



Community Safety and Well-Being

SITUATION TABLE

Trauma, Stress, Self
Care

Four Elements of AER

- Significant interest at stake
- Probability of harm occurring
- Severe intensity of harm
- Multi-disciplinary nature of risk
- Does it cross multiple service sectors

Will keep this slide up during mock scenarios





4 FILTER PROCESS

Privacy Safeguard

- **Filter 1** – Agency referral and discussion prior to Table meeting
- **Filter 2** – De-identified discussion of Situation to determine AER
- **Filter 3** – Opportunity to share limited information for awareness and recognition
- **Filter 4** – Offline discussion amongst designated agencies to plan an outreach engagement intervention





Self-Care, Coping Mechanisms for Outreach Team Members



Front-line responders are the people in this room—the ones giving direct care and support to those in crisis or recovery.

Because of the constant emotional demands and exposure to trauma, you're at high risk for burnout, secondary trauma, and compassion fatigue

But before anything else, don't forget about you!

Box Breathing

<https://www.youtube.com/watch?v=dJq82z4z> To

5 Senses Guided Meditation

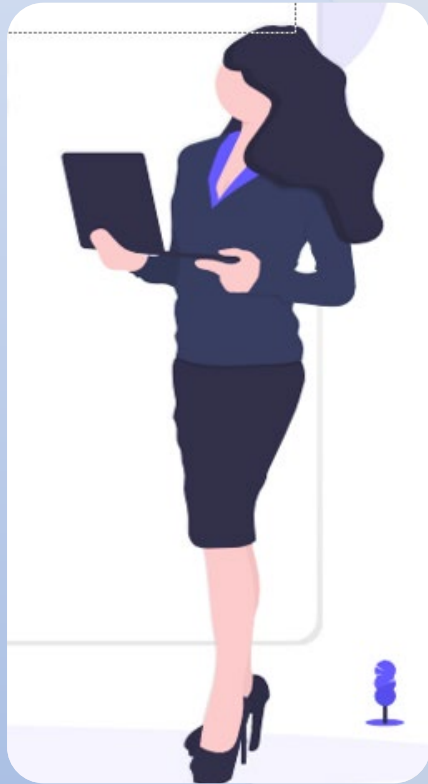
<https://www.youtube.com/watch?v=7o-oqjiLAOs>

5-Minute Tapping for Anxiety

<https://www.facebook.com/tappingsolution/videos/610603862927519/>



Outreach Team Member Wellness, Self-Care, Coping Mechanisms



Protecting Front-Line SUD Responders' Burnout & Fatigue Prevention

- Normalize mental health conversations
- Promote trauma-informed supervision
- Offer peer support & regular check-ins

Vicarious Trauma & Compassion Fatigue

- Encourage self-compassion & healthy boundaries
- Embed daily micro-coping strategies (breathwork, breaks)
- Recognize emotional labor—validate often

Organizational Wellness Culture

- Rotate high-trauma caseloads
- Provide flexible scheduling options
- Highlight staff wellness as a strategic priority

“FRISK” Activity for Pre-engagement

Have you done your...



Body check

Breathing (**Calm Down- Box breathing**)

Heart Rate / Temperature / Emotions (**Grounding Exercise**)



Mind check

What are my thoughts about...? (**Make an encouraging self-statement, prayer**)

What are my assumptions based on the pre-response review?
(**Remember humanity and Community**)



Team check

How is my partner(s) doing? (**Share a hope**)

How are the others on my team doing? (**Ask**)

Who is missing before we start? Can we start without them?

FRISK Card

STEP 1: Body Check

- a) How is my breathing?- “Calm Down” box breathing
- b) Heart Rate, temp and feeling?- Grounding exercise

STEP 2: Mind Check

- a) What thoughts do I have?- Make an encouraging self-statement
- b) How are my assumptions? – Stay focused on the mission (Remember the Humanity and community)

STEP 3: Team Check

- a) How is/are my teammate(s) doing? – Reach out and share hope

1. BODY CHECK

- Breathing
- Heart rate
- Temperature
- Feeling

2. MIND CHECK

- Thoughts
- Assumptions
- Focus
- Humanity/Community

3. TEAM CHECK

- How are Teammates
- Reach Out/Share Hope

