

FIRST RESPONDERS TRAINING (Basic)



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INTRODUCTION

First responders are the first people on the scene of difficult psychological, physical and emotional situations.

They are the first to render assistance to survivors of any traumatic experience.

FIDA is considered as a first responder for the role it plays in helping survivors get justice.



TRAUMA INFORMED CARE ORGANIZATION

- **A Trauma-Informed Care Organizations focuses on specific organizational strategies that will help develop a trauma-informed care culture in organizations.**



TRAUMA-INFORMED CARE

- **Definition**

- **Trauma-informed care is a strength-based framework that is grounded in understanding responsiveness to the impact of trauma, with emphasis on physical, psychological, and emotional safety for both the providers and survivors.**

- **Trauma Informed Care seeks to creates opportunities, policies and an environment for survivors to rebuild a sense of control and empowerment.**



TRAUMA-INFORMED CARE SEEKS TO

- **Realize the widespread impact of trauma and understand paths for recovery .**
- **Recognizes the signs and symptoms of trauma in patients ,families and staff**
- **Respond by creating systems to**
- **Resist Re-traumatization**



PRINCIPLES OF TRAUMA INFORMED CARE

- **Trauma Awareness**
- **Safety**
- **Choice & Empowerment**
- **Voice**
- **Strengths Based**
- **Trustworthiness**



TIPS FOR PROVIDING A TRAUMA-INFORMED RESPONSE

- **Understand who you are providing the service to**
- **Take the time to slow down and explain what you are doing**
- **Recognize signs of fear and/or distress**
- **Bring a traumatized person into the present moment**



QUALITY OF A FIRST RESPONDER

- **Empathy**
- **Compassion**
- **Love**
- **Care**
- **Support**



FIRST RESPONDERS CONT'D

- **As a first responder, when you work with people during and after an incident, you are working with people who may be having reactions of confusion, fear, hopelessness, sleeplessness, anxiety, grief, shock, guilt, shame, and loss of confidence in themselves and others. Your early contacts with them can help alleviate their painful emotions and promote hope and healing.**



THE IMPORTANCE OF SELF CARE FOR FIRST RESPONDERS

SELF-CARE PLAN

- **A self-care plan is what you create when you're prioritizing what your needs are. This is what will help you get through the day without feeling all stressed out, it helps you manage your stress level.**



Types of self-care

- **Physical Self-Care**
- **Spiritual self-care**
- **Emotional Self-Care**
- **Intellectual Self-Care**
- **Social Self-Care**
- **Sensory Self-Care**



FIRST RESPONDER'S TRAUMA SURVIVAL INTERVIEW SCRIPT

- **First 48 hours support**
- **First responders' self-care plane**

