

The background is a dark blue field with a pattern of lighter blue stars. In the upper right corner, there are silhouettes of two soldiers in full combat gear, one standing and one slightly behind. At the bottom of the slide, there is a thick, curved red line that separates the blue background from a white area.

Care for Caregivers

CH (COL) David Moran
CH (LTC) Dave Scheider
CH (LTC) Lance Sneath

- **Theories informing Care for Caregivers**
 - Crisis Intervention
 - Transitions
- **Chaplain Professional Reinforcement Training (CPRT) Army-wide**
- **CPRT at Fort Hood**
- **III Corps Response to Ft Hood Crisis**

Crisis Intervention Theory

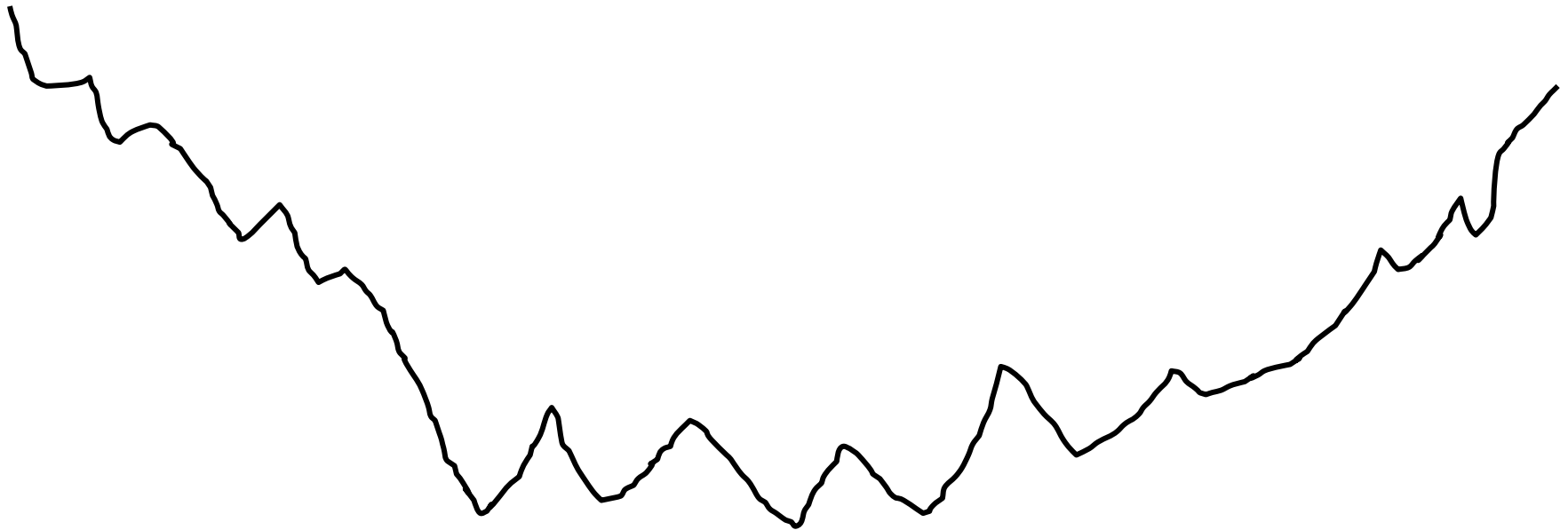
Three Balancing Factors to Prevent Crisis

- 1. Emotional Support**
- 2. Coping Skills**
- 3. Perception/Meaning of the Situation**

Crisis Intervention: Theory and Methodology

By Donna C. Aguilera

Transitions



Endings

Tasks:
Grief
Crisis support
Past focus

Neutral Zone

Acceptance
Forgiveness
Rediscover Self
Make Plans
Present focus

New Beginnings

Rebuild
Invest in others
Future focus

Transitions by William Bridges

CPRT Army Wide

- **Goal – provide support to chaplains. Primary focus is first and second term chaplains.**
- **Three objectives to prevent burnout**
 - 1. Provide group emotional support
 - 2. Teach skills to improve competencies for care in crisis situations
 - 3. Facilitate search for meaning of suffering, disillusion, and loss within each chaplain's world view (theology)
- **All Family Life Chaplains are train the trainers in CPRT**

CPRT at Fort Hood

- **Family Life Chaplain leads CPRT Jan-June**
- **Required for first term chaplains**
- **Training on pastoral counseling competencies**
- **Group processing of critical ministry in unit**
- **400 hours of training (300 in unit/ 100 unit in CPRT)**

III Corps Response to Ft Hood Crisis

- **Near Term**

- Exercised MASCAL SOP; focused ministry presence at the site (8 chaplains), hospital (6 UMTs), EOC (2 chaplains), and Spiritual Fitness Center (5 UMTs)
- Requested tiered Chaplain enabler support; eventually received 10 of 13 projected enablers from FORSCOM, TRADOC, and MEDCOM
- Supported the Memorial Service; planning/participation by Corps Chaplain and Family Escorts by 11 chaplains
- UMTs present at all Psychological First Aid sessions for more than 700 individuals identified as being directly involved in the tragedy

- **Long Term**

- Continued pastoral care by organic UMTs
- Support of the Behavioral Health Campaign Plan, insuring that the religious support effort complements and strengthens the Plan

Summary

- **Theory informed approach to care for chaplain caregivers**
- **Program developed Army-wide for newer chaplains**
- **Program does not include senior chaplains or assistants**

Conclusion

Endings precede the beginning of a journey that ends in a renewed vision of self and one's purpose and place in life. People with sufficient emotional support and coping skills will most likely grow through their losses and transitions. Individuals without support and skills are at risk. The CPRT program provides both support and skills for chaplains in transition.

Contact

- **Chaplain David Moran**
david.moran1@us.army.mil
- **Chaplain David Scheider**
david.m.scheider2@us.army.mil
- **Chaplain Lance Sneath**
lance.sneath@us.army.mil