

## **STANDARD OPERATING GUIDELINE - 3.4.2**

### **TOPIC - TRAUMATIC STRESS DEBRIEFING**

#### **PURPOSE:**

To address the need to assist all personnel through stressful incidents.

#### **GENERAL:**

Emergency response work can be exciting and rewarding, but it is also demanding and stressful. The work that we do can be emotionally taxing due to a variety of circumstances. The work is also physically demanding, requiring close attention to detail, often at a hectic pace. It is normal for people to feel the effects of such intense activity. The following is meant to be used as a guide leading toward some remedies to relieve the stress of our work.

#### **GUIDELINE:**

1. Regular debriefing of an incident can begin the process of normalizing any emotional effects of that incident.
  - Promote an environment that feels honest, open and safe.
  - Encourage discussion regarding how it felt to be involved with the incident.
2. Encourage personnel to talk with someone they trust regarding any concerns that they have.
3. Inform personnel that there is additional, professional help available from Lane County Mental Health, 687-3707.  
**Note:** Personal assistance through Lane County Mental Health is available at any time an individual feels the need.
4. If it is determined that a group stress debriefing is necessary then a chief officer, or designee, will make the necessary contact with Lane County Mental Health to arrange for professional guidance through the process, schedule a date and time for the group session.  
**Note:** Scheduling for any group session must be at the earliest date possible.