

BEHAVIORAL HEALTH RAPID RESPONSE:

RECOMMENDATIONS FOLLOWING AN ON-DUTY FATALITY, INJURY OR SEVERE CLOSE CALL

PRE-PLANNING

GOAL: Preparation, improve coping

- > **Lead by Example: Promote the importance of behavioral health.**
 - Communicate the importance of behavioral health to members.
 - Sponsor behavioral health trainings and encourage attendance.
 - Establish and/or support local peer support teams by encouraging involvement.
 - Provide information on behavioral health and mass violence related mobile apps (WWW.POCKETPEER.ORG).
 - Include a behavioral health representative in all trainings and events to show importance of behavioral health.
- > **Review material's related to being prepared for a line of duty death. (available on WWW.FIREHEROLEARNINGNETWORK.COM).**
 - Taking Care of Our Own®
 - Stress First Aid
 - After Action Review
- > **Ensure your own affairs are in order and those of your crews.**
 - Update beneficiary forms on an annual basis.
 - Complete the Safety Officers' Benefits Designation Form (available on WWW.FIREHERO.ORG).
- > **Learn about common reactions to potentially traumatic events and mental health resources.**
 - Available on WWW.POCKETPEER.ORG.
 - Look for training via department's Employee Assistance Program or community behavioral health resources.

IMMEDIATE (0 - 48 HOURS)

GOAL: Survival, communication

- > **Establish that basic needs have been met by assessing the members' safety and security.**
- > **Remain calm and communicate.**
 - Hold an operational meeting with members and provide information about details and next steps.
 - Conduct an After Action Review.
 - Assess communication with family, friends, community.
 - Listen to concerns and follow up.
- > **Encourage self-care and buddy-care.**
 - Give the members autonomy to decide when and where to rest (i.e., at home vs station).
 - Check in that members are eating healthy, avoiding abusing alcohol and getting plenty sleep.
 - Inspire members to talk to peers.
- > **Contact experts to provide supportive mental health services.**

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RESCUE (0 – 1 WEEK)

GOAL: Adjustment

- > Conduct a needs assessment with a confidential survey or informally talking to department members.
- > Coordinate psychological stress resources by facilitating meetings with local peer support teams or other local resources.
- > Review the Seven Cs of Stress First Aid and encourage members to look after each other.
- > Have resources available for family members.

RECOVERY (1 – 4 WEEKS)

GOAL: Appraisal, planning

- > Monitor the recovery environment.
 - Hold follow-up meeting with members – provide additional information and reduce mental health stigma.
- > Foster resilience and recovery.
 - Sponsor relevant support groups and trainings (i.e., family, coworker, and grief support; coping skills).
 - Provide information on behavioral health related mobile apps like WWW.POCKETPEER.ORG.

RETURN TO LIFE (4 WEEKS – ONGOING)

GOAL: Reintegration

- > Reduce stigma by supporting and encouraging mental health treatment.
 - Continue to provide handouts on resources and services.
- > Review the AAR action items and develop an implementation plan if appropriate.



FIRST RESPONDER
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FUNDING GENEROUSLY PROVIDED THROUGH DHS/FEMA'S GRANT PROGRAM DIRECTORATE FOR ASSISTANCE TO FIREFIGHTERS GRANT PROGRAM – FIRE PREVENTION AND SAFETY GRANTS.

For more information on Stress First Aid, visit
WWW.FIRSTRESPONDERCENTER.ORG/TRAINING-FOR-FIRST-RESPONDERS