



# **Kev npaj los daws kev kub ntxhov: Kev txhawb nyob hauv tsev rau cov me nyuam thiab cov hluas muaj kev ntxhov siab**

**Crisis Management Plan: Support at Home for Children and Youth with Mental Health Needs (Hmong version)**

Thaum muaj ib qho dab tsi tshwm sim los peb feem coob yeej muaj lub sij hawm peb txhawj, ntxho siab los yog xav tau kev txhawb. Thaum muaj ib qho tshwm sim rau cov niam txiv ntawm cov me nyuam thiab cov hluas muaj kev ntxhov siab, tej zaum txoj kev ntxhov siab no tseem yuav nce mus ua kev lwj siab yog peb tsis paub tias yuav pab txo tau lub tsam thawj kub kub ntawd tau li cas. Tej zaum cov niam txiv tseem yuav tws kev thaum nyob rau hauv lub tsam thawj lawv tsis pom qab yuav daws tau. Npaj kom muaj ib txoj kev los daws thaum muaj kev kub ntxhov nyob hauv tsev yog ib txoj hau kev zoo los tuav cov tsam thawj kub ntxhov no.

Ib txoj kev npaj sau cia los daws kev kub ntxhov yuav tsum muaj cov zoo hau kev los tiv thaiv kom koj tus me nyuam tus cwj pwm koj tsis zoo ntawd txhob loj mus ntxiv. Thiab txheeb xyuas cov kauj nruam ntxiv mus tias yuav ua li cas thaum npau tawm heev dhau lawm. Nco qab ntsoov tias thaum koj sam sim nrog koj tus me nyuam tham ntawd, koj txhob hais ntau ntau, ua lub ntsej muag luag ntxhi, thiab hais cov lus mos mos. Txoj kev npaj sau cia los pab ntawd tej zaum yuav pab tuav tau lub tsam thawj ntawd kom txias mus.

## **Leej twg sau txoj kev npaj los pab no?**

Ib txoj kev npaj los daws kev kub ntxhov yog tsim los pab rau cov tsam thawj kub ntxhov muaj tawm tuaj nyob hauv tsev uas yuav tsum yog niam txiv sau los pab rau lawv tus me nyuam los yog tus hluas. Qhov no yeej muaj tau cov lus thiab cov tswv yim los ntawm lwm tus nrog uas paub los yog ua hauj lwm nrog tus me nyuam thiab tsev neeg (xws li tus family therapist los yog tus kws kho kev mob hlwb). Lub hom phiaj ntawm txoj kev npaj los daws kev kub ntxhov rau ib tug twg yog los daws tus cwj pwm koj chim siab thaum muaj tawm tuaj, muab kev txhawb qhia thiab kev pab rau thaum ntxov thiab muab kev pab rau koj tus me nyuam kom txhob tsim teeb meem loj tuaj.

## **Txoj kev npaj los daws kev kub ntxhov no yuav muaj dab tsi nyob rau hauv?**

**Txoj kev npaj los daws kev kub ntxhov yuav tsum muaj cov lus teev mus no:**

- 1. Ib sob lus hais txog qhov koj tus me nyuam zoo li cas los yog ua li cas thaum nws siab tus thiab zoo siab. Tseem ceeb mas yuav tau muaj qhov piav qhia tias thaum nws koj zoo ne ho koj li cas xwv koj thiaj paub faj tau thaum nws ho txob siab tuaj thiab pib koj tus cwj pwm tsis haum loj zuj zus.*
- 2. Teev qhov ua rau nws npau taws xws li cov lus hais, lus piav tes los cov tsam thawj uas muaj cuab kav ua kom muaj tus cwj pwm koj tsis haum tawm tuaj. Qhov teev li no yuav tsum muaj cov lus koj tus me nyuam hais nrog. Xam xyuas cov kev cuam tshuam ntawm qhov hloov mus sai sai, cov suab nrov, qhov tsis noj tshuaj, los yog tsis tuaj dab ntub. Txhua tus me nyuam nyias yeej muaj nyias lub siab ntev, li ntawd qhov txheeb xyuas qhov ua rau nws npau taws yuav qhia tau meej pem tias qhov twg yog qhov cuam tshuam rau nws tus cwj pwm koj.*

