

FOLLOW-UP

Follow-up should occur after every individual, group, organizational consultation or family peer

Timing:

- Follow-up should first occur within 24-48hrs after intervention date
- Follow-up should occur a second time after 1 week from intervention date
- Follow-up should occur a third time 1 month after intervention date

Task:

1. Assess the continued presence of psychological reactions
 - Physical
 - Cognitive
 - Emotional
 - Behavioural
 - Spiritual
2. Are coping mechanisms working?
3. Have behaviours changed?
 - Eating
 - Sleeping
 - Interpersonal Relationships
 - Alcohol/Drugs
 - Avoidance of memories of event
 - Hyperarousal
 - Hyper startle
 - Intrusive memories or images of event
4. Are adaptive behaviours holding? Are they age appropriate?
5. Is there a “future focus”?
6. Suicidal or Homicidal?
7. How has “meaning” been made of the event?
8. Review Follow-up outcomes with mental health professional (i.e., Clinical Director)

Referral Options:

- Physical Healthcare Professionals
- Mental healthcare professionals
- Spiritual Healthcare Professionals

*Material adapted from the ICISF Inc., www.icisf.org

The Alberta Critical Incident Provincial Network is a point of contact for public safety personnel to access, enable, or activate a peer support response for individuals or groups. The ACIPN has secured a 24/7 call-centre to receive requests, evaluate need, and activate peers in real-time.

ACTIVATION#: 1-833-894-2476

Please look for further announcements and resources on our website www.abcism.ca

The Alberta Critical Incident Provincial Network ACIPN

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