



*PCCMP 2014 Retreat:
Resilience – to whom does the
chaplain talk?*

Resilience is the ability of a material to absorb energy when it is deformed elastically, and release that energy upon unloading. Wikipedia

Rubber deforming and unloading energy



A “system” deforming and unloading energy



Four Causes of Stress Injury

Intense or Prolonged
Combat or Operational Stress

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graph TD; A[Intense or Prolonged Combat or Operational Stress] --> B(Life Threat); A --> C(Loss); A --> D(Inner Conflict); A --> E(Wear & Tear);
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Life
Threat

- A traumatic injury
- Due to an experience of death provoking terror, horror, or helplessness

Loss

- A grief injury
- Due to the loss of cherished people, things, or parts of oneself

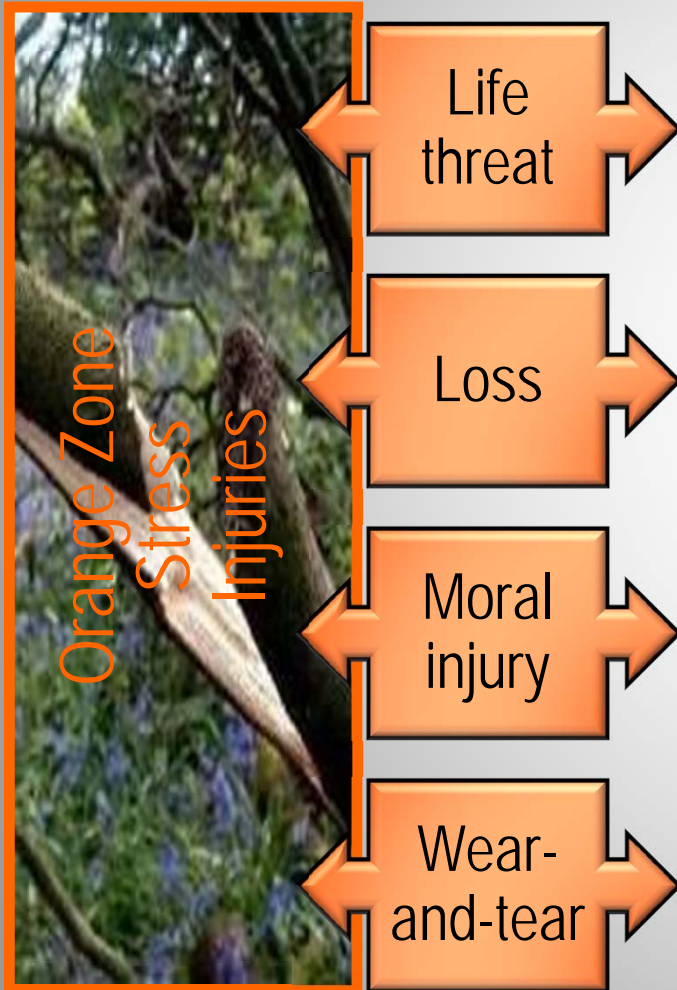
Inner
Conflict

- A moral injury
- Due to behaviors or the witnessing of behaviors that violate moral values

Wear &
Tear

- A fatigue injury
- Due to the accumulation of stress from all sources over time without sufficient rest and recovery

What Is Damaged in Mind & Brain in Orange Zone Stress Injuries?



Damaged in Mind:	Damaged in Brain:
<p><u>Beliefs</u></p> <ul style="list-style-type: none"> • In own safety • In own immortality • In own competence 	<p><u>Neuron Circuits</u></p> <ul style="list-style-type: none"> • For self-calming • For autonomic arousal • For memory
<p><u>Attachments</u></p> <ul style="list-style-type: none"> • To a person • To a part of oneself • To possessions 	
<p><u>Trust</u></p> <ul style="list-style-type: none"> • In moral values • In right and wrong • In God and Country 	
<p><u>Cognitive Ability</u></p> <ul style="list-style-type: none"> • To concentrate • To make decisions • To be flexible 	<p><u>Neuron Circuits</u></p> <ul style="list-style-type: none"> • For mood regulation • For concentration, energy, and motivation

Traumatic Event Vulnerabilities

- What does the chaplain face?
- What does the family face?
 - Spouse
 - Children
 - Other relatives
- Other support relationships

What losses do we face?

- What does the chaplain face?
- What does the family face?
 - Spouse
 - Children
 - Other relatives
- Other support relationships

What are our inner conflicts?

- What does the chaplain face?
- What does the family face?
 - Spouse
 - Children
 - Other relatives
- Other support relationships

Fatigue Vulnerabilities

- What wear and tear does the chaplain face?
- What does the family face?
 - Spouse
 - Children
 - Other relatives
- Other support relationships

Small group 1 Report Out

- What are our vulnerabilities? (Newsprint pads)
 - Life Threat/Trauma
 - Loss
 - Inner conflict
 - Fatigue

Stress Continuum

READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
<ul style="list-style-type: none"> • Good to go • Well trained • Prepared • Fit and focused • Cohesive units & ready families 	<ul style="list-style-type: none"> • Distress or impairment • Mild and transient • Anxious, irritable, or sad • Behavior change 	<ul style="list-style-type: none"> • More severe or persistent distress or impairment • Leaves lasting memories, reactions, and expectations 	<ul style="list-style-type: none"> • Stress injuries that don't heal without help • Symptoms and impairment persist over many weeks or get worse over time



