



### Step 3: Make an Action Plan

Determine whether you can address the problem using SPR skills, or if the survivor needs a referral for additional services. As stated above, be sure to attend to any urgent medical or mental health concerns immediately.

Next, decide together which SPR strategy to use first. Briefly review the SPR skill options for the identified problem and find out about the survivor's preference. For example, you may say:

#### Choosing a Strategy

*In the time we have today, we have agreed to work on \_\_\_\_\_. There are several ways to do this. For example, we can work on (explain the SPR skill options from the list below). Have you had experience with any of these? Does one sound more comfortable? Which one do you prefer that we use first?*

Explain the SPR skills as follows:

- **Building Problem-Solving Skills** – A method to define a problem and goal, brainstorm a number of ways to solve it, evaluate those ways, then try out the solution that seems most likely to help

- **Promoting Positive Activities** – A way to improve mood and functioning by identifying and engaging in positive and pleasurable activities
- **Managing Reactions** – Skills to cope with and reduce distressing physical and emotional reactions to upsetting situations
- **Promoting Helpful Thinking** – Steps to identify upsetting thoughts and to counter these thoughts with less upsetting ones
- **Rebuilding Healthy Social Connections** – A way to rebuild positive relationships and community supports

Use the SPR Skill Flowchart below to identify the appropriate SPR interventions for different problem areas.

If the problems warrant it, recommend more than one meeting, and discuss whether this is possible. Explain that the survivor is always free to discontinue services at any time.

## SPR SKILL FLOWCHART

Concern	Primary SPR Skill	Secondary SPR Skill
Having a difficult problem that I need to solve.	<b>Problem-Solving</b>	<b>Healthy Social Connections</b> <b>Helpful Thinking</b>
Having intense or repeatedly upsetting reactions to things that happen.	<b>Managing Reactions</b>	<b>Healthy Social Connections</b> <b>Helpful Thinking</b>
Not knowing how to connect or re-connect with friends and family after the disaster. Not having enough people that care about me or can help me out.	<b>Healthy Social Connections</b>	<b>Positive Activities</b> <b>Helpful Thinking</b>
Feeling depressed, sad, or withdrawn.	<b>Positive Activities</b>	<b>Problem-Solving</b> <b>Healthy Social Connections</b>
Having upsetting thoughts that make me feel bad or stop me from having more positive thoughts.	<b>Helpful Thinking</b>	<b>Managing Reactions</b> <b>Activity Scheduling</b>
Having a serious physical health problem, a serious mental health condition, a serious substance abuse problem, and/or significant current hardships and adversities.	<b>Problem-Solving</b> (with a focus on referral to the appropriate services)	<b>Healthy Social Connections</b> <b>Helpful Thinking</b>

