

PREPLAN FOR CRISIS RESPONSE

Team Readiness:

In building your team, consider what criteria will you use to maintain the validity of your membership? How often will your team train? Who is the ultimate supervisor for any individual team member? Who in the community can be on your team? These are just a few points to consider when determining your comfort level. See the **Criteria for Membership from the Jefferson/Gilpin Crisis Response Team** in the sample section.

Benjamin Franklin said “An investment in knowledge pays the best interest.” This is particularly true when it comes to crisis response. The last thing we need in a crisis is another crisis as a result of poor planning or a lack of training.

Suggested Training:

- Incident Command System, FEMA on-line Courses: <http://training.fema.gov/IS/NIMS.aspx>
- Crisis intervention
- Psychological First Aid
- Emergency Management (what does your community have?)
- Debriefing/Defusing (consider various models and adapt to your own needs)
- Mock incidents (Fire, school disasters, tornadoes, terrorist attacks, disasters...)
- Confidentiality issues
- Relationship building
- Emergency Operations Center

An Emergency Readiness Kit will help you save time and brain cells in the midst of a crisis. Prior to a crisis, find a bag and fill it with tools you may need to respond to a call anywhere at any time. The following tools have proved to be helpful (or greatly missed) in previous incidents: air card, laptop, thumb drive, phone chargers, printer, crisis response team identifying clothing or armbands, ID cards, note pads, Kleenex, water, pens, tape, own personal needs related to your health and weather.

Preplan to take care of yourself and others. With the recognition that responders to crisis are susceptible to vicarious traumatization, healthy response planning should include vicarious trauma education for responders, and the necessity of self care. Protocols for initial debriefing following response and follow-up should be established and adhered to

whenever possible. Things to consider: Length of shift, identification of individual/group support system, and who will be responsible for immediate and follow-up with responders.