3. *Cov lus hais txog qhov koj tus me nyuam pib ua thaum nws chim tuaj lawm.* Qee tus me nyuam mas thaum lawm npau taws lawm ces lawv yuav ua lub ntsej muag dub txig xws li nstej muag liab tuaj, ib ce txhav, los yog tso cev hauv pem teb, uas yuav qhia tau tias yog qhov tswj tsis tau tus kheej. Cov loj lawm tej zaum yuav tsis ua tej no tawm. Rau cov hluas mas lawv yuav hloov kev tu cev, pws tas li los yog tsis pw, los yog hloov kev nrog lwm tus ces tej no yuav yog qhov qhia tias yuav muaj kev kub ntxhov tawm tuaj. Ib qho ntawm cov kev qhia tawm tias muaj kev lwj siab zuj zus tuaj yog tus cwj pwm coj uas lam tau lam chim, tsis muaj dab tsi ua rau txaus npau taws los lam npau taws yam tsis tau muaj dua los lawm. Piav tus cwj pwm pom tau yuav pab tau tus ntawd xav rau qhov yog.
4. *Teev cov kev ua los pab daws tau tej cwj pwm muaj teeb meem yav tas los. Txheeb xyuas cov kev ua koj tau siv los pab txo tau tej kev kub ntxhov no lawm.* Yog koj tus me nyuam nyiam puag nkaus, puag nkaus nws kom ntev tsawv yuav ua rau nws paub tias muaj tus hlub nws, qhia tau tias koj to taub nws, thiab ua kom siab nqig tau. Yog tias txawm koj yeej tau siv lub tswv yim ua raws li tau pom zoo lawm los, koj tus me nyuam tseem haj yam muaj tus cwj pwm coj tsis zoo ntxiv ces, coj nws mus so nyob rau qhov chaw uas yeej pom lawm tias zoo rau koj tus me nyuam ces nws kuj yuav siab nqig tau.
5. *Teev ib cov tswv yim tshwj zias uas koj tus me nyuam xav tau tias tej zaum yuav pab kom txhob muaj teeb meem tawm tuaj, thiab txoj kev npaj qhia tias thaum twg thiab yuav siv cov tswv yim no tau li cas.* Ntev mus, koj tus me nyuam yuav ua tau tej yam qhia rau koj paub tias dab tsi pab nws rov tswj tau nws tus kheej. Npaj ib qho kev cim qhia rau koj los qhia rau koj tus me nyuam los siv cov tswv yim uas pab tau los lawm. Qee tsam mas yuav tau muab lub caij mus ua lwm yam kom pab hloov tau lub tsam thawj tsis zoo mus rau qhov zoo. Piv txwv li cia mus ncig ib pliag los yog mloog suab seev.
6. *Teev ib cov hau kev lwm tus yuav pab tau thiab thaum twg yuav kom lawv pab.* Qee tsam mas tus cwj pwm coj tsis zoo yuav muaj tawm tuaj txawm yog yeej muaj cov kev pab txhawb lawm los xij. Thaum tshwm sim li no, qhov muaj cov npe neeg teev tau tseg yuav pab tau kuj zoo heev. Piv txwv tias, koj los yog tus me nyuam hu mus rau pawg neeg pab rau thaum muaj kub ntxhov hauv lub county (County mobile crisis team), hu rau cov kws pab kev ntxhov siab rau koj tsev neeg, los yog qhia rau ib tug phooj ywg los yog txheeb ze. Xyuas kom meej tias koj muaj lo lus qhia meej pem tias lawv yuav pab koj li cas.

Npaj rau qhov zoo thiab xav txog cov dej num npaj los daws kev kub ntxhov. Thaum koj tus me nyuam uas muaj kev ntxhov siab ua muaj tus cwj pwm coj ntxhov heev los yog tsis zoo zuj zus tuaj, kev npaj los daws kev kub ntxhov no yuav pab tau. Yog tias kev npaj los daws kev kub ntxhov no tau npaj tseg tshwj zias ua ntej rau koj tus me nyuam lawm kuj yuav daws tau lub tsam thawj ntawd mus.

### **Cov kev pab cuam**

**Crisis Prevention and Intervention (CPI) (Kev tiv thaiv thiab kev pab txhawb daws kev kub ntxhov)**

[crisisprevention.com/Free-Training-Resources?gclid=CIqWz\\_GsickCFYM-aQodHzwIdw](https://crisisprevention.com/Free-Training-Resources?gclid=CIqWz_GsickCFYM-aQodHzwIdw)

**Vanderbilt University, crisis prevention and management training (Kev cob qhia tiv thaiv thiab kev daws kev kub ntxhov)**

[vkc.mc.vanderbilt.edu/etoolkit/mental-and-behavioral-health/crisis-prevention](https://vkc.mc.vanderbilt.edu/etoolkit/mental-and-behavioral-health/crisis-prevention)

**Mental Health First Aid (Kev pab ua ntej rau kev ntxhov siab)**

[www.mentalhealthfirstaid.org/cs](https://www.mentalhealthfirstaid.org/cs)