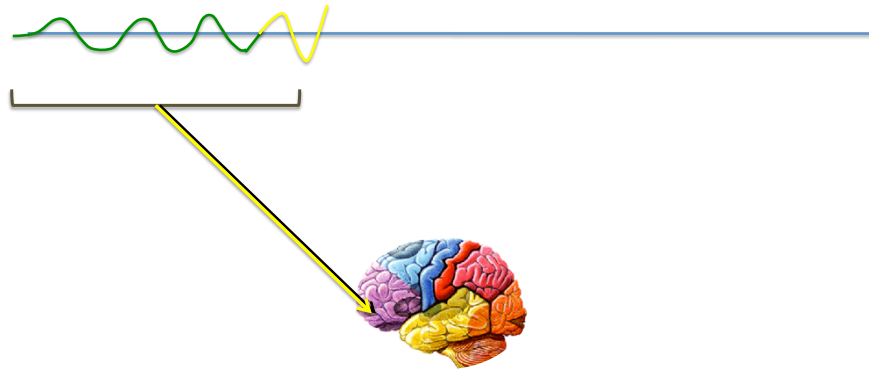
Reasoning, training, rules work well here  
Expectations we have learned  
Explore new skills we are learning



Little "bumps" are easily fixed

Baseline

## Anatomy of a Meltdown



## Anatomy of a Meltdown



## Anatomy of a Meltdown

Grumpy, indications that some sort of rash is developing  
Things can still turn around



**Transition**

You will have to help me  
I need to be cued in to using skills  
I need to practice what you have  
been teaching

## Anatomy of a Meltdown

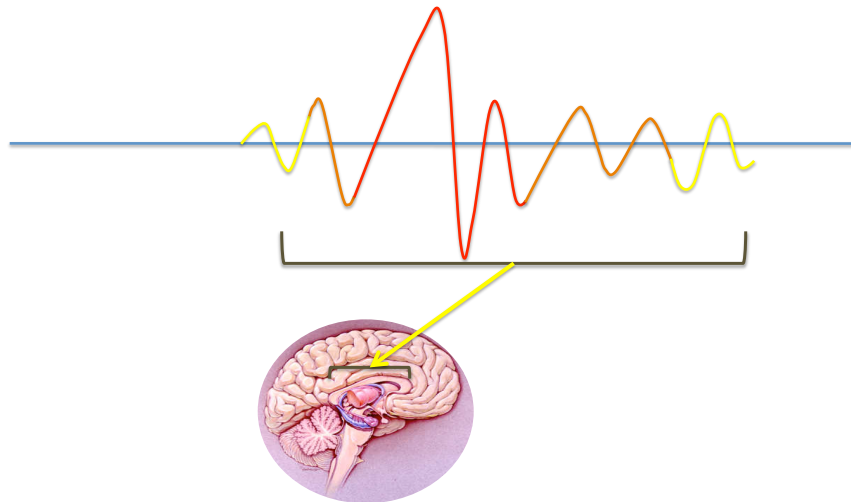
Now is not the time to talk.  
Now is the time to cool the environment down,  
remove stimuli, and allow energy to dissipate.



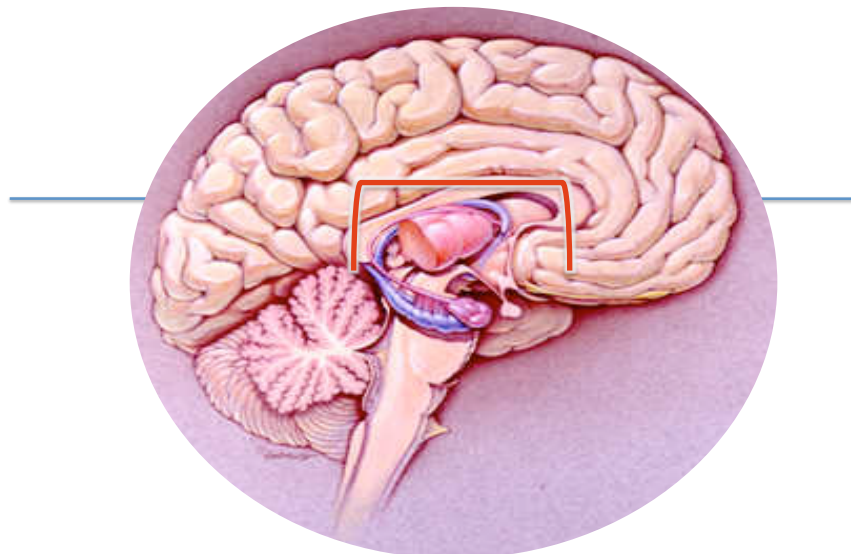
**Lull**

This is the calm before the  
storm!  
Don't be fooled, what you do  
next makes the difference

