

EMOTIONAL TACTICAL WORKSHEET

BENCHMARKS

- Evaluate scope of the problem
- Construct Incident Action Plan
- Contact appropriate "hand-off" sources
- Establish safety officer
- Verify the member has made contact
- RIT established for follow-up
- Make appropriate notifications
- Under control

- ### RISK FACTORS
- Trauma/Abuse history
 - Sleep disorder
 - Rumination
 - Substance abuse
 - General life stress
 - Separated or divorced; recently widowed
 - Physical health problems
 - Access to firearms
 - Previous attempts
 - Family history
 - Exposure
 - Depression
 - Low self-esteem
 - Anxiety
 - PTSD

RESOURCES

Options Available	P A R
Tailboard	
Kitchen Table	
Peer Support	
Chaplain	

CISM	P A R
EAP	
Other Behavioral Health Services	
Treatment Centers	

RISK ANALYSIS

- Family history
- Busy department
- Multiple traumatic events
- Working at more than 1 fire department
- Home stressors

RISK EVALUATION QUESTIONS

- Have you had any of the following types or responses?
- Young person death
 - Physical abuse
 - Drug overdose
 - Murder
 - Traumatic death
 - Domestic violence
 - Criminal Activity
 - Suicide

Side / Exposure C: CHARLIE

Side / Exposure B: BRAVO

Side / Exposure D: DELTA

Side / Exposure A: ALPHA

SUBDIVISIONS

SAFETY / ISO	EMS/REHAB	RIT/RITO
Emotional wellness is not an option but a mandatory part of firefighter health and safety.	Emotional health and wellness is part of your overall health, not a portion or separated.	Aware of situation 360 degree size-Up Assigned/volunteer to help? Briefing with command staff if necessary Strategy/tactics Understood? (Options available).

MAYDAY

RECOGNITION/DENIAL (personal/organizational)

- Failure to reach out
 - Problem seen as not solvable
 - Lack of professional intervention
 - Nowhere to turn to
 - Catastrophic failure/suicide
 - L: Location in building: _____
 - U: Unit: _____
 - N: Person/Company Requesting MAYDAY: _____
 - A: Assignment: _____
 - R: Radio Frequency Assignment: _____
 - Location (Emotional) – numb, depressed, lost.
 - Unit – family, fire department.
 - Name – who I am as a person.
 - Assignment – (role) husband, wife, father, sister, brother, firefighter.
 - Resources - I need someone to talk through something with me.
- Copyright Red Tail Clinical Counseling - Dr. Cody Todd

- Deploy RIT: _____
- PAR for involved Department Member

Family Notification

1. _____
2. _____

INCIDENT COMMAND TACTICAL WORKSHEET

- Open culture established
- Emotional wellness education/training top to bottom completed
- Programs evaluated and in place including funding
- Members and their families trained on the available programs
- Annual evaluations of personnel and programs in place