

# DISCUSSION GUIDELINES TO PREPARE YOUR FAMILY FOR FIRE SEASON



FIRST RESPONDER FAMILY

*Psychology*

[www.FirstResponderFamilyPsychology.com](http://www.FirstResponderFamilyPsychology.com)

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- \* WHAT SERVICES ARE AVAILABLE TO US? HOW MANY SESSIONS ARE OFFERED TO US? WHAT DOES IT COST? DO THEY SPECIALIZE IN TREATING FIRST RESPONDER FAMILIES?
- \* WHICH THERAPIST WOULD WE USE? WHAT'S THEIR CONTACT INFO?
- \* WHAT IS AN INDICATOR FOR US/ HOW WILL WE KNOW THAT YOU SHOULD TALK TO SOMEONE?
- \* WHAT EXACTLY CAN I SAY, AND HOW, TO LET YOU KNOW I STRONGLY FEEL LIKE YOU SHOULD TALK TO SOMEONE?
- \* PRINT OUT NATIONAL FALLEN FIREFIGHTER FOUNDATION'S TRAUMA SCREENING QUESTIONNAIRE (TSQ) TO GO THROUGH 4 WEEKS AFTER A TRAUMATIC EVENT WAS EXPERIENCED TO SUPPORT YOUR DECISION IN SEEKING OUT HELP.
- \* WHAT LEVEL OF DETAIL IS BEST FOR US TO DISCUSS IF YOU EXPERIENCE A SIGNIFICANT EVENT?
- \* ALLOW SPACE FOR BOTH PARTIES TO DISCUSS OPENLY WITHOUT FIXING OR JUDGEMENT
  - HOW THEY FEEL ABOUT FIRE SEASON,
  - WHAT'S MOST HELPFUL/MOST CHALLENGING FOR EACH PARTY?
  - IDENTIFY HOW YOU CAN EACH START SETTING UP THE SUPPORT YOU'LL NEED AND WHO SHOULD BE CONTACTED NOW TO BE TOLD HOW THEY CAN BE HELPFUL.
- \* WHEN WILL CONTACT BE MADE AND HOW OFTEN?
- \* WHAT BOUNDARIES WILL YOU HAVE AROUND NEWS, SOCIAL MEDIA, ETC?
- \* WHAT CAN WE LOOK FORWARD TO WHEN THINGS GET HARD?
- \* WHAT CAN WE CREATE NOW TO USE WHEN YOU GET CALLED OUT TO INCORPORATE YOU IN OUR DAILY ROUTINE?
  - RECORDED BEDTIME STORIES, SONGS, A MORNING OR GOODNIGHT MESSAGE TO YOUR KID, PICTURE BOOK TO LOOK AT ETC.
- \* FOR KIDS WHO CAN GRASP THE CONCEPT, SET ASIDE TIME TO PREPARE THEM FOR FIRE SEASON. LET THEM KNOW IT'S COMING, THEIR PARENT IS A HELPER AND WILL BE CALLED ON, ALLOW SPACE FOR FEELINGS. DEVELOP A PHYSICAL FIRE SEASON FAMILY PLAN TOGETHER.
  - ASK WHAT WILL BE HARD FOR THEM? WHAT HELPS?
  - SPECIAL ASSIGNMENTS FOR A PARTICULAR CHILD
  - HOW WILL WE UPDATE FIRE PARENT ABOUT DAYS/ MOMENTS MISSED