7Cs Stress First-Aid Model

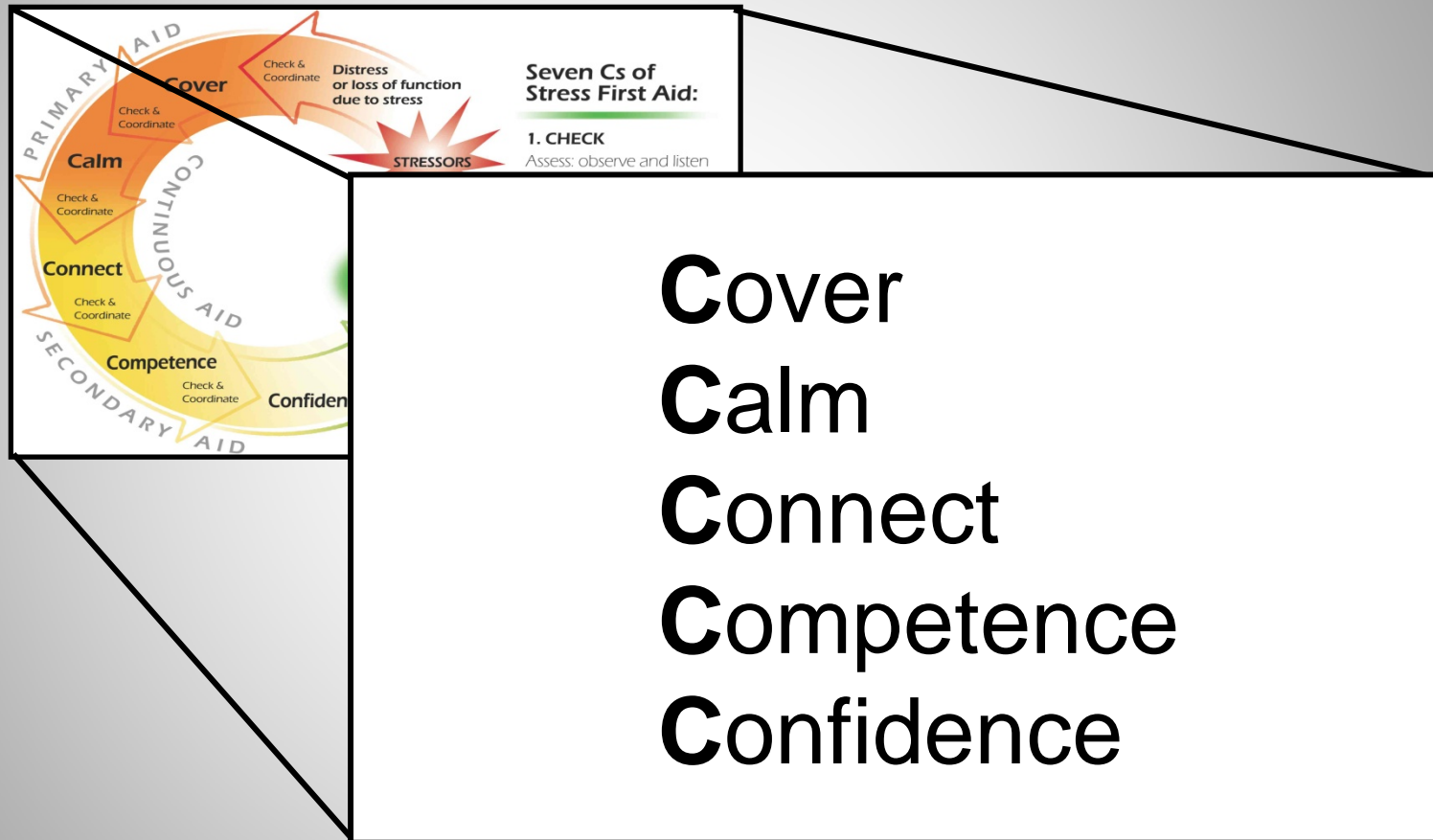


Seven Cs of Stress First Aid:

- 1. CHECK**
Assess: observe and listen
- 2. COORDINATE**
Get help, refer as needed
- 3. COVER**
Get to safety ASAP
- 4. CALM**
Relax, slow down, refocus
- 5. CONNECT**
Get support from others
- 6. COMPETENCE**
Restore effectiveness
- 7. CONFIDENCE**
Restore self-esteem and hope

Transforming Knowledge

Guide to Action



Guide to Assessment

Individual Based Assessment

Cover	<ul style="list-style-type: none">• Potential for harm to self and others• Safety Plan• Need for voluntary versus involuntary mental health assessment
Calm	<ul style="list-style-type: none">• Ability to self-regulate distress• Ability to choose and use positive calming strategies• Risk of functional impairment during missions or duties
Connect	<ul style="list-style-type: none">• Ability to connect with peers• Peer ability to connect with member• Quality of mentoring relationships• Quality of unit identity
Competence	<ul style="list-style-type: none">• Skills and resources to manage stressors• Problem-solving skills• Availability and quality of resources
Confidence	<ul style="list-style-type: none">• Belief in ability to cope• Balance of future expectations• Belief in ability to contribute to the mission

Cover

- How do we make each other safe?