

PLANNING & NEXT STEPS

ESTABLISH A PLAN

Plan for next 24 hours: _____

Physical Needs: 1) _____ 2) _____

Comfort Measures: 1) _____ 2) _____

Identify Stressors: 1) _____ 2) _____

BRIDGE TO CONNECTION

Name a Trusted Connection: _____

Phone Number of a Trusted Connection: _____

NORMALIZE

What to expect in the coming days/weeks: It is normal to feel numb or angry, cry, shake, have trouble concentrating, be irritable, possible nightmares, see images of the event, or feel like life will never be normal again, or you could have none of these and feel more or less like your usual self.

What are 2 life responsibilities that could be put off for a later date or ask someone else to do to make space for this normal recovery process?

1) _____

2) _____

CONTINGENCIES

What to will tell other people about the event:

People that others can contact for more information about the event:

*Consider professional help, especially if disruptive emotions or thoughts continue 3 weeks past the event. See back for more resources.

PLANNING & NEXT STEPS | resources

Mental Health Care Providers

Local Individuals:

Groups:

Remote:

Suicide Prevention:

Local Organizations

Organizations Supporting Survivors of Events

Tools and Protocols

- + The 3-3-3 Protocol Tool for what to do in the days weeks and months after an event
- + The Traumatic Stress Questionnaire to assess yourself
- + Individual Resilience Plan for choosing small actions to connect to safety, calm, connection, efficacy, & hope

*All of these can be found at www.resonderalliance.com

Planning & Next Steps | CONTINUITY OF CARE | example scripts

ESTABLISH A PLAN	<ul style="list-style-type: none">+ After unexpected events, the brain craves structure & a plan. Let's map out the next few hours or days.+ After stressful events & losses, it helps to make sure your body has basic needs met & to support you eating, getting cleaned up & getting warm.+ Is there anything you really need or crave right now (silence, shower, a trusted pet, your bed, your partner)?+ Identify other stressors or urgent issue: dog needs to be let out, kids picked up, notification of loved one.
BRIDGE TO CONNECTION	<ul style="list-style-type: none">+ Is there anyone we could call who you think could support you over the next few hours or days?+ Can I help you connect with them?+ Example call: Hi Moly, this is Laura from SAR, calling on behalf of JJ. I wanted to let you know that he is sitting next to me, & not physically injured. He has been involved in an incident where his climbing partner was seriously injured in a fall (pause for response). He requested I call you to see if you might be able to pick him up & support him in the next few hours.
NORMALIZE	<ul style="list-style-type: none">+ All of us, when confronted by overwhelming or unexpected events have to calibrate & adjust to what we've seen & experienced. Now that you're safe, your body can respond to what it has experienced.+ It's really common in the first hours & days after an event for people to cry, shake, feel numb, or angry, or even normal. Many people have trouble concentrating, may have nightmares, see images of the event, or feel like life will never be normal again.+ All of this is a part of recovery. What helps is to make space for it, reduce stressors & do things that feel nurturing. This sends a tangible message to the brain that although this is overwhelming, we did survive.
CONTINGENCIES	<ul style="list-style-type: none">+ Limit the need to repeat details of the event.+ Often people want to hear from you, or you feel obligated to share the story, this can be stressful & may make it harder to recover. Know that it's ok to protect yourself until you're ready to talk.+ A few ideas: Assign a contact who can share information & create a script: Adam fell 150 feet while climbing the Nose. I worked with the rescuers on scene, but despite heroic efforts he did not survive. I really appreciate your support but I'm not ready to talk about it. You can call Helen for more information.+ Seek professional help anytime & especially if distress continues 3 weeks after the event. See back for detail.

Planning & Next Steps | **CONTINUITY OF CARE** | example resources

Mental Health Care Providers

Local Individuals: Therapist in the area

Groups: Peer support groups if the person is part of an industry with lateral support

Remote: Therapist from mental health directories such as the Climbing Grief Fund

Suicide Prevention: List both local and national hotlines

Local Organizations

- + Grief and loss support groups
- + Hospitals with support services
- + Chaplains
- + Specific religious organizations with support services

Organizations Supporting Survivors of Events

- + Climbing: Climbing Grief Fund
- + Avalanche: American Avalanche Association, Survivors of Outdoor Adventures & Recovery (S.O.A.R)
- + River Guides: Redside Foundation
- + First Responders: Responder Strong
- + Mountain: Mountain Muskox

Tools and Protocols

- + The 3-3-3 Protocol Tool for what to do in the days weeks and months after an event
- + The Traumatic Stress Questionnaire to assess yourself
- + Individual Resilience Plan for choosing small actions to connect to safety, calm, connection, efficacy, & hope
- + Incident Support Tool (IST)

* Details and training about these tools can be found at www.responderalliance.com