



Transcending Tragic Trajectories:
A Post-Disaster Resilience Check List

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No conflict of interest



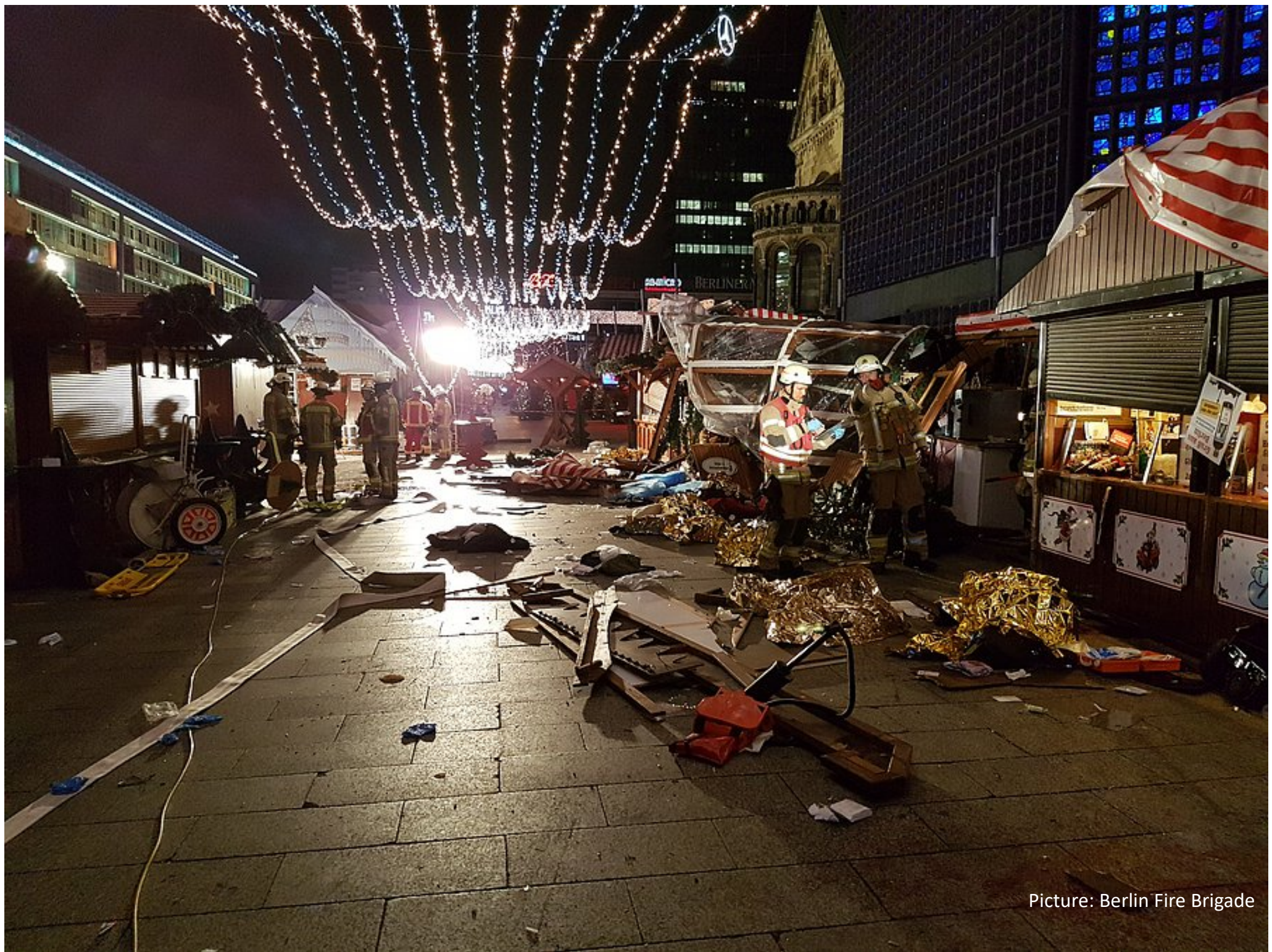
**Terror attack
12/19/16**

**12 deaths
56 injured**

