



The Kentucky Community Crisis Response Board (KCCRB), created under KRS Chapter 36, ensures an organized, rapid and effective response in the aftermath of crisis and disaster.

The KCCRB credentials and maintains a statewide network of trained professional volunteer responders and deploys rapid response teams to crisis sites.

The KCCRB provides confidential, psychological first aid to workplaces following events at no cost.

Services include:

- 1. Pre-crisis preparation*
- 2. Assessment*
- 3. Strategic planning*
- 4. Large group crisis interventions*
- 5. Small group crisis interventions*
- 6. Individual crisis intervention (telephone; face-to-face)*
- 7. Family crisis interventions*
- 8. Community/organizational consultation*
- 9. Pastoral crisis intervention*
- 10. Follow-up/referral*

Fee-Based Crisis Intervention Training Available:

- See Training Calendar and Registration on website*

Request a response team 24 hours a day

(888) 522-7228

WHEN TERRIBLE THINGS



HAPPEN AT WORK

Kentucky Community Crisis Response Board

Request a response team 24 hours a day

(888) 522-7228

1121 Louisville Rd., Ste. 2
Frankfort, KY 40601

Office: (502) 607-5781

<http://kccrb.ky.gov>



We often take our workplace for granted and assume that we can go to work each day with an assurance of safety and well-being. Workplace accidents or violence; the unexpected loss of a co-worker due to accident, illness or suicide; health concerns; any of these factors combined with the daily stresses of workload may create overwhelming reactions.



For some, the nature of our work may involve coping with loss of life when dealing with vulnerable populations. However, no matter what the job, circumstances may lead to extraordinary events that generate anger, fear or sadness. These are normal reactions.



WHAT YOU MAY EXPERIENCE

Intrusive reactions

- Distressing thoughts or images of the event while awake or dreaming
- Upsetting emotional or physical reactions to reminders of the experience
- Feeling like the experience is happening all over again (“flashback”)

Avoidance and withdrawal reactions

- Avoid talking, thinking, and having reactions about a traumatic event
- Avoid reminders of the event (places and people connected to what happened)
- Restricted emotions; feeling numb
- Feeling disconnected from others; social withdrawal
- Loss of interest in usually pleasurable activities

Physical arousal reactions

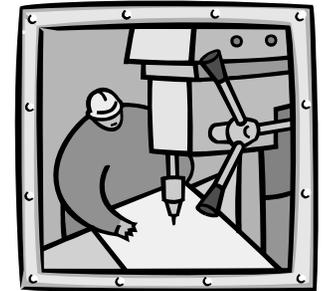
- Constantly being "on the lookout" for danger, startling easily, or being jumpy
- Irritability or outbursts of anger
- Difficulty falling or staying asleep, problems concentrating or paying attention

Trauma and loss reminders

- Places, people, sights, sounds, smells, and emotions can remind one of the event
- Distressing mental images, thoughts, and emotional/ physical reactions
- Common examples include: sudden loud noises, the smell of fire, sirens of ambulances, locations where the event occurred, seeing people with disabilities, funerals, anniversaries of the event, and television/radio news about the event

WHAT HELPS

- Talking to another person for support
- Spending time with others
- Engaging in positive distracting activities (sports, hobbies, reading)
- Using relaxation methods (breathing exercises, meditation, calming self-talk)
- Getting adequate rest and eating healthy meals
- Participating in a support group
- Trying to maintain a normal schedule
- Exercising in moderation
- Scheduling pleasant activities
- Keeping a journal
- Taking breaks
- Seeking counseling



WHAT DOESN'T HELP

- Using alcohol or drugs to cope
- Working too much
- Extreme avoidance of thinking or talking about the event
- Withdrawing from family or friends
- Anger or violence
- Not taking care of oneself
- Overeating or failing to eat
- Doing risky things
- Excessive TV or computer games
- Withdrawing from pleasant activities
- Blaming others