



Psyc.E.In. MOOC 2

Unit 6

2.7 TEAM CARING Self-Assessment Checklist

Instructions

The following questions evaluate how you approach Team Caring in crisis contexts. It is a qualitative assessment that shows you the Team Caring aspects to improve.

You can use this self-assessment questionnaire as a pre- or post-course evaluation test.

Read each question and answer “YES” or “NO”.

Questions	YES	NO
Pre - crisis stage		
1. Are you aware that to effectively manage your staff it is necessary to recognize the inevitability of work-related stress and prepare for emergencies by advocating self-care as a means of preventing occupational hazards?		
2. Are staff members trained in coping with stress? Are you familiar with problem-focused coping strategies like problem-solving and brainstorming, and emotion-centered coping strategies such as anger		

management and distraction skills (in case nothing can be done to impact the situation)?		
3. Do you train yourself and your staff in recognizing risk factors for work-related stress and warning signs, and help create an environment where stress reactions are not seen as a weakness?		
4. Do you have a model of good coping practices for your staff, both during normal work periods and throughout crisis response?		
5. Have you planned a psycho-education training for the staff?		

Crisis stage		
6. Do you monitor and address the early warning signs of stress reactions by supporting your staff and reminding them of the importance of self-care?		
7. During a particularly prolonged or intense crisis response, do you consider creating a 'buddy system' within your team/unit to help with monitoring each other for warning signs of Burnout, Compassion Fatigue, or Vicarious Traumatization?		
8. Do you know that all personnel will need support in any event?		
9. Did you organize the debriefing sessions?		
10. Have you built a sense of self-efficacy and strength among the staff members?		
Post - crisis stage		
11. Have you developed protocols to provide workers with stigma-free advice so that workers can address the emotional aspects of their experience?		
12. Have you organized interviews and / or exit seminars to help workers put their experiences into perspective and to validate what they saw, did, thought and felt?		

13. Have you thought about providing educational services or workshops on stress management and self-care?		
14. Do you offer group self-care activities and acknowledgment?		

Each question is given 1 point if the answer is “YES”, 0 if the answer is “NO”. Total score range: from 0 to 14.

Check your score: __/14

Source FEMA. Leadership in emergencies toolkit.