



TIPS utilizes tools and resources from industry leaders such as Responder Alliance®. While these can be powerful resources, their effective use requires appropriate understanding, context, and training. TIPS applies these tools in partnership with their originating organizations.

TRAUMATIC EXPOSURE PROTOCOL

POTENTIALLY TRAUMATIZING EVENT (PTE) CRITERIA

- FAMILY CONTACT
- PERSONAL CONNECTION OR EMPLOYEE INVOLVEMENT
- DUTY TO ACT
- MISSION INJURY/HELPLESSNESS
- EXTREMES OF EXPOSURE
- OVERWHELMED/DEPLETION
- INCIDENTS INVOLVING CHILDREN
- COMPLEXITY OF INCIDENT
- FIRST TIME EXPOSURE

3-3-3 EXPOSURE PROTOCOL

3 DAYS POST INCIDENT	3 WEEKS POST INCIDENT	3 MONTHS POST INCIDENT
<p>Stress Continuum Check-in</p> <p>Normalization/Education</p> <p>Leverage GREEN Choices (make a plan)</p> <p>Self & Partner Awareness (Support Return to Baseline)</p> <p>Life Stressors Check-in</p>	<p>Complete TSQ</p> <p>Scores > 6 = increase risk of stress injury development</p> <p>Provide Resources for Professional Help</p> <p>Stress Continuum Check-in</p> <p>Increase Self-Awareness of Stress Injury</p> <p>Revisit Plan to return to Green Baseline</p>	<p>Stress Continuum Check-in</p> <p>Revisit Plan to return to Green Baseline</p> <p>Offer Resources and Connection</p> <p>Offer Further check-ins if requested.</p>



For additional training, see *Stress Injury Awareness for the Individual* at:

<https://www.responderalliance.com/>

This training is recommended for all responders.