

TRAUMA RESPONSE TOOLKIT

Preparation *prior to disaster*

	Contact name	Contact details
Diocesan Emergency Team		
Archdeacon		
Wardens (including emergency contacts)		
Diocesan Media Contact		
Local Police		
Local Disaster Response		
Plumber		
Electrician		
Town Councillor/Mayor		
Ecumenical Partners		
Interfaith Partners		
Social Media details		

During an acute phase:

Am I OK?		Carry water!
Have I eaten?		
What response do I need to make urgently?		
Should I open the church/chapel?		
Are all members of the congregation out of danger?		
Who will I contact for support for myself?		
Which jobs can I delegate?		
Have I put appropriate media arrangements in		

place and considered a press-free zone?		
What arrangements could I make to gather the congregation?		
Be present!		
Remember that this heroic phase will not last		
Might I need to debrief first responders?		I keep my notes:

After an acute phase:

Can I re-establish normal liturgical practice?		
What special liturgical practice is needed?		
Can I re-establish normal non-liturgical practice?		
What special non-liturgical practice is needed? Eg. plenary meeting, small groups, specialist input		
Have I acknowledged all those who have been part of the response?		
When can I schedule some leave for myself?		
Do I need to schedule/recommend leave for my staff/congregants?		
Do I need to arrange to see my spiritual director or a counsellor?		
Do I need to refer congregation members? Trauma Counsellors: Mental health contacts:		

Helpful Resources:

Tragedy and Trauma Website: <https://tragedyandcongregations.org.uk/>

Institute for Congregational Trauma and Growth (US): <http://www.ictg.org/>

The Sheldon Hub – doing healthy ministry together: <https://www.sheldonhub.org/>

[Churches' Ministerial Counselling Service <http://www.cmincs.net/>]