Picture: dpa



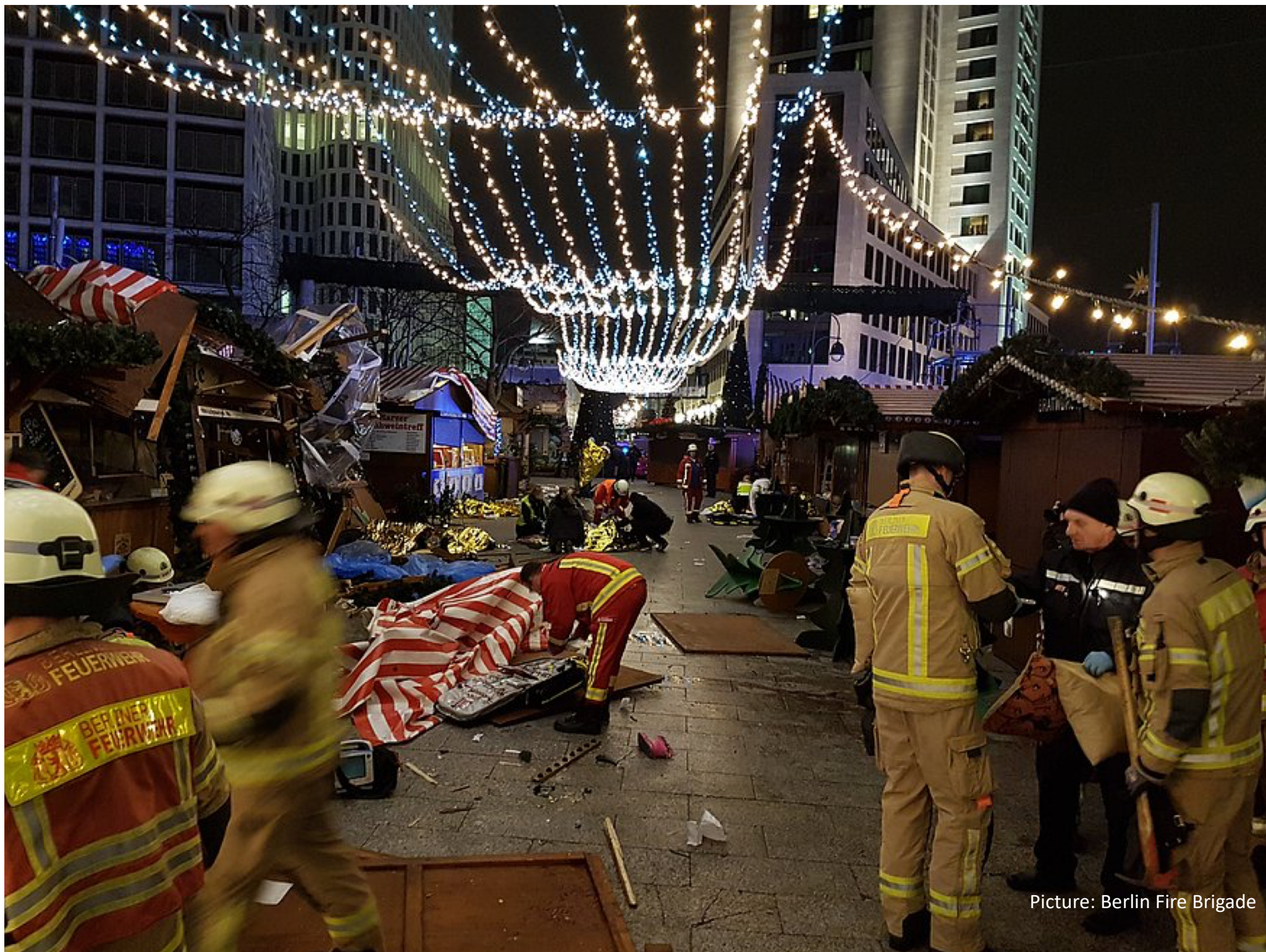
Picture: Berlin Fire Brigade



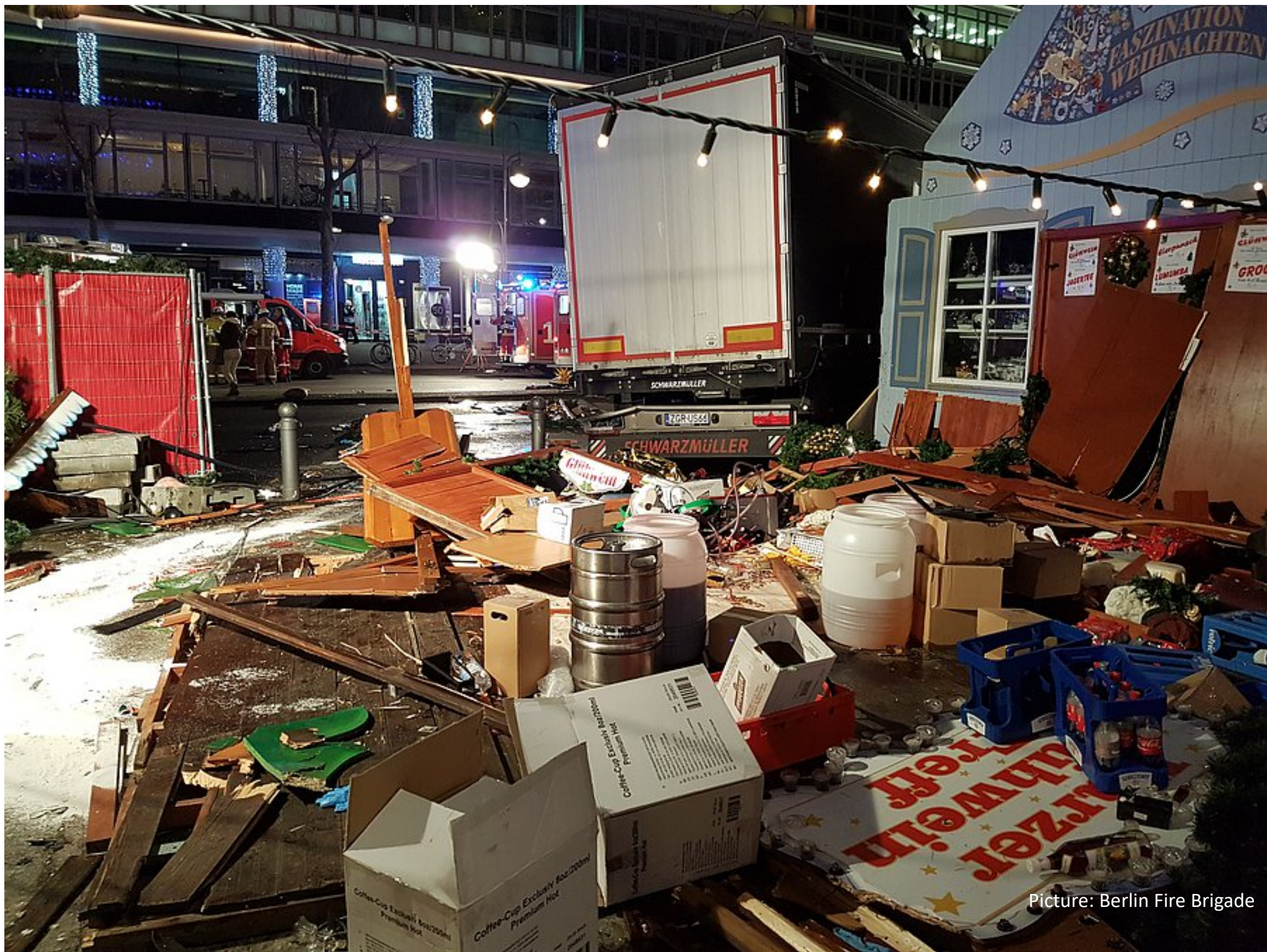
