

## It's Not Just De-Escalation: Team-Based Strategies for Mental Health Situations

**June 11, 2026**  
**10:00– 12:00pm**

**Description:** Rural healthcare teams are often the frontline for patients experiencing mental health and behavioral health challenges, where staff must respond quickly, safely, and with limited resources. These situations are rarely straightforward and require more than individual communication skills — they depend on early recognition, shared team awareness, and coordinated response. Building on the **SEE, SHARE, SUPPORT** framework, this session focuses on how teams can apply a structured, team-based approach to real-time situations involving patients in distress. Participants will explore how to recognize early signs of escalation, communicate effectively across roles, and support one another during challenging encounters.

Designed for clinicians, leaders, and educators, this session moves beyond traditional de-escalation training to focus on how teams' function together in complex, real-world situations. Through case-based discussion and realistic scenarios, participants will identify practical strategies they can bring back to their teams to improve communication, coordination, and both patient and staff safety.

This approach draws from evidence-based practices in mental and behavioral health, team communication, and human factors in healthcare.

This session can also serve as the next step following foundational training and can be expanded into in-person or simulation-based sessions where teams can further practice and apply these skills in a hands-on environment.

### **Key Objectives:**

- Recognize early indicators of distress and escalation in patients experiencing mental and behavioral health challenges
- Apply the **SEE, SHARE, SUPPORT** framework to support team-based awareness, communication, and response
- Identify practical strategies they can bring back to their teams to improve confidence, consistency, and team response in mental health situations

**Presenter:** Jamie Vetvick, Social Sim Dynamics

**Continuing Education: Clock Hours: 2 CEU's: 2.0**

*This workshop is designed to meet the continuing education requirements for the MN Board of Nursing. It is the responsibility of the nurse to determine whether these activities meet the current criteria for continuing education.*

### **Registration Fees**

**Medi-Sota Members: FREE**

**Non-Medi-Sota Members: \$75/person**

**Prior to the program, you will receive an email with any additional course information and connection details. Registration Deadline: June 10th by 5 pm ensures all registrants will receive course information & any materials in a timely manner.**

**If you should have any questions or do not receive a confirmation email, contact Alyssa Christianson at [achristianson@medi-sota.org](mailto:achristianson@medi-sota.org)**

**Medi-Sota, Serving Rural Health**

*Cancellations must be made no later than 15 business days prior to the start of the course. The full course fee will be charged if cancellation is made in less than 15 business days. Full refunds will be given for all classes cancelled by Medi-Sota. Registration is transferable to another person.*