Santa Barbara Response Network

Jina Carvalho, Public Information Officer
Gil Reyes, Executive Director (co-author)

Jina Carvalho:

Management of public communications and media collaborations.

Jina Carvalho is the Public Information Officer (PIO) of the SBRN and the Communications Director for the Glendon Association. She specializes in safe media messaging and outreach in the aftermath of suicide, violence, and Traumatic events. She is a member of the American Psychological Association and the American Association of Suicidology.

Dr. Gil Reyes:
Psychological First Aid (PFA) Consultant and Master Trainer, Expert on Psychological Trauma and Crisis Intervention

Leadership, Strategy, Training, and Consultation

Dr. Gil Reyes is Executive Director of the SBRN and a clinical psychologist. He specializes both in psychological trauma and disaster psychology, and is a member of the National Child Traumatic Stress Network (NCTSN), the International Society for Traumatic Stress Studies, and the American Psychological Association's Division of Trauma Psychology.

His publications include:

Encyclopedia of Psychological Trauma

Handbook of International Disaster Psychology (4 volumes).

What is the SBRN?

- Grassroots community network of volunteers dedicated to offering
  - A 501© 3 non-profit
- Compassionate responses to loss and trauma
  - Psychological first aid
  - Support for resilient recovery

Why Was SBRN Formed?

- A suicide cluster among Latino youth in 2009 raised alarm of a suicide contagion risk to our community.
- These suicides were followed by numerous suicide attempts and other contagion effects.
- The suicides were related to community environments involving violence, gangs, poverty, and insecurity.
- Reactions to these deaths included not only typical grieving, but also extreme and chronic distress, fear, blaming, anger, and antisocial behavior.
- The risk of social contagion was evident and required a proactive community response.

How Did SBRN Form?

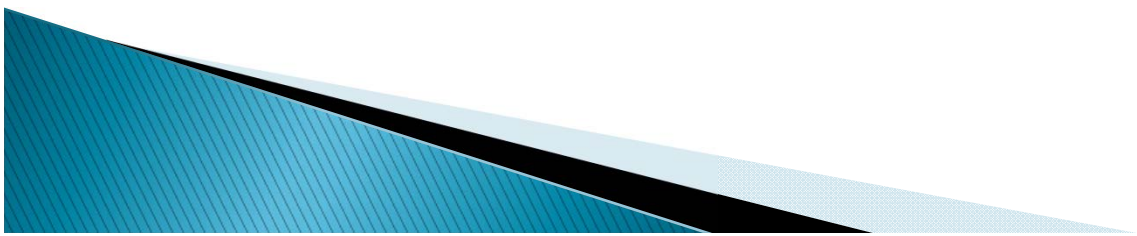
- A steering committee formed, composed of stakeholder-leaders.
- Funds were raised.
- A nationally recognized expert in community crisis and trauma response was hired as a consultant and trainer.
  - Initial 3-Day Training drew 150 participants.
  - Follow-Up 2-Day Training drew 50 participants.
- Executive committee was formed and strategy was developed for creating the network and responding to incidents.
- A simulated activation and deployment scenario was used to test-drive the operating system.

How Did SBRN Grow and Change?

- A board of directors was formed to build the organization.
- We became a 501© 3.
- An Executive Director was appointed.
- Memoranda of Understanding were signed with key community partners (e.g., law enforcement)
- Hundreds more volunteers were trained in delivering PFA.
- A response protocol was developed and refined.
- The Compassion Center Model was developed and deployed, including Compassion Patrol for mobile outreach.

SBRN Uses Community Psychology to Facilitate Resilient Recovery

- Led by Gil Reyes, ED for SBRN
  - Develops collaborative partnerships with community agencies and organizations that respond to crises.
  - Develops funding streams and plans for sustainability.
  - Develops strategic plans for operational efficiency and effectiveness.
  - Recruits and trains volunteers for PFA Teams.
  - Trains additional trainers.
  - Created the Compassion Center Model of Community Crisis Response, which includes Compassion Patrols for purposes of mobile outreach; first piloted in the Isla Vista Tragedy of May 2014.



SBRN Educates the Public and Media

- Led by Jina Carvalho, PIO for SBRN
  - Research: the way suicide is reported in the media can contribute to additional suicides and suicide attempts.
  - Conversely, stories about suicide can inform readers and viewers about likely causes of suicides, its warning signs, trends in rates, and recent treatment advances (prevention).
  - The way violent events are reported may expose consumers to potentially harmful levels of vicarious trauma and stimulate expressions of hostile emotions (e.g., inflamed outrage).
  - Media can help consumers to cope with tragedy and trauma, providing a great public resource for reliable information.
  - Journalists may also be exposed to high levels of secondary or vicarious traumatic stress (e.g., occupational hazard).

Current Activities

- Ongoing media training to improve socially responsible coverage of suicide and potentially traumatic events
- Training of PFA responders
- Establishment of Compassion Centers and outreach patrols
- Continued collaborations with:
  - Public officials
  - Law enforcement
  - Emergency response agencies
  - Mental health agencies and associations
  - K-12 Schools and Higher Education
  - Clergy and faith communities
  - Latino and other special needs communities

SBRN Contact Information

Executive Director is Gil Reyes, PhD

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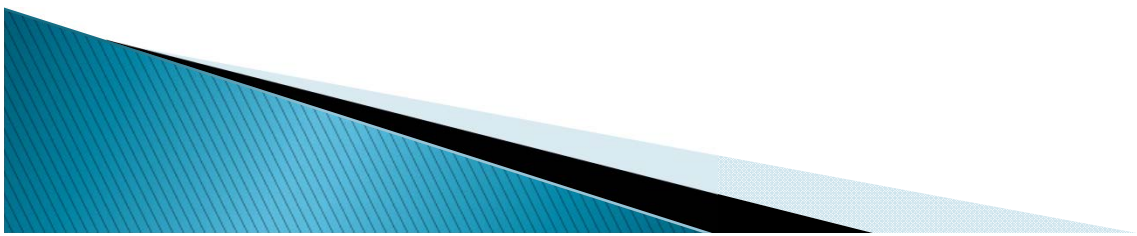
Thank You!



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