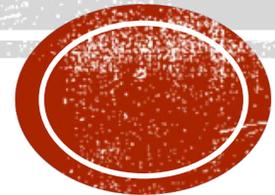


# PSYCHOLOGICAL FIRST AID; WILDERNESS TOOLKIT



AWLS kit



# STRESS INJURIES

## Objectives of first response/Emergency Medicine:

- Assess LIFE THREATS and preserve life
- Do no harm

**Stabilize and treat to mitigate future complications**

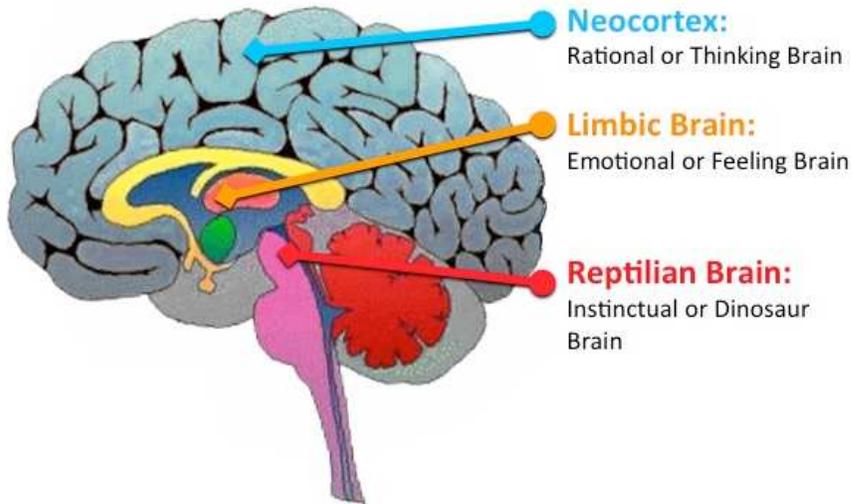
- Disposition/referral to higher care



**Stress Injuries are physical injures**



# STRESS INJURY FORMATION



Response system  
overwhelmed

Emotional **Connection**

Helplessness





**Sights**

**Sounds**

**Smells**

**Sensations**





# Stress Continuum Model



READY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> <li>• Effective communication</li> <li>• Socially, spiritually active</li> <li>• Calm and confident</li> <li>• Strong, cohesive units and families</li> <li>• Emotionally and physically healthy</li> </ul>	<ul style="list-style-type: none"> <li>• Changes from normal behaviors</li> <li>• Poor focus, loss of interest</li> <li>• Irritable and pessimistic</li> <li>• Temporary and mild distress</li> </ul>	<ul style="list-style-type: none"> <li>• Unresolved loss, trauma, wear and tear, inner conflict</li> <li>• Social isolation</li> <li>• Sleeplessness and self medicating</li> <li>• More severe and lasting effects</li> </ul>	<ul style="list-style-type: none"> <li>• Constant and disabling distress</li> <li>• Depression, severe anxiety</li> <li>• Symptoms get worse or get better then worse again</li> <li>• Relationships and work suffer</li> </ul>
<b>TO STAY MISSION READY</b>	<b>TO RECOVER AND BUILD RESILIENCE</b>	<b>TO BEGIN HEALING</b>	<b>TO GET HELP</b>
Keep fit, eat right, relax	Get adequate sleep, talk to someone you trust	Talk to a chaplain, counselor, or medical provider	Seek medical treatment
Unit Leader Responsibility	Individual, Shipmate, Family Responsibility		Caregiver Responsibility

## STRESS REACTIONS

- Hyper-Arousal
- Negative Mood/Cognition
- Re-experiencing
- Avoidance



# PSYCHOLOGICAL FIRST AID (PFA) STRESS FIRST AID (SFA)

**Psychological First Aid (PSA)** is an evidence-formed modular approach to help in the immediate aftermath of disaster, terrorism or other significant trauma event.

## **Goals:**

- To reduce initial distress, and thus long-term morbidity
- To foster short- and long-term adaptive functioning and coping
- Decrease arousal and re-establish safety



# **PSYCHOLOGICAL FIRST AID TOOLKIT**

**CALM**

**ESTABLISH SAFETY**

**CONNECTION**

**SELF-EFFICACY**

**HOPE.**



# SAFETY

## **CREATE A SAFE ENVIRONMENT BY:**

- Mitigating the scene as much as possible by reducing chaos and removing patients from perceived threats.
- Reflecting evidence of safety.



# CALM



## **CREATE CALM BY:**

- Calming yourself first - being the dominant nervous system.
- Emphasizing the present, the practical, and the possible.



# SELF- AND COLLECTIVE EFFICACY

## CREATE SELF AND COLLECTIVE EFFICACY BY :

- Involving the person in problem-solving, self-care, and rescue - Asking people what else they can do and what they should not do.
- Recognizing and reminding people of existing strengths and past experiences .



# CONNECTION

## **CREATE CONNECTION BY:**

- Building an on-scene relationship.
- Prioritizing and helping people. contact friends, family, loved ones (including pets) as soon as possible.



# HOPE

## **CREATE HOPE BY:**

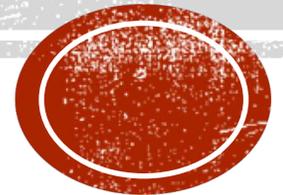
- Reflecting specific, accurate, positive facts and predictable, realistic steps.
- Personally maintaining and communicating hope.



