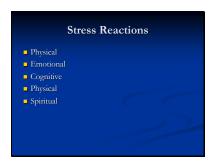
Slide 1	0:: 11 :1 :0:	
	Critical Incident Stress Management : Building Psychological Resilience	
	Sponsored By:	
	Howard County Maryland Office of Emergency Management Local Emergency Planning Committee	
Slide 2		
onde E	It never fails, first we have an earthquake, and then it snows	
	- Control of the cont	
Slide 3	Emergencies Can Challenge our	
	Resilience	



Slide 5





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Slide 8





Community Solidarity Phase

- Duration: weeks to months
- Community acts to protect survivors
- Community solidarity



Slide 11

Community Solidarity Phase

- Gratitude for survival
- Bonding



Slide 12

Community Solidarity Phase

- Assistance pours into the area
- Media focuses on event
- Belief that life will rapidly return to normal



Disillusionment Phase Duration: months to years Fatigue emerges Losses are realistically assessed Giber Stanage, 64, said he sport his savings on his \$11,000 mobile home in Port Ohnfotte, Fla., two years age but could not get insurance.

Slide 14

Disillusionment Phase

- Media pulls out
- Volunteerism declines
- Persons remain displaced
- Hope diminishes
- Resentment builds
- Community cohesion is challenged



Slide 15

Reconstruction Phase

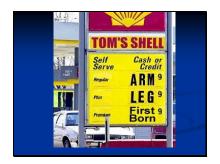
- Duration: months to years
- Rebuilding continues
- The new reality is accepted
- Anniversaries or reminders may be distressing

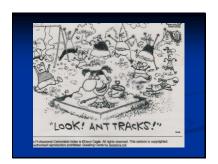




Slide 17







Slide 20





Slide 22 Resilience FamilyCommunity Slide 23 **Building Resilience** Willingness to tolerate some pain and changePersistence! Slide 24 Key Resilience Factors (Southwick and Charney) Former POW'sSpecial Forces Instructors

Slide 25				
	Resilience Factor: Physical Fitness			
	■ Improves physical health			
	 Reduces anxiety and depression Enhances cognitive functioning 		 	
	HPA axis dampening under stress			
	■ Lower cortisol production, less brain exposure to			
	cortisol and less hippocampal neuron damage		 	
	Neurogenesis via increased production of neurotrophic			
	factors (BDNF)			
		_		
Slide 26	D. W. E. D. W.J.			
0	Resilience Factor: Realistic			
	Optimism			
	■ Future oriented attitude		 	
	■ Hopefulness			
	■ Pay attention to the negative, but don't let it			
	define your reality			
	Focus on strengths			
	a rocus on strengths			
Slide 27				
	Optimism and Resilience			
	Negative Emotions can help us survive danger			
	(e.g. fight or flight arousal)		 	
	■ Positive emotions reduce excessive arousal and			
	broaden our focus			
	■ Allow for re-appraisal, positive coping, and finding		 	
	meaning			
	Optimists are effective problem solverswhy?			

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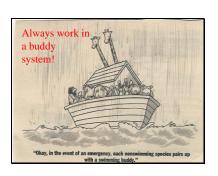
Slide 28				
	Strategies for Optimism			
	 Focus attention on positives 			
	 Intentionally monitor your thinking Practice reframing events in a more positive 	,		
	manner			
	■ Act in ways that build positive attitudes			
Slide 29				
311dC 23	Decilion as Factor Cognitive			
	Resilience Factor: Cognitive Flexibility			
	■ Accepting reality of a situation			
	■ Cognitive re-appraisal (30,000 ft. view)			
	 Gratitude Re appraise failure as an opportunity to self 			
	correct Humor			
	Humor		 	
Slide 30				
Shac 50	Resilience Factor: Facing Fear			
	recontended a motory a motorig a con-			
	■ See fear as a normal chemical process		 	
	 Avoidance of fear = Longer suffering Focus on the mission or a goal when afraid 			
	 Focus on the mission of a goal when alraid Use outward focus to counter cognitive 			
	constriction Breathing techniques			
	Dreating techniques		 	

Slide 31	What helps you face fear?		
	SS.		
Slide 32			
	Resilience Factor: Moral Compass Decisions based on core values		
	Focus on serving and altruism Focus on serving and altruism		
		•	
		•	
Slide 33	Resilience Factor: Spirituality		
	Meaningful Belief System • How do you "make sense" of the world?		
	■ Physical and Psychological Benefits		

Resilience Factor: Social Support

- Isolation associated with stress, depression, and PTSD
- Cohesion increases resilienceSupport is healing after trauma

Slide 35





Support: Role Models

- Relationships provide the experience, knowledge, and support to encourage people to challenge themselves and grow

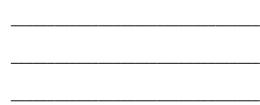
Slide 38

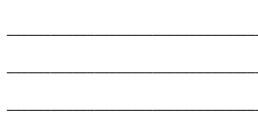


Slide 39

Resilience Factor: Training

- Repetitive Skill Practice / Overlearning
 Stress inoculation
 Mental Rehearsal of Skills
 Modeling





Slide 40	D 11 DI 1 10		
	Resilience: Physical Strategies		
	■ Physical fitness / Exercise		
	 Relaxation Training Nutrition 		
	■ Sleep / Rest / Vacation		
	 Talk it out or write about critical incidents Medical intervention if indicated 	-	
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Slide 41		1	
Slide 41	Resilience: Finding Meaning	-	
	■ Brother/Sisterhood		
	 Expression (talk, write, art) Time for Daily Reflection 	-	
	Personal Renewal Activities		
	 Live Your Values Mindfulness 	-	
	 Transition Rituals Humor 		
		-	
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Slide 42	Finding Meaning	-	
	Remember those you have helpedTell the stories	-	
	■ Letters, cards etc. to read together		

Slide 43	Family Resilience	_	
		_ 	
Slide 44		- - -	
	Family Resilience Commitment	- - - -	
Slide 45	Family Resilience Cohesion	 - -	
		- -	

Slide 46			
	Family Resilience		
	Flexibility		
Slide 47			
	Family Resilience		
	Communication		
Slide 48			
Slide 40	F " P "		
	Family Resilience		
	Connectedness		

Slide 49		
	Family Resilience	
	Taniny Resilience	
	Time Together	
Slide 50		
	E 11 B 11	
	Family Resilience	
	Shared Beliefs	
Clida E4		
Slide 51		
	Family Resilience	
	Preparing for	
	Emergencies	

Slide 52 Dear Department of Homeland Security: I have my duck taped—now what Slide 53 Tips for Preparing for Emergencies Remember Pets ■ Teach Children about Emergencies Slide 54 Tips for Preparing for Emergencies

Team/Organizational Strategies

- Pre disaster training / stress inoculation
 Pre exposure briefings
 "Buddy care"
 Provide for contact with family
 Provide for contact with family
 Supervisors trained to monitor for excessive stress reactions
 Breaks / mesls / rest
 Post disaster staff support

Slide 56

Crisis Intervention and Critical Incident Stress Management

Slide 57

Critical Incident Stress

<u>reaction</u> that results from an exposure to a

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Critical Incident Stress Management (CISM)

- A "package" of crisis intervention techniques
 Trained Teams to support agencies and communities

Slide 59

Professional Resources for Support





Slide 62

Professional Resources

- Counseling / TherapyCrisis Response AgenciesEAP

- PTSD recovery programsSpiritual Care
