Transcending Tragic Trajectories:
A Post-Disaster Resilience Check List

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No conflict of interest
Terror attack 12/19/16
12 deaths 56 injured
Resiliency

Be prepared!

Prepare the unexpectant!

Think the unbelievable!
Post MCI Checklist

1. Preparation and hygiene for the next MCI
2. Defusing and debriefing for the teams
3. Care about commanders
4. Prevention of rumours
5. Take part in memorial ceremonies
6. Communication with press and politicians
7. Inform colleagues and other professionals
8. Do you need more money?
9. What’s next?
10. Be aware of the anniversary
1. Prepare for the next MCI – Cleaning is also psychosocial hygiene

Picture: Berlin Fire Brigade
2. Defusing and Debriefing of all responders
3 key points to prevent PTSD

1. Know the physical and psychological symptoms: *Normal reaction to a non-normal event*

2. In the first days: short psychoeducation, use peer systems

3. Search professional help after 6-8 weeks, if still symptoms
3. Care about commanders - They did take the decisions
Questions heard during the next days...

- Never heard about second hit?
- You put the staff in risk!
- This was “care under fire”!
- What would happened if the truck is full of explosives?
- The explosives cut be hidden in the fuel tank of the truck!
- The perpetrator could have a weapon and go on one of the higher buildings to shoot the EMS teams??
4. Prevention of rumours – Talk about what happened
5. Take part in memorial ceremonies - and be sure this is again work load
6. Prepare for communication with press and politicians
7. Inform your colleagues and other professionals
8. Prepare for the question: Do you need more money?

Senate of Interior: Planning for a security package (42 Mio Euro)
9. What’s next?
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Own pictures and feelings
Political discussion about mistakes
Again work with preparation
Contact to relatives of victims
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