Picture: Berlin Fire Brigade



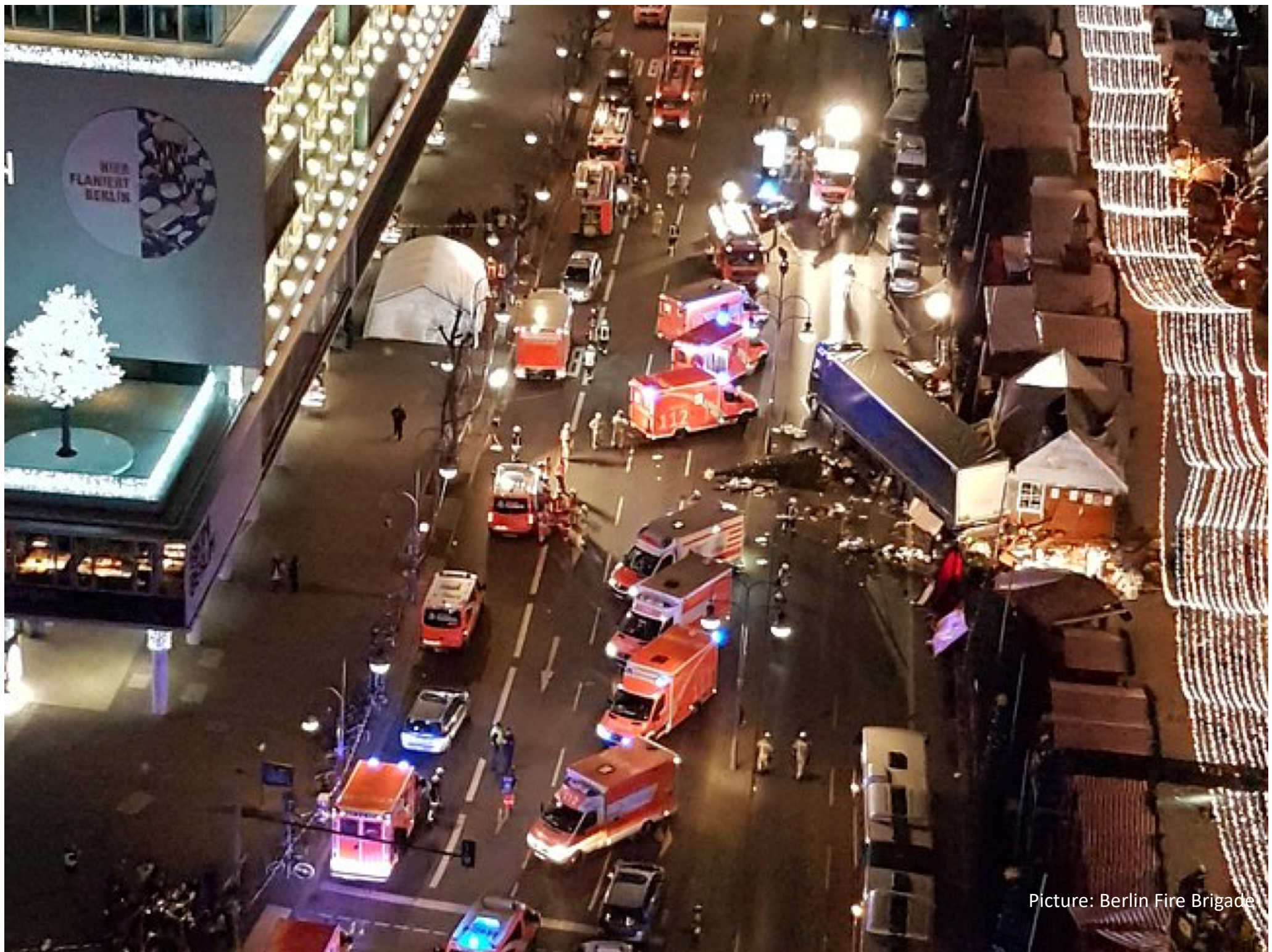
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Resiliency

