



# AFTER THE CRISIS: WHAT TO DO IN THE NEXT 48 HOURS

For families from The Waymark Foundation of Florida

The house is quiet now, and you are exhausted. What you do in the next two days protects your child and your family. You are not failing. You are navigating a system that was not built for us. Keep this page.

## 1. IF THINGS ESCALATE AGAIN, CALL THESE FIRST

**988**

**Crisis & Suicide Lifeline**

Call or text, 24/7. Free and confidential.

**1-800-539-4228**

**Mobile Response Team**

SMA Healthcare 24/7 helpline, Marion / Central FL. Sends counselors, not police.

**911**

**Immediate physical danger**

Say: "behavioral health emergency, request a CIT officer."

## 2. TONIGHT: WRITE IT DOWN WHILE YOU REMEMBER

*In the medical and legal world, if it is not written down, it did not happen. Memory fades fast. Do this before you sleep.*

- **When.** Date, start and end time, and how long the worst of it lasted.
- **Triggers.** What happened in the 2 hours before? Missed sleep, a phone call, a change in medication, sensory overload.
- **Behaviors.** Write exact actions and quotes, not feelings. "Threw a chair through drywall," not "he broke things."
- **Who responded.** Agency, case or report number, officer names and badge numbers. Ask before they leave.
- **Outcome.** Did you get a CIT-trained officer? Was there a Baker Act, a safety plan, or no action?
- **Recovery.** How long until your child returned to baseline? Were they remorseful, or still escalated hours later?

## 3. WHAT HAPPENS NEXT DEPENDS ON TONIGHT

### IF YOUR CHILD WAS TAKEN

*Baker Act / involuntary examination*

- A Baker Act allows up to 72 hours for examination. Ask when the psychiatrist will actually evaluate your child.
- You have the right to a summary of your child's condition and treatment plan.
- If they want to send your child home and home is not safe, say the words: "I am declaring an unsafe discharge."
- Then ask the social worker to document your statement verbatim in the medical chart.

### IF YOUR CHILD IS STILL HOME

*Make tonight safer than last night*

- Secure medications, firearms, sharps, alcohol, and car keys somewhere your child cannot reach.
- Give your other children a code word and a safe room they go to, no questions asked.
- Call your child's therapist or pediatrician tomorrow morning. Use the words "safety" and "escalating."

## 4. YOU DO NOT HAVE TO DO THIS ALONE

The Waymark Foundation was started by a Florida parent who lived these same nights. We are a 501(c)(3) nonprofit, and everything we offer families is free: step-by-step crisis guides, help pushing back when you are told there are no beds, and grants for families caught in the gap.

## FREE HELP, STARTING RIGHT NOW

[www.waymark-foundation.org](http://www.waymark-foundation.org)

Email: [Lindsay@aisling.consulting](mailto:Lindsay@aisling.consulting)

Crisis guides, your rights, school and placement help, and family grants.

*The Waymark Foundation of Florida, Inc. is a 501(c)(3) nonprofit organization.*

