

# Gathering Information and Prioritizing Assistance

## SKILLS FOR PSYCHOLOGICAL RECOVERY

This skill is the first skill in the SPR modal and can help you evaluate the immediate needs of someone who might need assistance following a traumatic event. With a focus on safety concerns and mental health needs, it lays the foundation for assessing how best to help them using referral or other skills in this model

If you are not a mental health or clinician or operating in that capacity, the first consideration is to determine if someone should be referred to mental health or other services to address immediate safety concerns. After immediate safety needs are addressed, use open ended questions to support survivors in developing a plan for the best way to address their concerns and prioritize their needs. The following are some questions that are suggested in “Skills for Psychological Recovery Field Operation Guide” that can be used to gather and prioritize information:

- **What are your current concerns?**
- **Which one of these areas is bothering you the most?**
- **Is there one that we really need to deal with sooner than the other ones?**
- **Is there one problem that seems to be getting worse?**
- **Is there a particular problem that, if I can help you with it, might also help with some of the other problems?**
- **Is there one area that you would feel most comfortable working on or have the strength to tackle today?**
- **Is there some event coming up that might make things difficult for you that we should address first?**
- **Is there anything that has happened recently that made things worse and that it would be helpful to address?**
- **Taking all of this into account, which area would you prefer us to work on today?**