



May is Mental Health Awareness Month

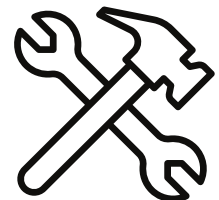
May brings with it blooming flowers, warmer days, and a vital reminder: Mental health is health. Whether you're supporting someone on the scene of a critical incident or just trying to stay grounded at home, prioritizing our own wellness allows us to show up stronger for others.

The Department for Behavioral Health, Developmental, and Intellectual Disabilities put together a Mental Health and Wellness Resource Guide to help you or someone you serve explore tools, practices, and strategies that support emotional well-being. Check out this valuable resource by clicking the link below.



[!\[\]\(d66ff64371a51729ac8c1cdaa685ba6f_img.jpg\) CLICK HERE TO ACCESS THE MENTAL HEALTH PROMOTION RESOURCE GUIDE](#)


Tool of the Month: “Name It to Tame It”



One of the most powerful ways to help people in distress regulate emotion is beautifully simple: help them name what they're feeling.

Whether you're working with a shaken first responder, a grieving community member, or just having a tough day yourself—saying things like, “I’m overwhelmed,” “I feel helpless,” or “This is really hard,” activates the thinking brain (prefrontal cortex) and quiets the survival brain (amygdala). Neuroscientist Dan Siegel coined it “Name it to tame it,” and research backs it up.

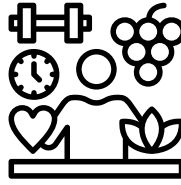
Imagine this: you're on scene and someone's pacing, agitated. You say, “You've been through a lot, are you feeling anxious or on edge right now?” That moment of naming it can begin to de-escalate their nervous system. Simple, but powerful.

Give it a try next time you're offering support. 

♥ Self-Care Corner: The “Micro-Moment” Reset

Sometimes, we don’t need a whole weekend away or a long meditation, just a minute to re-center.

Try this quick 60-second reset:



1. Put your hand on your heart.
2. Take three deep, slow breaths.
3. Ask yourself: What do I need right now? Then listen, without judgment.

These “micro-moments” of care throughout your day can lower stress, build awareness, and help you reset when things get heavy.

Clarifying Guidelines on Sharing Personal Contact Information

There’s been some uncertainty in the past about whether KCCRT members could leave personal contact information with those they served. We’ve heard different interpretations from team members over the years, so we want to offer clear, current guidance moving forward.

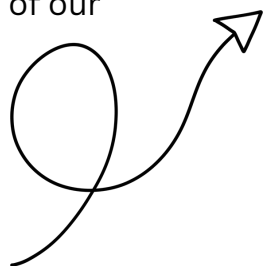
You **may** share your personal contact information, if you feel it would be beneficial to the individual and you’re comfortable doing so. This is entirely optional and should be based on your judgment. For some survivors or first responders, having a trusted peer to reach out to after a crisis can be meaningful.

That said, it’s important to maintain our professional boundaries. KCCRT deployments are not a space for soliciting business or promoting private services. Protecting the integrity and neutrality of our response ensures we remain a trusted, supportive presence.

In short:

- ✓ You can leave your contact info if it feels appropriate.
- ✗ You cannot promote services, hand out business cards for marketing purposes, or solicit future clients.

This guidance is about honoring connection while upholding the core values of our mission.



Looking Ahead: Evolving KCCRT's Training Model

You may have heard some early chatter about a new approach to our debriefing model. While it's not official just yet, we wanted to keep you in the loop. KCCRT has been working closely with a highly respected psychologist recommended by the University of Kentucky to develop a custom, evidence-informed model tailored to our mission. The new debriefing curriculum, titled SAFE Debriefing, was created and tailored for the KCCRT.

SAFE stands for Support, Acknowledge, Facilitate, and Empower. It's grounded in Psychological First Aid and Stress First Aid principles but adapted for group debriefing settings, because the power of shared experience, peer support, and camaraderie is central to what we do.

Why does this matter? SAFE debriefing gives us a flexible, structured, trauma-informed way to offer connection after crisis. We'll be soft launching our first internal training soon, and we'll keep you posted as we learn and grow together.

Stay Connected

Your feedback, thoughts, and stories make this newsletter stronger. Got a tool you've used in the field that helped someone open up? A reflection on a recent deployment? Let us know at KCCRT@ky.gov.

Conversation Starter


 Ask Someone This

"What's one small thing that's helped you get through tough days?"

Whether you're talking with a first responder after a critical incident, disaster survivor, a colleague, or a loved one, questions like this can open doors.

Dad Joke Corner

Why did the coffee file a police report?

-It got mugged. 

Why don't mountains ever get tired?

-Because they just peak. 