



October 2014

# The Beat

## Stress First Aid for First Responders

Stress First Aid (SFA) is a flexible multi-step process for the timely assessment and preclinical response to psychological injuries in individuals or units with the goals to preserve life, prevent further harm, and promote recovery.

Stress First Aid is owned by the community (first responders, departments, and families) and operated by its leaders and members.

SFA provides a common language for first responders, leaders, peer support teams, families, and healthcare professionals.

SFA strengthens rather than replaces existing physical, psychological, social, and spiritual supports.

SFA is part of first responder culture, not just a response to specific events.

SFA promotes assessment of preclinical stress states.

SFA is not "one size fits all".

Effective response to the presence of stress injuries requires the ability to:

Perform a quick and accurate assessment.

Find the best tools in the kit to meet the specific needs identified.

Identify when more than first aid is needed to ensure that such further treatment is quickly received.

And to address the "injured not yet ill" gap between fitness and illness.

See the Stress First Aid Model and the Stress Continuum.

SFA is needed when stress injury results in behavior or statements indicating:

Impaired or diminished role function.

No longer feeling like normal self.

There is excessive guilt, shame or blame.

There is panic, rage, or depression, or loss of control.

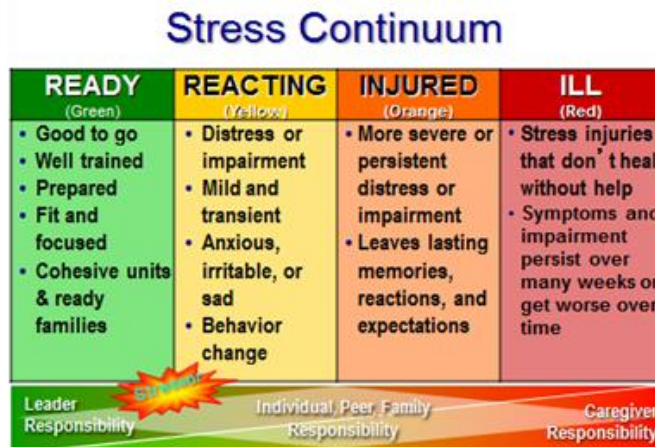
Essential SFA skills include:

Recognize when a peer has a stress injury.

If you see something, say something.

Know at least 2 trusted resources you would offer to a peer in distress.

Look for and attend a Stress First Aid training when it comes to your area.



## Stress First Aid "OSCAR" Communication

**Observe:** Actively observe behaviors; look for patterns

**State observations:** State your observations of the behaviors; just the facts without interpretations or judgments

**Clarify Role:** State why you are concerned about the behavior to validate why you are addressing the issue

**Ask why:** Seek clarification; try to understand the other person's perception of the behaviors

**Respond:** Provide Guided Options. Clarify concern if indicated; discuss desired behaviors and state options in behavioral terms

### Individual Crisis Intervention & Peer Support AND Group Crisis Intervention Class

Chaplains Jim Crowley and Mike Dismore will be teaching the **Individual Crisis Intervention & Peer Support AND Group Crisis Intervention Three-Day class** on **October 27-29, 2014**, from 8:00 AM to 6:00 PM each day. The course will be held at the Spokane Police Academy, Room #2, 2302 N Waterworks St, Spokane, WA.

**Cost of the Course: \$150.00**

**Cost Includes:** Registration, ICISF Materials & Certificate.

For further information or questions contact Chaplain Mike Dismore at [pastordiz@juno.com](mailto:pastordiz@juno.com) or call 541-788-3364

## News & Events

• **COPC Chaplains Training** – First Tuesday each month from 0900-1200 hours usually at the COPC office in Bend.

• **COPC Board Meeting** – Second Thursday each month at the COPC office from 0830-1000 hours.

• **DCSO Corrections** – Chaplains Crowley, Dismore, Jemes, and Michalek continue to meet weekly for a lunch with the Corrections Family.

## Prayer Requests

• Marriages of our Fire, Law Enforcement and Dispatch families. Our Chaplains meet weekly with officers, firefighters and dispatchers that request our assistance and prayers for their families.

• Covering of His Grace, Wisdom and Protection on our chaplains, agencies and families.

• There are many First Responder Families facing illnesses, surgery, and other physical ailments. Keep them and their families in prayer.

## COPC Hydro Flasks



There are only a few 21 oz. size Hydro Flasks available in Blue or Black. **The cost is \$25 for the 21 oz.**

## COPC Chaplains

The Chaplains of Central Oregon Police Chaplaincy provide the crucial services that support the region's First Responders and the community. On an on-call basis, 24 hours a day, seven days a week, COPC Chaplains are dispatched to calls including deaths (Code 99s), death notifications, drownings, fires, homicides, hospital transports, infant and child deaths, motor vehicle accidents, search and rescue, suicides, and more.

In addition, COPC Chaplains provide confidential personal counseling and mentoring, hospital and home visits to assist in healing and provide support, critical incident stress debriefing and defusing for First Responders and the community following traumatic events. They officiate at ceremonies including funerals, weddings, celebrations, dedications, and other events. They do ride alongs and visit the First Responders at the agencies throughout Central Oregon. They also are involved in administrative duties, attending meetings, making community contacts, and fundraising.

Monthly training is offered to the COPC Chaplains, First Responders, and others; training to help Chaplains, Emergency Services Personnel and their family members maintain healthy relationships.



**Central Oregon  
Police Chaplaincy**