

SYMPTOMS PHASE

Select (an) appropriate question(s) from the following:

All Groups

- What have you noticed about yourself that is different since the event?
- Please share information about any reactions you have experienced or are experiencing:
 - Physical reactions
 - Emotional reactions
 - Cognitive reactions
 - Behavioral reactions
 - Spiritual reactions
- Is your experience today the same as it was at the scene or the following day?
- Are there any leftover symptoms?

Introduction • Fact • Thought • Reaction
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TEACHING PHASE

All Groups

- Reassure the participants that these are normal reactions to the situation.
- Normal reactions of a normal individual to an abnormal event.
- You had no control over what happened. You do have some control over how you cope with it.
- Need for exercise, food, rest, self care
- Talk to trusted people
- Re-establish routines
- What to expect
- Address concerns

Discuss handouts –

- The Five T's: Time, Talk, Touch, Tears, Tolerance
- Discuss coping strategies

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RE-ENTRY PHASE

All Groups

- Wrap up any loose ends, indicate sources of additional assistance, and encourage participants to be supportive of each other through the next few days.
- Indicate that while this defusing/debriefing begins the healing process, the participants may continue to experience reactions for the next few days, weeks.
- Have each person state one thing they are going to do to take care of themselves.

Any “plan of action” needed?

- Ask if there is anything any of the participants would like to say that they were not given the opportunity to say

Remind the participants about the confidentiality

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POST ACTION STAFF SUPPORT (PASS)

REVIEW

- “In general, how do you think the defusing/debriefing went?”
- “What inappropriate thing (or ditzy thing), if anything, did you do during the defusing/debriefing?”
- “What themes emerged?”
- “What was the participation level of the group?”
- “Is there anything you’re worried about?”
- “Is there anything that the Coordinator could have done prior to the defusing/debriefing that would have helped you?”
- “What are you going to do for yourself when you go home?”

RESPONSE

- “Is there anything you said that you wish now that you had not said?”
- “Is there anything that you did not say that you wish now that you had said?”
- “How has this debriefing affected you?”
- “What’s the hardest part of this debriefing for you?”

REMIND

- “Is there any follow-up to be done?”
- “What will it take for you to “let go” of this debriefing?”
- “What are you going to do to take care of yourself in the next 24 hours?”

EUP Crisis Response Team

INTRODUCTORY PHASE (RULES)

All Groups

- Introduce the Team members
- This is not a critique
- Do not have to talk, but what you say may help someone else
- Ask participants to respect the privacy of others
- No breaks are planned
- Do not say anything that would incriminate you
- No pagers/cell phones on
- This group is for _____ Look around the room – anyone here who should not be?
- Feel free to ask questions
- No one has rank here
- This defusing/debriefing is not part of any investigating agency
- Not a “blame” session
- Turn off radios and / or pagers – you are off duty
- Describe what is going to occur (There will be three questions to which each participant is asked to respond). Ask each participant in the group to give his/her name the first time around.

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FACT PHASE

Select (an) appropriate question(s) from the following:

Community

- Who are you?
- What was your relationship to the victim?
- Where were you at the time of the incident (or when you heard about the incident)?
- To the best of your knowledge, what happened?

EMS

- Please give your name and describe what you did at the scene?
- What happened?
- What happened from your point of view?

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THOUGHT PHASE

Community

- What thought has been stuck in your head since the event?

EMS

- Please share your first thought when you came off “auto pilot”.
- What were your first thoughts during the event?

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REACTION PHASE

Select (an) appropriate question(s) from the following:

Community

- What were some of your immediate reactions?
- What reactions are you having now?
- What was the worst thing about the event for you?
- If you could change one thing (but still not change the outcome), what would that be?

EMS

- Please share what you saw as the worst part of the incident for you?
- The third question is – What was the worst thing about the event? If you could change one thing (but still not change the outcome), what would that be?

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