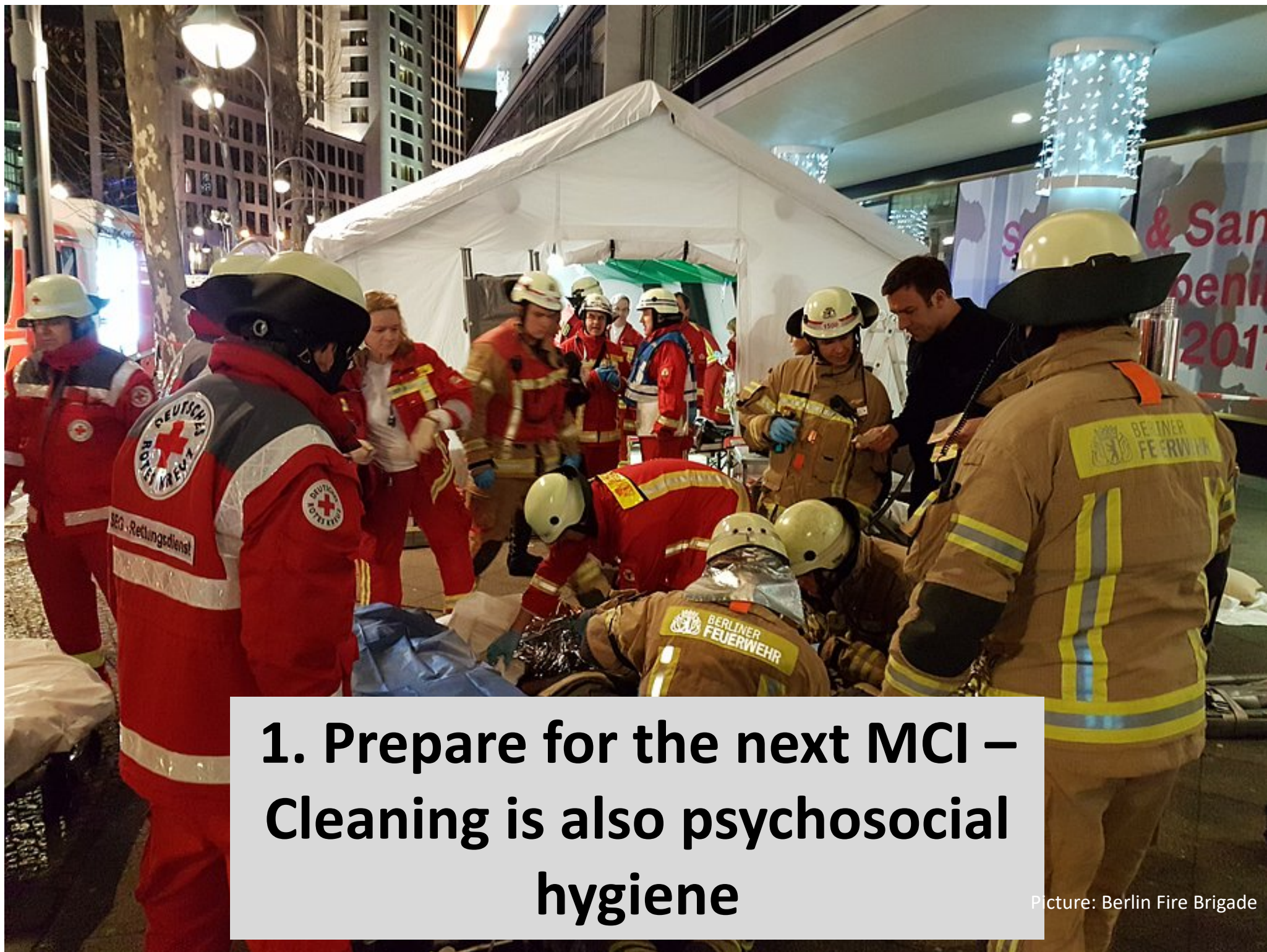
Be prepared!

Prepare the unexpected!

Think the unbelievable!

Post MCI Checklist

1. Preparation and hygiene for the next MCI
2. Defusing and debriefing for the teams
3. Care about commanders
4. Prevention of rumours
5. Take part in memorial ceremonies
6. Communication with press and politicians
7. Inform colleagues and other professionals
8. Do you need more money?
9. What's next?
10. Be aware of the anniversary



