

University Crisis Response Training Program

Core Curriculum



Presented by:

CISM
PERSPECTIVES
"Teaching Balance..."



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In conjunction with:

The American Academy of Experts in Acute Traumatic Stress



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1. **CRISIS – An introduction**

- On-campus crisis types
- Impacts on the college environment
- Potential fallout from unmanaged crisis

2. **University Crisis Response Teams**

- Facets of University Crisis Response Teams
- Structure of a Crisis Response Team
- Mobilizing the Team
- Outside resources

3. **Acute Traumatic Stress Introduction**

- What is acute traumatic stress?
- Who experiences acute traumatic stress?
- Is acute traumatic stress only caused by “severe” events?
- What factors influence how people respond to traumatic events? (Imprints of Horror)
- What reactions are typically exhibited *during* traumatic exposure?
 - I. Emotional Responses, Cognitive Responses, Behavioral Responses, Physiological Responses
- How can emergency responders address acute traumatic stress?
- Post Traumatic Stress Disorder overview: What every responder needs to know

4. **Acute Traumatic Stress Management (ATSM): An Introduction for University Personnel**

- What is Acute Traumatic Stress Management?
- Acute Traumatic Stress Management stages
- How do you help someone when time is limited?
- Confidentiality issues
- Managing your own response to a traumatic event
- Managing Acute Traumatic Stress of those responded to

5. **10 Stages of Acute Traumatic Stress Management**

- Assess for Danger/Safety for Self and Others
- Consider the Mechanism of Injury
- Evaluate the Level of Responsiveness
- Address Medical Needs
- Observe & Identify
- Connecting with the Individual
- Grounding the Individual
- Providing Support
- Normalizing the Response - **The “Validation Technique”**
- Preparing for the Future (*short/long term*)

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6. Factors Impacting Implementation of Acute Traumatic Stress Management

- Characteristics of the Emergency Responder's profession
- Characteristics of the Emergency Responder himself/herself
- Characteristics of the individuals you serve/respond to
- Indicators of self-destructive potential
- Characteristics suggestive of a greater likelihood for acute traumatic stress reactions and chronic stress disorders
- Characteristics of the traumatic event itself

7. Differing stress reactions and responding to them

8. Grief and support processes

9. Frequent Campus Crisis's and their responses

- Campus violence
- Suicidal students
- Sexual assaults
- Death of a student of faculty/staff member
- Disasters
- Others

10. Managing Critical Incidents/Threats on Campus

11. Theoretical prevention of Critical Incidents on Campus

12. Death Notification: Practical Strategies and Tactics

- Assignment of Staff
- The 3 Components of the Serious Injury/Death Notification Process
- Preparation, Presentation, Provision of ATSM
- Special Considerations
- Do's & Don'ts of Serious Injury/Death Notification
- Following the Serious Injury/Death Notification

13. Taking care of our own and ourselves post-event

14. Conclusion/Summary/O&A