

# Command Assessment

	Cover	Calm	Connect	Competence	Confidence
Trauma/ Life Threat	v-Ferry could sink s-Ferrys rarely sink	v-worry about line if late increases anxiety s-leave early enough to assure making ferry	v-connect with rescue? s-read emergency literature to prepare	v-What do I do? s-	v- s-Skippers and crew are competent
Loss	v-Time spent commuting s-Chaplain Swanson authorized	v- s-Day away may actually do me good	v-will miss a family event s-Family busy that day anyway	v-already have the skill - lost time more regrettable s-Training is valuable	v-Will I trust Chap Swanson's word in the future? s-Better prepared for future
Inner Conflict	v-Guilt about protecting those I am driving s-They know how I drive	v-worry may make me a worse driver s-If I arrange to leave earlier I will be calmer	v-will family blame me? s-Good support for families available	v-Self-awareness of mental status s-I know how to handle my stress	v- s-
Fatigue	v-Not enough sleep s-Arrange for early night before	v- s-	v-if I don't tell others I am tired s-offer to let others drive if I tire	v-my skills are actually less than I think s-I can be honest with myself at first sign of tiredness	v-I am overconfident s-I am a better sailor if I ask for help

## *Where is focus of effort?*

	Cover	Calm	Connect	Competence	Confidence
Trauma/ Life Threat	V- S-	V- S-	V- S-	V- S-	V- S-
Loss	V- S-	V- S-	V- S-	V- S-	V- S-
Inner Conflict	V- S-	V- S-	V- S-	V- S-	V- S-
Fatigue	V- S-	V- S-	V- S-	V- S-	V- S-

## *How would the focus of effort change?*

	Cover	Calm	Connect	Competence	Confidence
Trauma/ Life Threat	V- S-	V- S-	V- S-	V- S-	V- S-
Loss	V- S-	V- S-	V- S-	V- S-	V- S-
Inner Conflict	V- S-	V- S-	V- S-	V- S-	V- S-
Fatigue	V- S-	V- S-	V- S-	V- S-	V- S-

# *What Military Leaders Do for their Units*

- **Strengthen**
  - Create confidence/forewarn
  - Inoculate to extreme stress
  - Foster unit cohesion
- **Mitigate**
  - Remove unnecessary stressors
  - Ensure adequate sleep and rest
  - Conduct After-Action Reviews (AARs) in small groups
- **Identify**
  - Know crew stress load
  - Recognize reactions, injuries, illnesses
- **Treat**
  - Rest and Restoration (24-72 hours)
  - Caregiver Occupational Stress Training Teams
  - Chaplain
  - Medical
- **Reintegrate**
  - Keep with unit if at all possible
  - Expect return to full duty
  - Don't allow retribution or harassment
  - Continuously assess fitness
  - Communicate with treating professionals (both ways)

# *What can our support systems do?*

- **Strengthen**
  - Create confidence/forewarn
  - Inoculate to extreme stress
  - Foster family cohesion
- **Mitigate**
  - Remove unnecessary stressors
  - Ensure adequate sleep and rest
  - Conduct After-Action Reviews (AARs)
- **Identify**
  - Know family stress load
  - Recognize reactions, injuries, illnesses
- **Treat**
  - Rest and Restoration (24-72 hours) [Timeout?]
  - Church
  - Chaplain/Pastor
  - Medical
- **Reintegrate**
  - Being together again
  - Don't allow retribution or harassment
  - Continuously assess fitness
  - Communicate with treating professionals (both ways)

## ***Group Discussion –Core Support Actions***

- Strengthen
- Mitigate
- Identify
- Treat
- Reintegrate



Any energy  
needing unloading?