**1. Prepare for the next MCI –
Cleaning is also psychosocial
hygiene**

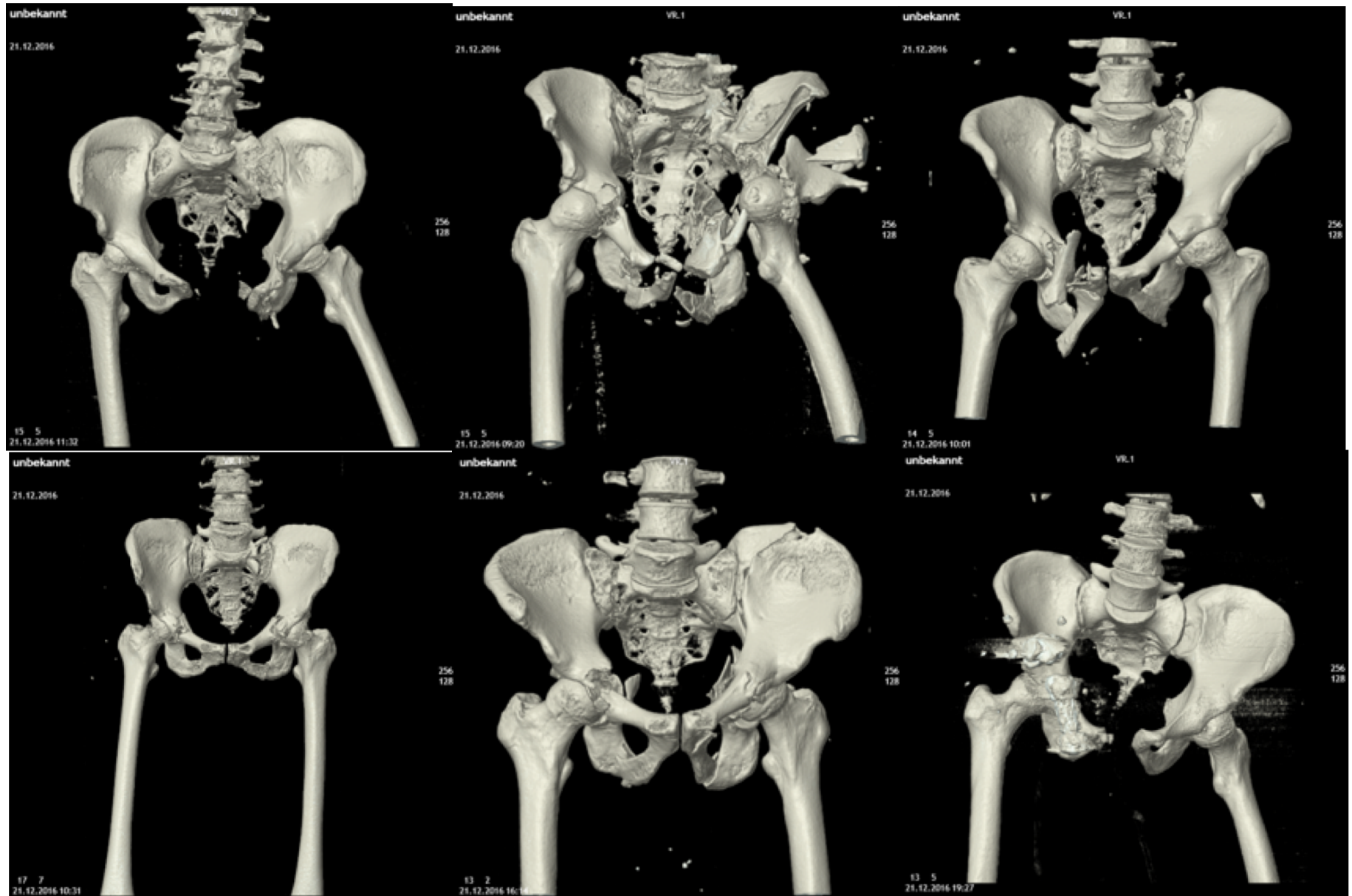
Picture: Berlin Fire Brigade

2. Defusing and Debriefing of all responders



Picture: Berlin Fire Brigade/ENT Brandenburg





3 key points to prevent PTSD

1. Know the physical and psychological symptoms:
Normal reaction to a non-normal event
2. In the first days: short psychoeducation, use peer systems
3. Search professional help after 6-8 weeks, if still symptoms

3. Care about commanders - They did take the decisions



Is the scene safe? – yes!
Saving a lot of people, but:

Questions heard during the next days...

- Never heard about second hit?
- You put the staff in risk!
- This was “care under fire”!
- What would happened if the truck is full of explosives?
- The explosives cut be hidden in the fuel tank of the truck!
- The perpetrator could have a weapon and go on one of the higher buildings to shoot the EMS teams??

