

Everyone has a plan, 'til they get punched in the mouth.

Mike Tyson

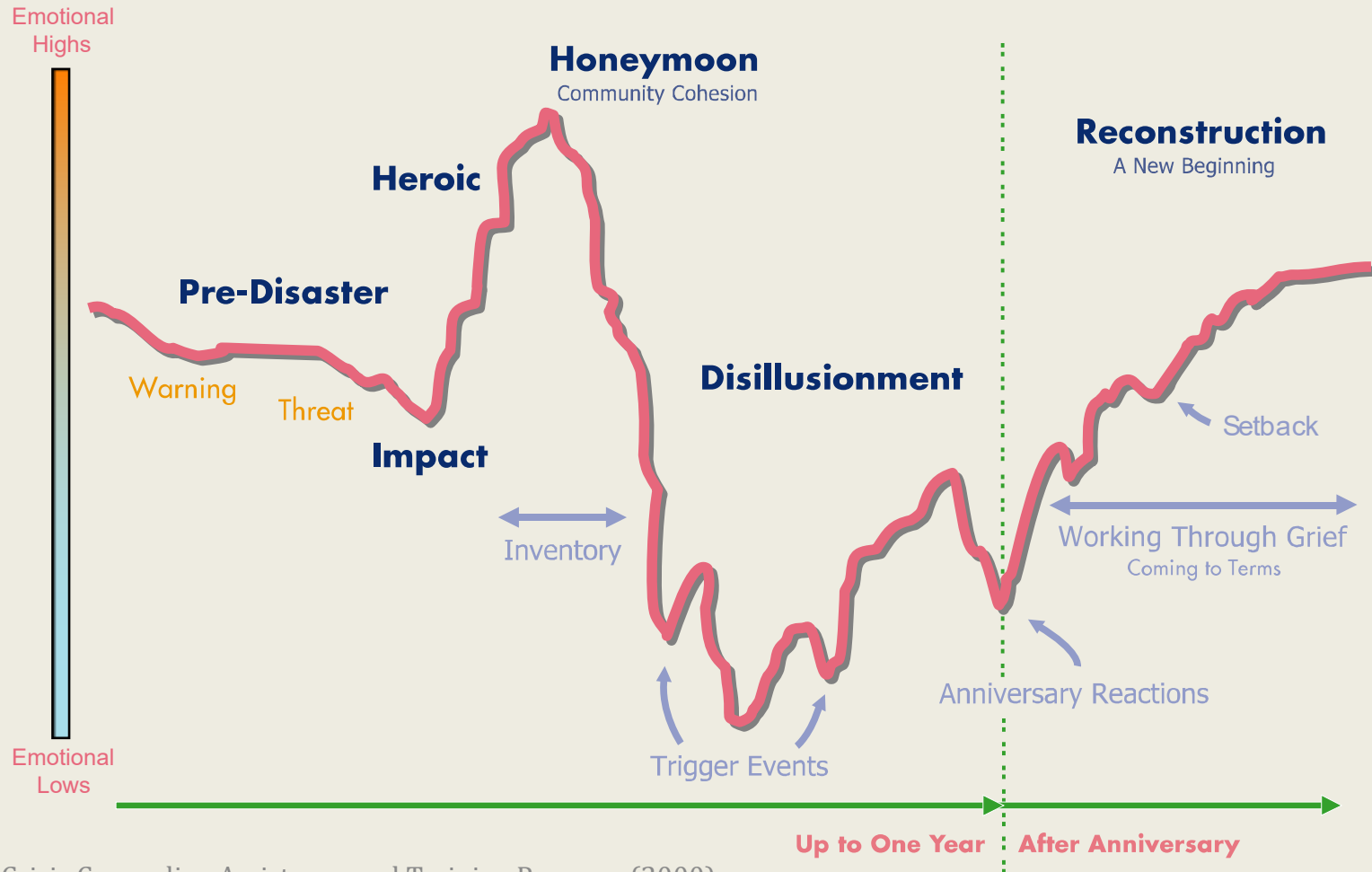
DISASTERS AND MASS CASUALTY EVENTS

MODULE 6

Plan ahead

- You could be a responder or a survivor or both after a disaster/mass casualty event
- Plan ahead Have a family emergency plan

Community Phases of Disaster



Crisis Counseling Assistance and Training Program (2000)

Disillusionment Phase Tips

- Remember that criticism of the response may be focused on you
- Just because you're the target, doesn't mean you should take it personally
- Try to look at the criticism objectively and make decisions about what you can do differently next time

Self-Care during Mass Casualty Response/Recovery

- Talking with others during down time is important – it helps prevent getting lost in your thoughts
- Take breaks away from the sights, sounds and smells of the incident site
- Expression of strong emotions is normal and honorable. Don't mistake an expression of feeling as a weakness

Uniformed Services University of the Health Sciences, Center for the Study of Traumatic Stress (CSTS), Bethesda, MD.

http://www.cstsonline.org/wp-content/resources/CSTS_FS_Sustained_Care_Giving.pdf

Common Reactions after Mass Casualty Response/Recovery

- Strange dreams/nightmares
- Feeling tense
- Intrusive memories

Share your reactions with people you trust.

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http://www.cstsonline.org/wp-content/resources/CSTS_FS_Mass_Death.pdf

Focus on Strengths

(Personal Hot Wash)

- What did I do well?
- What personal strengths helped me through this situation?
- How can I do things differently in the future?

Activity

- Make a list of your personal strengths
 - Keep this list in a place you can access later
 - Add to the list when you discover new strengths
 - Refer to the list when you doubt yourself