## Anatomy of a Meltdown

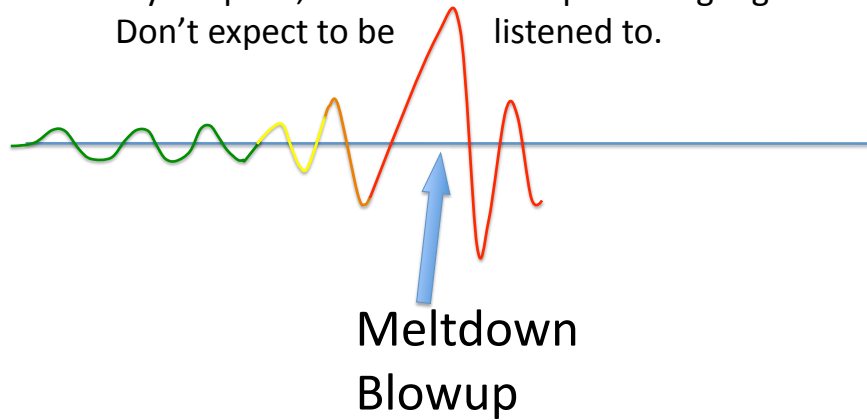


## Anatomy of a Meltdown



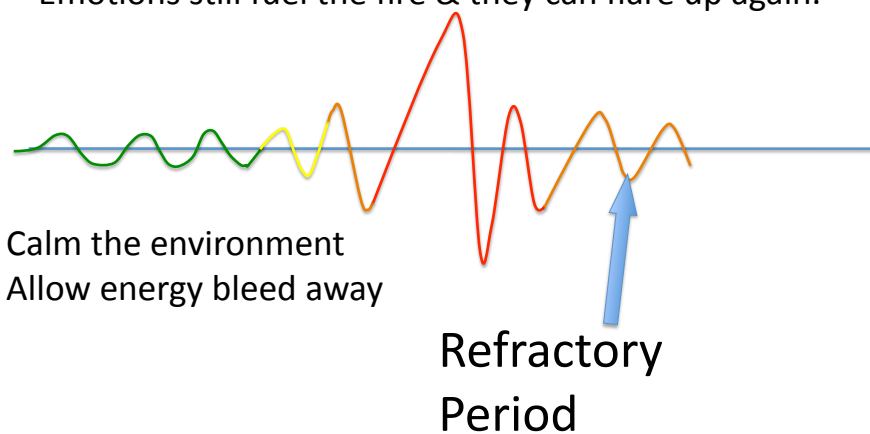
### Anatomy of a Meltdown

Now is waiting out the storm.  
If you speak, it is short to the point language.  
Don't expect to be listened to.



### Anatomy of a Meltdown

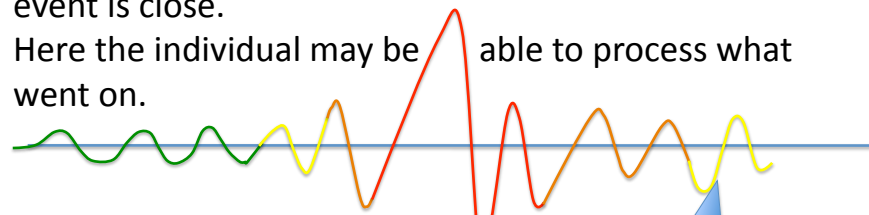
Emotional bleed off.  
Emotions still fuel the fire & they can flare up again.



### Anatomy of a Meltdown

Here the energy is coming down but the memory of the event is close.

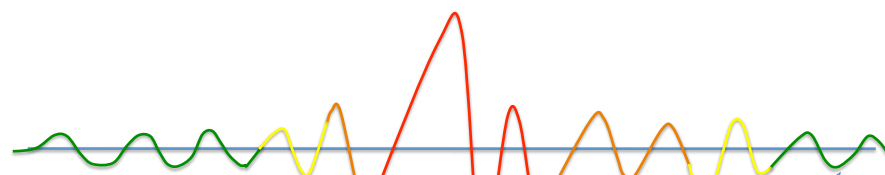
Here the individual may be able to process what went on.



