

# Behavior and Regulation Incident Summary

A calmer incident-summary template for recording what happened, what support was used, and what patterns matter without sounding dramatic or vague.

Name \_\_\_\_\_ Date \_\_\_\_\_

## Incident basics

DATE / TIME

\_\_\_\_\_

WHAT HAPPENED

\_\_\_\_\_

WHO WAS PRESENT

\_\_\_\_\_

## Build-up and likely triggers

WHAT HAPPENED BEFORE THE INCIDENT

\_\_\_\_\_

POSSIBLE OVERLOAD FACTORS

\_\_\_\_\_

WHAT MAY HAVE CONTRIBUTED

\_\_\_\_\_

## Support used

WHAT WAS TRIED

\_\_\_\_\_

WHAT HELPED MOST

\_\_\_\_\_

WHAT DID NOT HELP

\_\_\_\_\_

## Follow-through

WHAT THE FAMILY SHOULD KNOW

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WHAT TO WATCH NEXT

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WHAT TO ADJUST IF IT HAPPENS AGAIN

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CalmCare worksheet — designed for printing and filling out by hand or on screen.