

# **Eldora Resilience Team Roles & Responsibilities**

## **RESILIENCE**

### **Requirements**

- Awareness of Stress Injuries, signs & symptoms, and injury formation
- Familiarity with Stress Injury Continuum and injury mitigation
- Understanding of Psychological First Aid (PFA)
- Empathy and understanding of traumatic exposures and signs of exposure
- Genuine understanding and concern for co-worker well being

### **Duties**

- Provide Psychological First Aid training & education for Patrol and Company
- Initiate systems and procedures for regular "check-in" with team
- Seek resources and guidance from outside sources
- Provide pocket cards and tangible references for the Patrol
- Communicate with Stress and Resiliency Advisor to initiate resources and best practices.
- Maintain communication with Patrol Directors on initiatives and status of Resiliency Team and condition of the Patrol Team in general.
- Establish and maintain a "Social" program for team connectedness.
- Conduct regular team meetings and outline goals and expectations of team members