[REDACTED]

Von: TruckTerror@[REDACTED].de
Gesendet: Montag, 19. Dezember 2016 23:07
An: Pressestelle der Berliner Feuerwehr
Betreff: TRUCK

Kategorien: [REDACTED]

In the truck, a bomb straight is activated, they have exactly 35 minutes left ...
We have not allowed their ALLAH !!!

ALLAH IS GREAT

**4. Prevention of rumours –
Talk about what happened**



5. Take part in memorial ceremonies - and be sure this is again work load



"Das Herz Berlins getroffen": Angela Merkel besucht am Dienstagnachmittag den Tatort am Breitscheidplatz in Berlin. Sie legt eine Blume auf den Gedenkaltar für die Opfer des Anschlags.

In einem ökumenischen Gottesdienst gedachten Berliner Geistliche verschiedener Konfessionen der Opfer des Anschlags.

FOTO: REUTERS/MICHAEL KAPPELER

Picture: dpa

k besucht die Verletzten des Anschlags in der Charité am 21.12.2016

Anschlag in Berlin

6. Prepare for communication with press and politicians

Berlin – Bundespräsident nach Besuch bei Verletzten

Picture: n24.de

7. Inform your colleagues and other professionals



Picture: Berlin Fire Brigade

Nachrichten > Politik >

Senate of Interior: Planning for a security package (42 Mio Euro)

Anschlag in Berlin

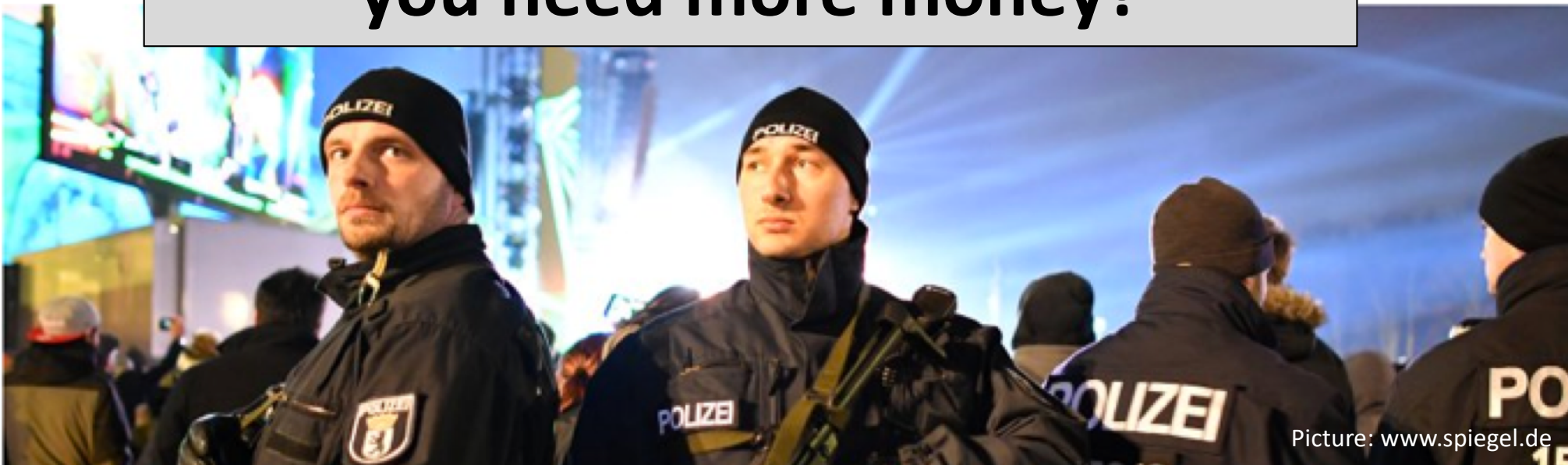
Berlins Innensenator plant neues Sicherheitspaket

Mehr Videokameras, mobile Polizeiwachen, schärfere Kontrollen von Gefährdern: So will Berlins Innensenator die Hauptstadt sicherer machen. In der Regierungskoalition droht Streit.



Vo

8 . Prepare for the question: Do you need more money?



Picture: www.spiegel.de



9. What's next?



Picture: dpa



Own pictures and feelings

Again work with preparation

10. Be aware of the anniversary

Political discussion about mistakes

Contact to relatives of victims

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