### Stabilize
- Stabilize (Introduction (Who are you? Where are you from? What are you going to do? Meet basic needs))

### Acknowledge
- Acknowledge what happened (Can you tell me what happened? How are you doing?)

### Facilitate
- Facilitate transition to next stage (paraphrase what you’ve heard; normalization, if possible; “Let me make sure I understand…”)

### Encourage
- Encourage effective coping (reduce acute distress;)

### R - Make a PLAN
- Recovery or Referral (recovery of function or facilitate access to continued care; make a plan going forward)