

**Psychological First Aid™ Behavioral Checklist**

Participant:

Observer:

Venue:

Date:

Score:

<p><b>Demonstrates competency for establishing a human connection in a non-intrusive, compassion manner.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Politely observes first, not intruding</li> <li><input type="checkbox"/> Introduces self with title</li> <li><input type="checkbox"/> Explains his/her role</li> <li><input type="checkbox"/> Asks permission to talk to survivor</li> <li><input type="checkbox"/> If practical, invites person to be seated</li> <li><input type="checkbox"/> Tries to ensure some level of privacy</li> <li><input type="checkbox"/> Speaks softly, maintaining good eye contact</li> <li><input type="checkbox"/> Is respectful of "personal space"</li> </ul> <p><i>If speaking or making contact with a child</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Gets down to eye level with the child</li> <li><input type="checkbox"/> Speaks with parents/accompanying adult first</li> </ul>	<p><b>Demonstrates the ability to recognize and enhance immediate safety and methods for providing physical and emotional comfort to survivors.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Assesses the physical environment for safety.</li> <li><input type="checkbox"/> If necessary, moves with the survivor to a safer area or takes steps to improve the condition.</li> <li><input type="checkbox"/> Specifically asks about survivor's basic comfort needs and if they are being met.</li> <li><input type="checkbox"/> Looks for simple ways to improve the physical environment for the survivors.</li> <li><input type="checkbox"/> Inquires about survivor's or caretakers medications.</li> <li><input type="checkbox"/> If the survivor is in need of medication, contacts the appropriate medical personnel available.</li> <li><input type="checkbox"/> Specifically asks about survivor's essential items.</li> <li><input type="checkbox"/> Presents accurate and practical information.</li> <li><input type="checkbox"/> Assists those with missing loved ones by helping them obtain updated and accurate information.</li> <li><input type="checkbox"/> Makes sure that child survivor is in a safe area with a responsible care-taker or appropriate adult supervision.</li> <li><input type="checkbox"/> If appropriate, encourages parents to monitor and limit excessive television viewing of the disaster for children and adolescents</li> <li><input type="checkbox"/> If appropriate, reminds parents to be vigilant about conversation or clarify what may be confusing or upsetting to children.</li> </ul>	<p><b>Demonstrates strategies to calm and stabilize emotionally-overwhelmed and highly distraught survivors.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Remains calm and quiet when working with overwhelmed survivors.</li> <li><input type="checkbox"/> Gives information that helps orient survivors to his/her surroundings.</li> <li><input type="checkbox"/> Offers support and helps the survivor focus on specific manageable thoughts or goals.</li> <li><input type="checkbox"/> Attends to survivors who exhibit signs of extreme distress, those who are unresponsive to questions or commands, or who may be hyperventilating, showing rocking or regressive behaviors, or exhibiting frantic searching behaviors.</li> <li><input type="checkbox"/> If appropriate, assists the survivors with calming behaviors such as having them to breathe in and out slowly.</li> <li><input type="checkbox"/> Assesses situations in which a child or adolescent is with a emotionally-overwhelmed parent, letting the child know that help is available for them and their parent(s)</li> <li><input type="checkbox"/> If working with an extremely distressed child, determines if the child is separated from family or has witnessed death or serious bodily injury of others which may be the reason for the extreme distress</li> <li><input type="checkbox"/> If all attempts to calm and stabilize do not aid the survivor, contacts medical or psychiatric personnel in the setting for possible medication interventions.</li> </ul>
<p><b>Demonstrates understanding of, and ways to offer, practical assistance and information to help survivors address their immediate needs and concerns.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Avoids asking for in-depth descriptions of the disaster or event.</li> <li><input type="checkbox"/> Uses language that is practical and pragmatic.</li> <li><input type="checkbox"/> Asks survivors about immediate needs.</li> <li><input type="checkbox"/> Helps survivor problem-solve about the most important needs.</li> <li><input type="checkbox"/> Helps survivor prioritize needs.</li> <li><input type="checkbox"/> Assists survivors with completing necessary paperwork for meeting immediate needs.</li> <li><input type="checkbox"/> Helps survivor set up an action plan and assists with following through.</li> <li><input type="checkbox"/> Assists with setting up appointments with appropriate groups or services to meet immediate needs.</li> </ul>	<p><b>Demonstrates an understanding of the need to connect survivors to social support networks and offers practical steps to assist with re-connecting efforts.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Takes practical steps to enable the survivor to make contact with family and friends such as assisting them with web-based databases, phone calls, or in-person contacts.</li> <li><input type="checkbox"/> Encourages survivors to make use of immediate available sources of social support, such as other relief workers or other affected persons until they can be connected with family and friends.</li> </ul>	