

Step 3: Make an Action Plan

Determine whether you can address the problem using **BRR skills**, Positive Activities – A way to improve mood or if the survivor needs a referral for additional services. **And stated** oning by identifying and engaging in positive above, be sure to attend to any urgent medical or mentaple as the services. **Skills** to cope with and reduce

Managing Reactions – Skills to cope with and reduce

Next, decide together which SPR strategy to use rst. Briestressing physical and emotional reactions to upset the SPR skill options for the identi ed problem and nd out about the

survivor's preference. For example, you may say:

Choosing a Strategy

- Promoting Helpful Thinking Steps to identify upsettin thoughts and to counter these thoughts with less upsettin
- Rebuilding Healthy Social Connections A way to rebuilding

the SPR skill options from the list below). Have you had experience with low chart below to identify the appropriation of these? Does one sound more comfortable? Which one down different problem areas. prefer that we use rst?

Explain the SPR skills as follows:

- If the problems warrant it, recommend more than one mee discuss whether this is possible. Explain that the survivor is free to discontinue services at any time.
- Building Problem-Solving Skills A method to define a discontinue services at any time. problem and goal, brainstorm a number of ways to solve it, evaluate those ways, then try out the solution that seems most likely to help

SPR SKILL FLOWCHART

| Concern | Primary SPR Skill | Secondary SPR Skill |
|--|---|--|
| Having a di cult problem that I need to solve. | Problem-Solving | Healthy Social Connections Helpful Thinking |
| Having intense or repeatedly up reactions to things that happen. | | Healthy Social Connections Helpful Thinking |
| Not knowing how to connect or with friends and family after the Not having enough people that me or can help me out. | disaster. | Positive Activities Helpful Thinking |
| Feeling depressed, sad, or with | dretositive Activities | Problem-Solving Healthy Social Connections |
| Having upsetting thoughts that feel bad or stop me from having positive thoughts. | | Managing Reactions Activity Scheduling |
| Having a serious physical healt a serious mental health condition serious substance abuse problet or signi cant current hardships a adversities. | on with a focus on referral to the mappind priate services) | Healthy Social Connections Helpful Thinking |



Skills for Psychological Recovery Field Operations Guide