**PNWD Psychological First Aid - Sequential Rollout - 2021**

**September 2021 -**

* Inward Facing:
  + Build a critical incident buddy check-in list using the 3-3-3 rule
    - Each patroller has two buddies they check-in with at set post incident intervals: 3 days, 3 weeks, and 3 months.
    - Goal: Each patroller has two patrollers that check on them and two patrollers they check in on, in a post critical incident.
    - Pizza or some food available immediately after a critical incident and team building space plan.

**November 2021 - Patrol Meeting ?**

* Outward Facing:
  + Refresher from 2019 - Powerpoint Overview of Psychological First Aid (PFA)
  + Share Rollout plan
* Inward Facing:
  + Build MASP specific Stress Continuum Model (SCM).

**December 2021 - Patrol Meeting**

* Outward Facing:
  + MASP SCM survey to MASP
  + Establish MASP specific morning ritual for SCM check-in
* Inward Facing:
  + Build a MASP SCM survey to push out at monthly meetings (short longitudinal survey data on stress injury formation throughout the season).
  + Survey can be used to establish all MASPers baseline SCM.
  + Depletion vs. recharge modalities for each patroller - survey?

**January 2022 -**

* Outward Facing:
  + Continue monthly MASP SCM checkin survey