

Overview of Psychological First Aid

Section Headers	
Preparing to Deliver Psychological First Aid	<ol style="list-style-type: none"> 1. Entering the setting 2. Providing services 3. Group settings 4. Maintain a calm presence 5. Be sensitive to culture and diversity 6. Be aware of at-risk populations
Contact and Engagement	<ol style="list-style-type: none"> 1. Introduce yourself/ask about immediate needs 2. Confidentiality
Safety and Comfort	<ol style="list-style-type: none"> 1. Ensure immediate physical safety 2. Provide information about disaster response activities and services 3. Attend to physical comfort 4. Promote social engagement 5. Attend to children who are separated from their parents/caregivers 6. Protect from additional traumatic experiences and trauma reminders 7. Help survivors who have a missing family member 8. Help survivors when a family member or close friend has died 9. Attend to grief and spiritual issues 10. Provide information about casket and funeral issues 11. Attend to issues related to traumatic grief 12. Support survivors who receive death notification 13. Support survivors involved in body identification 14. Help caregivers confirm body identification to a child or adolescent
Stabilization	<ol style="list-style-type: none"> 1. Stabilize emotionally overwhelmed survivors 2. Orient emotionally overwhelmed survivors 3. The role of medications in stabilization
Information Gathering: Current Needs and Concerns	<ol style="list-style-type: none"> 1. Nature and severity of experiences during the disaster 2. Death of a loved one 3. Concerns about immediate post-disaster circumstances and ongoing threat 4. Separations from or concern about the safety of loved ones 5. Physical illness, mental health conditions, and need for medications 6. Losses (home, school, neighborhood, business, personal property, and pets) 7. Extreme feelings of guilt or shame 8. Thoughts about causing harm to self or others 9. Availability of social support 10. Prior alcohol or drug use 11. Prior exposure to trauma and death of loved ones 12. Specific youth, adult, and family concerns over developmental impact

Overview of Psychological First Aid - *continued*

Section Headers

Practical Assistance	<ol style="list-style-type: none"> 1. Offering practical assistance to children and adolescents 2. Identify the most immediate needs 3. Clarify the need 4. Discuss an action plan 5. Act to address the need
Connection with Social Supports	<ol style="list-style-type: none"> 1. Enhance access to primary support persons (family and significant others) 2. Encourage use of immediately available support persons 3. Discuss support-seeking and giving 4. Special considerations for children and adolescents 5. Modeling support
Information on Coping	<ol style="list-style-type: none"> 1. Provide basic information about stress reactions 2. Review common psychological reactions to traumatic experiences and losses <ul style="list-style-type: none"> • <i>Intrusive reactions</i> • <i>Avoidance and withdrawal reactions</i> • <i>Physical arousal reactions</i> • <i>Trauma reminders</i> • <i>Loss reminders</i> • <i>Change reminders</i> • <i>Hardships</i> • <i>Grief reactions</i> • <i>Traumatic grief reactions</i> • <i>Depression</i> • <i>Physical reactions</i> 3. Talking with children about physical and emotional reactions 4. Provide basic information on ways of coping 5. Teach simple relaxation techniques 6. Coping for families 7. Assist with developmental issues 8. Assist with anger management 9. Address highly negative emotions 10. Help with sleep problems 11. Address alcohol and substance use
Linkage with Collaborative Services	<ol style="list-style-type: none"> 1. Provide direct link to additional needed services 2. Referrals for children and adolescents 3. Referrals for older adults 4. Promote continuity in helping relationships