

Tips for Debriefing After an Event



Plan to meet with everyone involved. This can be structured or an informal discussion.



A meeting might be more productive after the child with disabilities has gone to sleep.



Ask each member how they are feeling. If needed, use a feelings chart to discuss.



Let everyone know what they did well

Let the discussion flow.



Seek professional help, if necessary.

Suicide Hotline:

988

My Feelings Chart

My name

Right now, I am feeling...



I am upset because...

I can feel better by...

Who can I talk to about my feelings?

What can I do to distract myself?

I feel better because...