Focus is on re-entering the situation & re-establishing routine

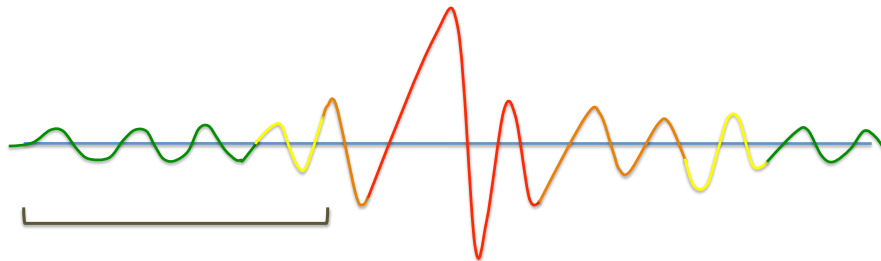
Transition

### Anatomy of a Meltdown



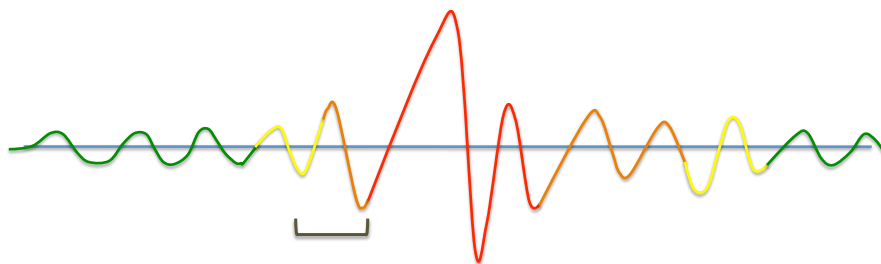
Return to Baseline

## Anatomy of a Meltdown



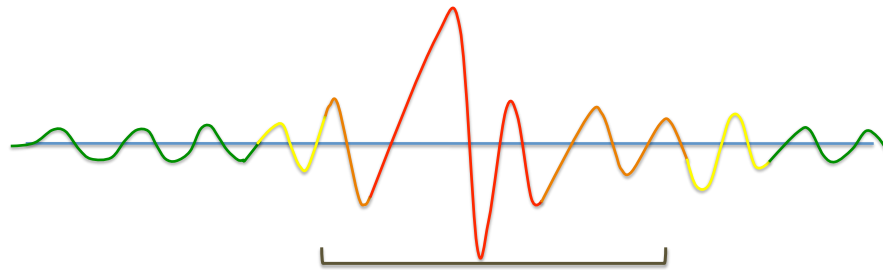
Positive Behavior Support  
Response to Intervention  
Cognitive Interventions  
Training Period

## Anatomy of a Meltdown



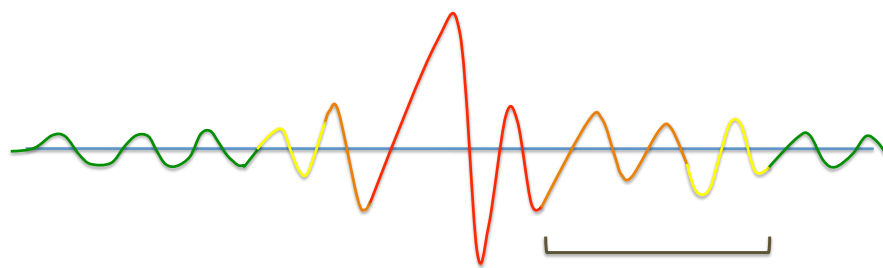
Intervention Plan  
Behavior Management Plan  
Crisis Stabilization Plan

## Anatomy of a Meltdown



Safe Environment  
Weather the storm

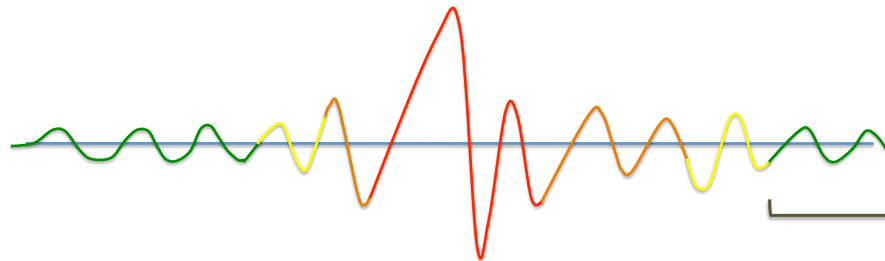
## Anatomy of a Meltdown



Life Space Intervention  
Post Crisis Debriefing  
Stage for re-entry  
Expectation generation

