Responding to the COVID-19 Pandemic:
Childhood Violent Trauma Center, Yale Child Study Center
Category II Site of the NCTSN

Brief Outline of the Structured Approach to One-on-One Consultation
To Healthcare Staff:
The Acute Stress Intervention

- Open the session and check in
- Provide brief psycho-education on impact of high levels of stress
- Introduce and administer the Acute Stress Disorder Scale (or the ASDS)
  - Next steps:
    - Focus in on symptoms that were endorsed in the ASDS that are most frequent or most impactful
    - Introduce specific coping strategies that would specifically help to decrease these symptoms/reactions
- Discuss routines of daily life (review with all individuals)
- Discuss basics of sleep hygiene (review if endorsed as a problem area)
- Identify specific symptoms (i.e. two symptoms/symptom clusters) endorsed in the ASDS that are most frequent or most impactful and introduce coping strategies
  - Focus on symptoms endorsed in the ASDS that are most frequent or most impactful
  - Introduce and review specific coping strategies that will specifically help to decrease these symptoms/reactions
  - Example coping strategies:
    - Focused Breathing (i.e. for physical symptoms, emotional symptoms)
    - Guided Imagery (i.e. for intrusive, repetitive disturbing thoughts and images)
    - Challenging Unhelpful Thoughts (i.e. self-critical thoughts, thinking too far ahead, imagining the worst thoughts)
    - Progressive Muscle Relaxation
    - Social Connectedness and Helpful Considerations
- Arrange for Follow-Up Session

Developed by the Childhood Violent Trauma Center
at the Yale Child Study Center