

## **Crisis Advocacy**

### **Mindset Practices & Strategies for CASAs**

**CRISIS:** When a CASA must take action in the moment to reduce harm for themselves, the youth they serve, or others.

Before a crisis: set up and communicate healthy boundaries (when you will answer phone calls/texts and when you won't)

Ask yourself: what can I do now and who do I not have control over?

Don't match the energy of a youth in crisis (don't get on the emotional rollercoaster with them)

Slow down and breathe (slow down to speed up)

Don't try to problem solve as a first response

Break down the situation into smaller pieces

Sit in uncertainty (there may be no good solution in the moment)

Realize in the moment – it's not on you to "fix" everything

Remember you are part of a team, you don't have to do this alone. Who can you call on?

Who can you support the youth to call on? Remind the youth of other people who can support them

Realize when you and/or the youth might need a break (calling back, checking in later, take a walk)

Show self-compassion and realize you are doing the best you can based on the information and skills you have at the moment

Eat / drink / nourish yourself and youth

Practice self-care – acknowledge biological and physiological responses to crisis and trauma

You may need to respond in a crisis situation, but (in general) CASAs are not crisis responders.