



FAMILY RESPONSE PLAN

Keeping your family safe is a top priority. This family response plan is meant to help prevent physical violence in military families. When a family member suffers from posttraumatic stress disorder (PTSD), traumatic brain injury (TBI), problematic anger, or other challenges, emotions like anger may quickly turn into aggression (acting on anger). Planning for such situations can keep family members safe. Consider the help of a mental health professional in making your family response plan. Your family response plan is unique to your family and will probably change over time with trial and error. Some family members may not be ready or willing to make a family response plan right now. Make a realistic plan with willing family members. Reevaluate your plan as needed together. You can use this format, create your own, or do something less formal.

Helpful Contacts & Resources:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Our Goal:

Example: Our goal is to make sure no one gets hurt.

Action:

What can you do to achieve your goal? For example, when a parent/guardian's PTSD or TBI is triggered, the older children will go to their rooms and take the younger children into the toy room.



FAMILY RESPONSE PLAN: OTHER CONSIDERATIONS

You can keep your family response plan simple and/or build on it over time. Consider small incremental goals that eventually lead your family where you want to be. For example, the family goal may be to make sure no one gets hurt. Over time, that goal may change to writing down big feelings. The next goal might be to share feelings with each other in healthy ways (perhaps co-journaling). Here are some additional considerations as you create your family plan:

After you **make your plan**, check its **usability**:

- Are all the right contacts and resources listed?
- Do family members know when to use the family response plan?
- How will your family communicate when to use it?
- How likely is it that your family will follow through with this plan?

Does the plan work for places outside the home like the car?

The acronym **S.T.A.M.P.** was created by researchers observing five common behaviors that preceded physical violence. Although it is not specific to PTSD or TBI, it may be helpful for some families.

S Staring & Eye Contact

T Tone and Volume of Voice

A Anxiety

M Mumbling

P Pacing

Trigger Examples: *smells, sirens, yelling, tapping noises, surprises*

You may notice a pattern in behavior unique to your family. Families living with PTSD or TBI, may observe triggers that worsen PTSD or TBI symptoms. Triggers can come from sights, sounds, smells, feelings, thoughts, and emotions. Consider, what happens right before high emotions in your home?



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