

## Southern Law Enforcement

### Defusing

#### Introduction:

- Introduce team members / Not therapy
- State purpose / describe process
- Motivate participants / Promote speaking  
3X's / No one is forced to speak
- Set ground rules—Off duty, No Radio, No phone
- Stress Confidentiality
- Not an investigation

#### Exploration:

- Ask for brief descript of event
- Ask what were you doing 15 min before
- What was 1st cognitive thought following event
- Ask about most negative experiences (ie see, hear, smell)
- Assess need for additional help
- Normalize / Constantly reassure

#### Information:

Normalize experiences and reactions.  
Teach stress reduction skills, exercise, diet, drinking water, rest, talking to family & friends.

## Southern Law Enforcement

### One on One

#### Evaluation:

- Get MH on standby
- Introduction
- Confidentiality Law (SB66 ACT 283)

#### Process:

- Are you ok?
- Provide basic physical/psychol 1st aid.
- Cognitive Assessment
- Never leave alone until Stressed on CAS.
- Let them go as far as they want to go.
- If they don't progress...Be prepared to refer.

#### CAS Scale:

- Normal
- Stressed
- Distressed
- Overwhelmed
- Debilitated

## Southern Law Enforcement

### Debriefing—7 Phase CISD

#### Introduction Phase:

- Introduce team members / Victims
- Not therapy/ Not investigation
- Confidentiality
- Set ground rules—Off duty, No Radio, No phone
- This is a 7 phase process
- Motivate participants / Promote speaking  
3X's / No one is forced to speak

#### Fact Phase:

- Please tell who you are and what happened from your perspective. Only the facts you know, saw, heard, did, and experienced.
- Chronological order from, pre-event, event, and post event. Tell us about your experiences.

#### Thought Phase:

- After auto-pilot, what was your 1st conscious thought after the event ended. What popped in your head?

## Southern Law Enforcement

### Debriefing—7 Phase CISD

#### Reaction Phase:

- What thing(s) stands out, most remembered image, sight, sound, smell, touch.
- What would you erase / movie clip?

#### Symptom Phase:

- What has life been like for you since the event? (i.e. sleep, eating, pleasure, energy level, anger?)
- Or, "What signals of distress have you noticed in yourself since this happened?"

#### Teaching Phase: (MHP)

- Normalize reactions, as appropriate
- Everyone allowed to speak: value added Peer Support
- Emphasize taking care of self / teach stress management skills

#### Re-Entry Phase:

- Summarize key points, "lessons learned"
- Confidentiality, support, closing