

A MENTAL HEALTH PROFESSIONAL CRITICAL INCIDENT RESPONDER  
CHECK-IN: IS THIS THE TIME &/OR TYPE OF INCIDENT TO RESPOND TO?

D. Bridgeman, Ph.D.  
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Place a yes or no after each inquiry:

- 1.) Have you recently responded to a critical incident/or disaster?
  - (a) If so, what type of incident was it, and would you be less effective and more stressed if you were to respond to this incident so soon thereafter?
- 2.) Are you able to allow time from your personal and professional life to respond?
  - (a) Are family members or clients (any suicidal?), able to be away from you without causing you concern or distress for them?
  - (b) Would there be any financial hardships?
  - (c) Are there child care or pet care considerations to explore?
- 3.) Do you feel you have had adequate training in current critical incident responding? How recently and what type of training?
- 4.) Have you experienced a recent, serious trauma in your personal or professional life?
- 5.) Could an experience, description, setting, etc. from the current incident you are considering responding to prompt unresolved thoughts or feelings at this time?
- 6.) Do you generally maintain fairly healthy balance in your life ( time for exercise, hobbies, stress-reduction activities, time for yourself, family, & community)?
- 7.) Are you comfortable working with a team, in the field, in a chaotic or grieving environment, being flexible and taking care of yourself in such a setting & after you return?
- 8.) Are you comfortable working with diverse groups of people and have you completed training in working with diverse &/or special populations?
- 9.) Are you comfortable taking assignments from others and working in varied areas or wherever the need is greatest?
- 10.) Please remember there are many ways to assist in disaster situations without physically being at the site, such as on hot lines, or talking with returning responders. Also, this might not be the type of disaster, or time for you to respond, respect what is best for you and those you will serve. Thank you.

