

Kaiser's Response to a Community in Crisis

Las Vegas Shooting

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On the night of October 1, 2017,
Stephen Poddock opened file on a
crowd of concertigues at the Roud
Vegas Stip in Nevada. He tilled 58
people and wounded 422, and the
ensuing panic brought the tilling 18
people and wounded 422, and the
ensuing panic brought the tiling 19
to 1851. Paddock, a 64-year-old man
from Mesquile. Nevada, fired more
than 1,100 rounds of annumition
Mendadock (Sky Hotel. The shooting
accurred between 1005 and 10:15
p.m. PDT, bodu of an hot later,
Paddock was found dead in his round
from a self-inflicted gunshot wound.
His motive remains undetermined.





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Thomas Fire

Thomas Fire was a massive wildfire that affected Ventura and Santa
Brabarra Counties, and one of multiple widfires that ignited in southern
California in December 2017. It burned approximately 281,832 acres (440 sq
mi 114,078 ha) before being fully contained on January 12, 2018, making it
the largest widfire in modern California history at the firme, being surpassed
by the Ranch Fire, part of the Mendocina Complex, less than a year laterin
August 2018. The Thomas Fire destroyed of least 1),063 structures, while
damaging 280 others; and the fire caused over \$2.22 billian (2018 USD) in
damages, including \$2.20 million in suppression costs, becoming the
seventh-most destructive wildlier in state it sharts. As of August 2018, the
flagman are in California seignth-most destructive wildlier. Ventura's
agreement of the control of





Kaiser's Response to a Community in Crisis Borderline Shooting A mass shooting took place on November 7, 2018, in Thousand Oaks, California, United States, at the Borderline Bar and Grill, a country-western bar frequented by colleged, including life perpetator, who clied of a self-inflicted gunston wound, and a police officer who was shot multiple times, with the total wound accidentally being fired by another officer ormatif the choot. Ten to twelve others were injured.



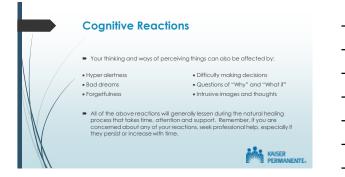


Vicarious Trauma (VT)
 Vicarious traumatization (VT) is a transformation in the self of a trauma worker or helper that results from empothic engagement with roumatized clients and their reports of traumatic experiences It is hallmark is disrupted spirituality, or a disruption in the trauma workers' perceived meaning and hope.
MAISER PERMANENTE.

	Coping With a Traumatic Event
	In our adult lives, we spend at least one-third of our weekday fime at work. Some of us spend more time with our work families than we do with our biological families. When anything traumatic happens at work, we are understandably concerned and emotionally impacted. What we perceive as random, meaningless or arbitrary inclidents enhance feelings of vulnerability. This can also elevate concerns about our personal safety.
	• Knowing what to expect can help to normalize your experience and reduce stress. Understanding the nature and the impact of the event is a major part of coping. The following signs are normal, expected reactions to stressful events.
1	PERMANENTE.

ı		Physical Reactions			
		 Your body reacts to very stressful events by internally releasing chemicals, such as adventione, to help you take core of yourself. These chemical reactions, combined with interne emotions, may create the following: 			
		Muscle aches and tension	Elevated blood pressure		
ı		Nausea and gastro-intestinal problems	Difficulty breathing		
ı		Sleep disturbances	Thirst		
ı		Headaches	Exhaustion		
ı		Chest pain	Appetite changes		
	\W /	Fatigue	• Insomnia		
	 Remember to seek medical attention if you are concerned about any of these physical reactions. 				
	//		KAISER PERMANENTE.		





	٧	Vhat You Can
	-	There are many practical thin
		Within the first 24-48 hours, alt- walking) with periods of relaxe before attempting any exerci-
		Verbalize or in other ways exp. This combats internalizing the control. You can speak canc colleagues, family and friend Assistance Program Coordina
	٠	Think back to other stressful tir similar things now?
$\mathbb{R}^{\mathbb{N}}$		Spend time with people who
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Do to Help Yourself

- ngs to attempt for relief. Here are some suggestions:
- ernate some form of physical exercise (e.g., brisk ation to help alleviate physical reactions. Of course, ise, it is always wise to consult with your physician.
- press your experience to appropriate supportive people.

 e experience and may promote a greater feeling of
 didly about the emotional impact of the event to your
 s, but also to a personal physician or Employee
 altor.
- mes in your life. What helped you then? Can you do
- you care about. Ask for support.



What You Can D	o to Help Yourself
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- Take care of yourself. Eat regularly, even if you don't feel like it, but watch your use of alcohol, caffeine, nicofine, sugar, medicine and other drugs. Make sure you rest and take time to relax. Practice deep breathing or meditate.
- Give yourself permission to do things you enjoy and focus on those things.
- Maintain as normal a personal schedule as possible to make sure you preserve some structure for yourself.
- Remember that each person experiences emotional stress differently, depending on life circumstances and life experiences. Be flexible and accepting of differences in others' responses, By increasing ownerness of your own reactions and needs, you have a better chance of coping well with stress related to stressful events.