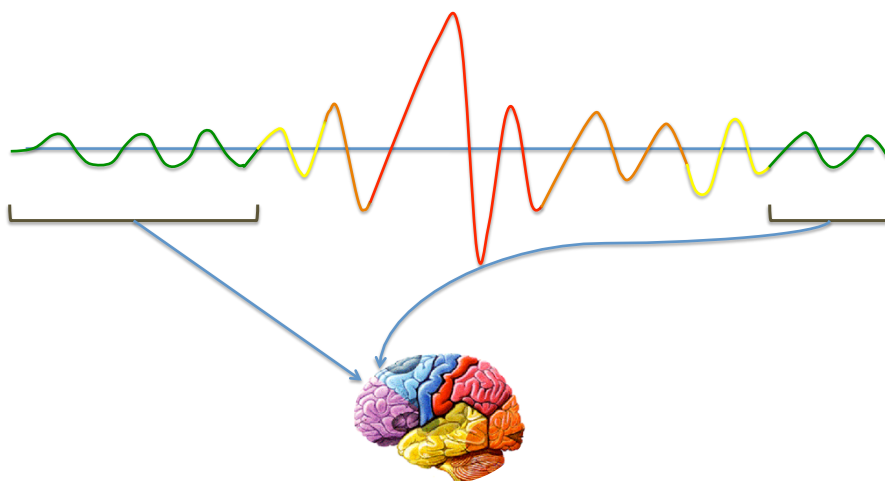


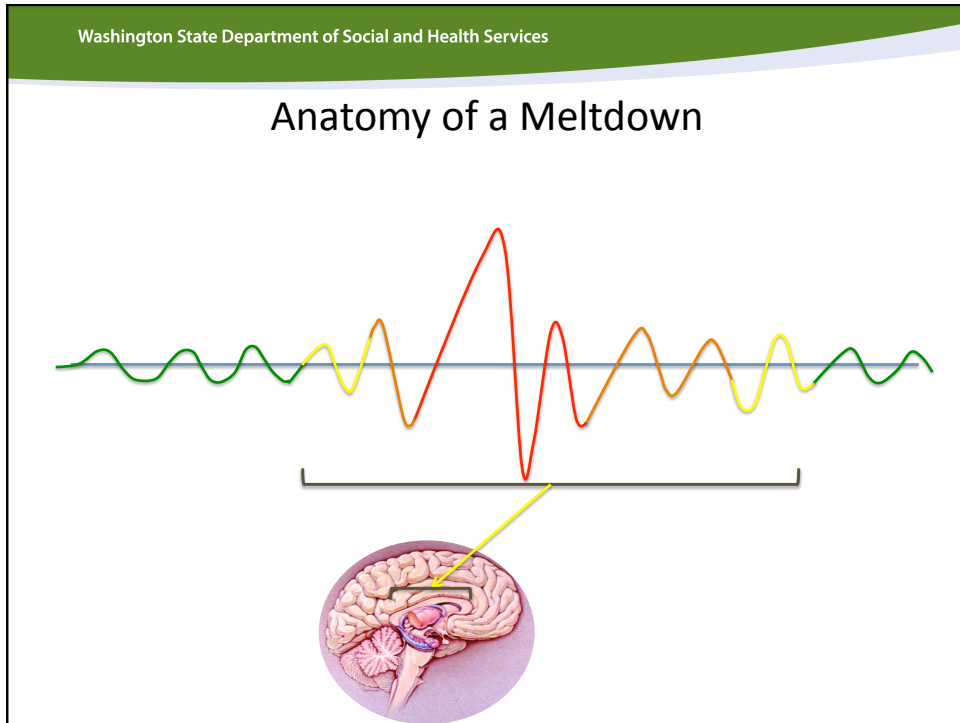
## Anatomy of a Meltdown



Positive Behavior Support  
Response to Intervention  
Cognitive Interventions  
Training Period

## Anatomy of a Meltdown





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