Conducting Outreach After a Potentially Traumatic Event: Peer Team Guidance

After a potentially traumatic event, your peer team may receive a request for peer support. Here are some steps to consider:

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<th>Gather Information</th>
<th>Assemble Peer Team</th>
<th>Contact Shift Commander or Company Officer</th>
<th>Arrive at Station and Assign PeerRoles</th>
<th>Initiate Outreach</th>
<th>Wrap Up</th>
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</thead>
</table>
| • Incident information  
  • Crew members  
  • Incident commanders  
  • Dispatchers  
  • Other first responders | • Identify impacted group that peer team will target  
  • Identify where peer team response will occur  
  • Identify peer members to respond  
  • Assign roles to peer team members  
  • Identify method of outreach  
  • Evaluate need for clinical support | • Let them know about peer team response  
  • Gather any new information  
  • Operate within department SOPs for Out Of Service  
  • Assess needs of the crew | • The peer team response should be no less than two peers.  
  • A good rule of thumb is two peers for two to 14 responders, then one additional peer for every five to seven more responders present. | • Peer team members introduce themselves  
  • Explain request for peer support was made  
  • Acknowledge event occurred  
  • Provide education on stress reactions  
  • Discuss suggestions for coping  
  • Deliver 1:1 support as need  
  • Identify individuals that need immediate follow-up | • Explain when you will follow up  
  • Explain who will follow up  
  • Provide Peer team contact information  
  • Provide literature to group before exit  
  • Determine if families need resources |

Behavioral health resources can be found at [www.iaff.org/behavioral-health/#resource-guides](http://www.iaff.org/behavioral-health/#resource-guides)