# PSYCHOLOGICAL FIRST AID; WILDERNESS TOOLKIT



AWLS kit



# STRESS INJURIES

## Objectives of first response/Emergency Medicine:

- Assess LIFE THREATS and preserve life
- Do no harm

**Stabilize and treat to mitigate future complications**

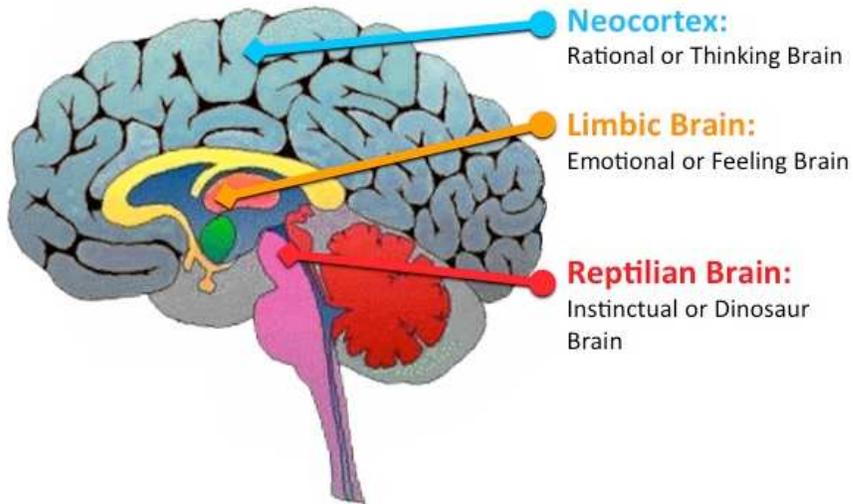
- Disposition/referral to higher care



**Stress Injuries are physical injures**



# STRESS INJURY FORMATION



Response system overwhelmed

Emotional **Connection**

Helplessness





**Sights**

**Sounds**

**Smells**

**Sensations**





# Stress Continuum Model



READY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> <li>• Effective communication</li> <li>• Socially, spiritually active</li> <li>• Calm and confident</li> <li>• Strong, cohesive units and families</li> <li>• Emotionally and physically healthy</li> </ul>	<ul style="list-style-type: none"> <li>• Changes from normal behaviors</li> <li>• Poor focus, loss of interest</li> <li>• Irritable and pessimistic</li> <li>• Temporary and mild distress</li> </ul>	<ul style="list-style-type: none"> <li>• Unresolved loss, trauma, wear and tear, inner conflict</li> <li>• Social isolation</li> <li>• Sleeplessness and self medicating</li> <li>• More severe and lasting effects</li> </ul>	<ul style="list-style-type: none"> <li>• Constant and disabling distress</li> <li>• Depression, severe anxiety</li> <li>• Symptoms get worse or get better then worse again</li> <li>• Relationships and work suffer</li> </ul>
<b>TO STAY MISSION READY</b>	<b>TO RECOVER AND BUILD RESILIENCE</b>	<b>TO BEGIN HEALING</b>	<b>TO GET HELP</b>
Keep fit, eat right, relax	Get adequate sleep, talk to someone you trust	Talk to a chaplain, counselor, or medical provider	Seek medical treatment
Unit Leader Responsibility	Individual, Shipmate, Family Responsibility		Caregiver Responsibility

## STRESS REACTIONS

- Hyper-Arousal
- Negative Mood/Cognition
- Re-experiencing
- Avoidance



# PSYCHOLOGICAL FIRST AID (PFA) STRESS FIRST AID (SFA)

**Psychological First Aid (PSA)** is an evidence-formed modular approach to help in the immediate aftermath of disaster, terrorism or other significant trauma event.

## **Goals:**

- To reduce initial distress, and thus long-term morbidity
- To foster short- and long-term adaptive functioning and coping
- Decrease arousal and re-establish safety



# **PSYCHOLOGICAL FIRST AID TOOLKIT**

**CALM**

**ESTABLISH SAFETY**

**CONNECTION**

**SELF-EFFICACY**

**HOPE.**



# SAFETY

## **CREATE A SAFE ENVIRONMENT BY:**

- Mitigating the scene as much as possible by reducing chaos and removing patients from perceived threats.
- Reflecting evidence of safety.



# CALM



## **CREATE CALM BY:**

- Calming yourself first - being the dominant nervous system.
- Emphasizing the present, the practical, and the possible.



# SELF- AND COLLECTIVE EFFICACY

## CREATE SELF AND COLLECTIVE EFFICACY BY :

- Involving the person in problem-solving, self-care, and rescue - Asking people what else they can do and what they should not do.
- Recognizing and reminding people of existing strengths and past experiences .



# CONNECTION

## **CREATE CONNECTION BY:**

- Building an on-scene relationship.
- Prioritizing and helping people. contact friends, family, loved ones (including pets) as soon as possible.



# HOPE

## **CREATE HOPE BY:**

- Reflecting specific, accurate, positive facts and predictable, realistic steps.
- Personally maintaining and communicating hope.



[www.responderalliance.com](http://www.responderalliance.com) Psychological First Aid

## RESOURCES

