

Annex B - Preparedness Checklist

Preparedness Checklist

This checklist can guide C4JR to determine whether to approach a survivor for possible engagement. This checklist should be considered before approaching the person or obtaining informed consent. It can also be useful during the consent process to evaluate whether the survivor appears ready and prepared to engage with the media or others to talk about traumatic events. These are suggestions, as NGOs may not have this information before contacting the survivor, however if the NGO later determines the survivor may not be ready it would be useful to have an open and frank discussion with the survivor.

This check list can be administered by a trained mental health professional or by a worker who received trainings on trauma and trauma informed interviewing and have access to consultation with mental health professionals, if any organization at C4JR doesn't have such expertise, it's advised to seek support from other organizations.

Timeframe

___ Was the person recently released from captivity?

___ Was the person recently victim of traumatic crimes or events? (Recent acts of sexual violence, recent return of the body of a family member, recent return to the areas of origin.)

Goals and expectations

___ Are the individual's goals and expectations from sharing their story clear and realistic?

Previous experiences with media or documentation

___ Has the individual had previous positive experiences with media or documentation that could influence their readiness?

Previous psychosocial support

___ Has the individual previously received psychological or other psychosocial support?

___ What was the nature and effectiveness of this support?

Current challenges and daily functioning

___ How are the individual's daily functioning impacted by their past experiences?

___ Does the survivor have strong social connections and support?

Emotional distress or impaired functioning

___ Is there a high level of emotional distress or impaired functioning that might require therapeutic intervention before engagement?

Red flags

___ Are there signs of self-harm, suicidal thoughts, being at high risk, derealization, or flashbacks?

___ Is there an inability to take care of oneself or others?

___ Is there a significant impact on the individual's functionality in areas like work, social roles, self-hygiene, social connections, and religious or spiritual practices?

External risks

___ Is the person at risk of stigma, psychological or physical violence, or femicide if identified by her family or community (threats by family or community members, victim of GBV, including domestic violence etc)

Current coping strategies and support structure

___ Does the individual have effective coping strategies and a strong support structure in place?

___ What resources are available to help the individual manage their condition?

Medical and therapeutic considerations

___ Are there any medical constraints or recommendations from healthcare providers that need consideration before the individual engages with media or documentation?