

POST DEPLOYMENT QUESTIONANIRE

PART A

INSTRUCTIONS: Please complete Part A and hand in to the Review Leader. If this deployment involved a **disaster** then also complete Part B, but do not hand in Part B to the Review Leader. Rather, you are to keep this self-assessment material for your later review.

SECTION I. QUESTIONS ABOUT YOUR WORK ENVIRONMENT DURING DEPLOYMENT

1. I felt comfortable in my assigned role?

1 Strongly Disagree 2 Disagree 3 Undecided 4 Agree 5 Strongly Agree

1. I was comfortable in my workspace environment?

1 Strongly Disagree 2 Disagree 3 Undecided 4 Agree 5 Strongly Agree

1. I had all the resources necessary to perform my specific task?

1 Strongly Disagree 2 Disagree 3 Undecided 4 Agree 5 Strongly Agree

1. I had all the necessary knowledge to perform my specific task?

1 Strongly Disagree 2 Disagree 3 Undecided 4 Agree 5 Strongly Agree

1. Overall how would you rate your experience from this volunteer opportunity?

1 Excellent 2 Good 3 Fair 4 Poor

Comment: (If you wish, use the space below & on back to further explain your answers)



SECTION II. QUESTIONS ABOUT YOUR EXPERIENCES DURING THIS DEPLOYMENT: HIGH RISK FACTORS

During this disaster deployment did you

* Experience any significant physical injury

\_\_\_\_\_\_Yes \_\_\_\_\_No

* Feel or express extreme panic

\_\_\_\_\_\_Yes \_\_\_\_\_No

* Feel that your life was in danger

\_\_\_\_\_\_Yes \_\_\_\_\_No

* See, or hear, the death or serious injury of another

\_\_\_\_\_\_Yes \_\_\_\_\_No

* Experience a confirmed exposure or contamination to a harmful agent

\_\_\_\_\_\_Yes \_\_\_\_\_No

* Undergo de-contamination

\_\_\_\_\_\_Yes \_\_\_\_\_No

* Receive medical treatment for contamination to a harmful agent

\_\_\_\_\_\_Yes \_\_\_\_\_No

PART B

INSTRUCTIONS: Complete Part B only if this deployment involved a disaster.

SECTION III. QUESTIONS ABOUT YOUR EXPERIENCES SINCE DEPLOYMENT: STRESS SYMPTOMS

Since this disaster deployment have you:

1. Experienced disturbing memories, thoughts, and/or images related to stressful events experienced during this deployment?

0 Not at all 1 Mild; not bothersome 2 Moderate; bothersome 3 Severe

1. Experienced repeated, disturbing dreams related to stressful events experienced during this deployment?

0 Not at all 1 Mild; not bothersome 2 Moderate; bothersome 3 Severe

1. Felt as if you were reliving a stressful event experienced during this deployment?

0 Not at all 1 Mild; not bothersome 2 Moderate; bothersome 3 Severe

1. Felt very upset when something reminds you of a stressful event experienced during this deployment?

0 Not at all 1 Mild; not bothersome 2 Moderate; bothersome 3 Severe

1. Experienced physical reactions (e.g., heart pounding, trouble breathing, or sweating) when something reminds you of a stressful event experienced during this deployment?

0 Not at all 1 Mild; not bothersome 2 Moderate; bothersome 3 Severe

1. Avoided thinking about or talking about a stressful event experienced during this deployment?

0 Not at all 1 Mild; not bothersome 2 Moderate; bothersome 3 Severe

1. Avoided certain activities or situations because they remind you of a stressful event experience during this deployment?

0 Not at all 1 Mild; not bothersome 2 Moderate; bothersome 3 Severe

1. Had trouble remembering important parts of a stressful event experienced during this deployment?

0 Not at all 1 Mild; not bothersome 2 Moderate; bothersome 3 Severe

1. Experienced a loss of interest in things that you used to enjoy?

0 Not at all 1 Mild; not bothersome 2 Moderate; bothersome 3 Severe

1. Felt distant or cut off from other people?

0 Not at all 1 Mild; not bothersome 2 Moderate; bothersome 3 Severe

1. Felt emotionally numb?

0 Not at all 1 Mild; not bothersome 2 Moderate; bothersome 3 Severe

1. Felt as if your future will somehow be cut short?

0 Not at all 1 Mild; not bothersome 2 Moderate; bothersome 3 Severe

1. Had trouble falling or staying asleep?

0 Not at all 1 Mild; not bothersome 2 Moderate; bothersome 3 Severe

1. Felt irritable or had angry outbursts?

0 Not at all 1 Mild; not bothersome 2 Moderate; bothersome 3 Severe

1. Experienced difficulty concentrating?

0 Not at all 1 Mild; not bothersome 2 Moderate; bothersome 3 Severe

1. Been “super alert” or watchful on guard?

0 Not at all 1 Mild; not bothersome 2 Moderate; bothersome 3 Severe

1. Felt jumpy or easily startled?

0 Not at all 1 Mild; not bothersome 2 Moderate; bothersome 3 Severe

It is not unusual to experience some mild symptoms of stress (see your responses to Section III above) after deployment to a disaster. In fact, typically, such symptoms go away on their own. However, if you find yourself experiencing one or more moderate (bothersome) and/or severe symptoms of stress 3 to 4 weeks after being deployed you could possibly be experiencing burnout or PTSD.

Continuing stresses as described above after an assignment could mean you have thoughts or feelings about your deployment that you have not yet laid to rest. When these continue, they can wear you down and contribute to more serious stress symptoms. Speaking with a mental health professional about your experiences may be all it takes to promote improved coping. Feel free to ask your unit coordinator or the director or coordinator of the Stress Response Team for further information and/or referral.

In conclusion expect a readjustment period upon returning home. You may need to make personal reintegration a priority for a while. To help, make every effort to:

* Seek out and give social support.
* Schedule time for a vacation or gradual reintegration into normal life.
* Prepare for worldview changes that may not be mirrored by others in your life.
* Participate in formal help to address your response to relief work if extreme stress persists for greater than two to three weeks.
* Increase leisure activities, stress management, and exercise.
* Pay extra attention to health and nutrition.
* Pay extra attention to rekindling close interpersonal relationships.
* Practice good sleep routines.
* Make time for self-reflection.
* Practice receiving from others.
* Find activities that you enjoy or that make you laugh.
* Try at times not to be in charge or the “expert.”
* Increase experiences that have spiritual or philosophical meaning to you.
* Anticipate that you will experience recurring thoughts or dreams, and that they will decrease over time.
* Keep a journal to get worries off your mind.
* Ask help in parenting if you feel irritable or are having difficulties adjusting to being back at home.
* Make every effort to avoid:
* Excessive use of alcohol, illicit drugs, or excessive amounts of prescription drugs.
* Making any big life changes for at least a month.
* Negatively assessing your contribution to relief work.
* Worrying about readjusting.