



## Intervention Follow-up Checklist

### **Individual:**

- Did I hear the concerns of the person?
- Were there questions that went unanswered?
- Were there questions that triggered more emotions/reactions than others?
- Did I offer CISM education well?
- Is there need for follow up? Did I set up another meeting or referral?

### **Group: (use during post-intervention Team meeting)**

- Did the Leader facilitate participation?
- Were the Ground Rules presented and followed?
- Were there things that should have been said?
- Were there things that should *not* have been said (by Team or participants)?
- Was CISM information delivered properly and thoroughly?
- What do you think went well? What went poorly?
- Anything you would do differently?
- Assign follow-up contacts and referrals to the Team
- Last thing: Ask each Team member what they are going to do for their stress from this intervention...

When referring (“red flagging”) individuals, it is crucial that you proceed carefully...this is a very personal, and therefore, vulnerable time in their life. Only take the next step with *their* permission, whether it is follow-up phone calls, additional meetings, or referrals to mental health professionals. When referring to MHPs, be sure you have good knowledge and confidence in those professionals—are they the best match for that individual?

Are all members of the Team stepping up to participate? Or is it always the same people volunteering (or *being* volunteered...) for the Lead position? Each Team member should be able to Lead or present education information. This will make your Team stronger, if they rotate the key roles.