



Tool of the Month: The One-Minute Write-Out

Ever feel like your thoughts just keep circling after a tough call, a long day, or even something small that went sideways, like a flat tire or a tense conversation, that you just can't stop replaying? That mental loop can drain your focus and energy. It can feel like you've clocked out physically but your brain refuses to leave the scene. One simple way to interrupt the cycle is to get those thoughts out of your head and onto paper, even if only for a minute. Putting it in writing gives your mind a chance to breathe and makes space for what's next.



Try this:

- Grab a scrap of paper or open your notes app.
- Set a timer for 60 seconds.
- Write down everything on your mind, no filter, no editing.
- When the timer ends, stop. Glance once if you like, then toss, shred, or delete.

Why it matters:

- Clears mental clutter by moving worries out of your head and onto the page.
- Breaks the stress loop, giving your brain a sense that the thought has been “handled.”
- Improves focus and working memory, studies have shown that even brief expressive writing can reduce intrusive thoughts and free up cognitive space.



Pro Tip:

Keep a small notepad in your go-bag, vehicle, or desk drawer. Do a One-Minute Write-Out before a debrief, shift change, or difficult conversation. You'll walk in clearer, calmer, and more focused, and that benefits both you and the people you support.

Upcoming Training Opportunities

Mark your calendars and grow your skills with KCCRT trainings!

Understanding Moral Injury in Public Safety and Military Roles **October 16, 2025**

Explore the unique challenges of moral injury and strategies for prevention and support. [Register here](#)



Lessons Learned from the Field

November 6, 2025, from 11 AM - 12 PM EST

Gain practical insights from a veteran KCCRT member's experiences in the field. ([Registration coming soon](#))



SAFE Debriefing Training

December 13, 2025

Open only to KCCRT members and applicants.

Build practical skills to support teams following critical incidents.
([Registration coming soon](#))



 **Don't miss these opportunities to learn, connect, and strengthen your skills — save the dates today!**

From History: The Halifax Explosion, 1917

On the morning of December 6, 1917, the bustling harbor of Halifax, Nova Scotia, was alive with ships, workers, and families preparing for the day. Just after 9:00 a.m., tragedy struck.

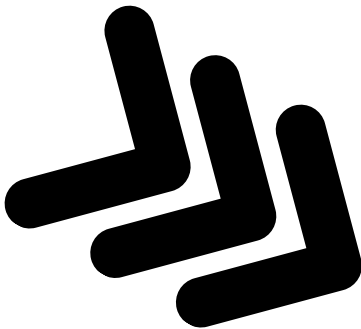
Two vessels, the Norwegian relief ship SS Imo and the French munitions ship SS Mont-Blanc, collided in the Narrows, a narrow strait in the harbor. The Mont-Blanc was loaded with nearly 3,000 tons of explosives, including TNT and picric acid. Fire broke out almost immediately, and within minutes, the ship drifted toward shore.



At 9:04 a.m., the vessel erupted in the largest human-made explosion prior to the atomic bomb. The blast leveled much of Halifax's north end, flattened buildings, shattered windows miles away, and sent a shockwave felt over 200 miles. Nearly 2,000 people were killed and more than 9,000 injured.

What Happened Next

As devastating as the explosion was, what stands out in history is the response that followed.



- **Local resilience:** Halifax survivors, many injured themselves, pulled neighbors from rubble, created makeshift hospitals, and cared for the newly orphaned and displaced.
- **Neighboring aid:** Within hours, trains carrying doctors, nurses, and supplies began arriving. The first relief train came from Boston, traveling through a snowstorm to deliver urgent help. Other Canadian and American communities soon followed.
- **Enduring connection:** To this day, Nova Scotia sends a Christmas tree each year to Boston in gratitude for the aid that arrived so swiftly in their darkest hour.

Why This Matters for Us



For survivors, the explosion itself was searing, but many later said what they remembered most was the hands that reached out quickly to help them stand again.

This is the essence of crisis response and it is exactly what the KCCRT represents. We cannot undo the disaster. We cannot erase the loss. But like those responders in 1917, we can bring comfort, connection, and stability in the hours when it matters most.

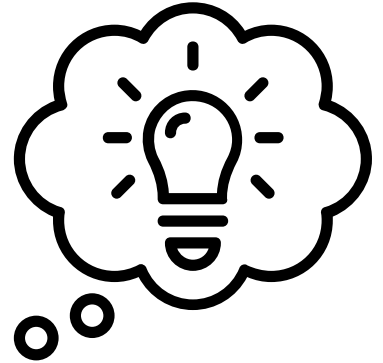
Our actions may feel small in the moment, but the speed and sincerity of support can leave a memory that endures far longer than the crisis itself.

Did You Know?

Even if you weren't directly on scene, hearing about or witnessing traumatic events second-hand can affect your mental health. This is called secondary traumatic stress, and it can create symptoms similar to direct exposure.

Try this:

- Take a short mental break after hearing difficult calls or stories.
- Talk with a peer or supervisor to process indirect exposure.
- Name your stress, simply acknowledging it can reduce its impact.



Small steps like these help prevent stress from accumulating and protect your long-term resilience.

Have You Checked Out the Website?

The KCCRT website offers a wealth of resources to support first responders and community partners. You can explore training materials to strengthen your skills, learn strategies for building resilience, and find information on requesting Psychological First Aid or Spiritual Resilience training. The site also provides an overview of KCCRT programs and how to get involved. Taking a few minutes to browse the resources could provide exactly what you need when you need it most.

If you haven't been to the KCCRT website recently, I encourage you to go explore it and let others know about the resources available.

CLICK HERE



Dad Joke Corner

Why did the leaf go to therapy?

Because it was feeling a little raked over emotionally. 🍂

What's a ghost's favorite fall dessert?

I scream 👻

What's a pumpkin's favorite sport?

Squash, of course! 🎃