CRISIS MANAGEMENT BRIEFING

Structured **“information push”** following a traumatic event that can be done with a mixed group of any size, lasting about 45-75 minutes. The CMB should be fine tuned to **address the** **specific themes and symptoms** for the event that has caused the trauma.

Goals:

* Provide information about incident
* Control rumors
* Educate about symptoms of distress and stress management
* Provide a sense of leadership
* Enhance credibility, reduce sense of chaos
* Re-establish sense of community
* Psychological screening.

This is NOT a press conference, psychotherapy, a debriefing, or a long term solution for ongoing problems. Assemble the group, present the facts, discuss reactions and stress management, allow SOME questions, but this is mostly an information download.

Wrap up by providing EDUCATION on stress mgmt and resources for follow-up. Other team members are there to speak to afterwards. Strive for group cohesion.

Credible leader presents specific FACTS of the situation, in a calm, assuring manner. Team must coach beforehand.

Team member begins by offering sympathy, concern and hope. Reviews psychological impact of event and typical SYMPTOMS. Other team members are watching group to assess and follow out any who suddenly leave. Allow questions, but do not allow CMB to degenerate into name calling/accusations. Maintain control, be a calming presence.