

CIVILIAN RESPONSE COURSE

Active Attack Events, Stress Response, and A.D.D. / Run, Hide, Fight

Active Attack Events

Definition

Active Attack Event

=

Attempted Mass Murder

The Attacker

No “Profile”

Avenger mindset

Some broadcast



Welcome

Guest and point of contact

Restrooms

Breaks

Cell Phones

Risk Factors

History of violence

Exposure to violence

Substance abuse/dependence

Mental illness

History of suicidality

Risk Factors

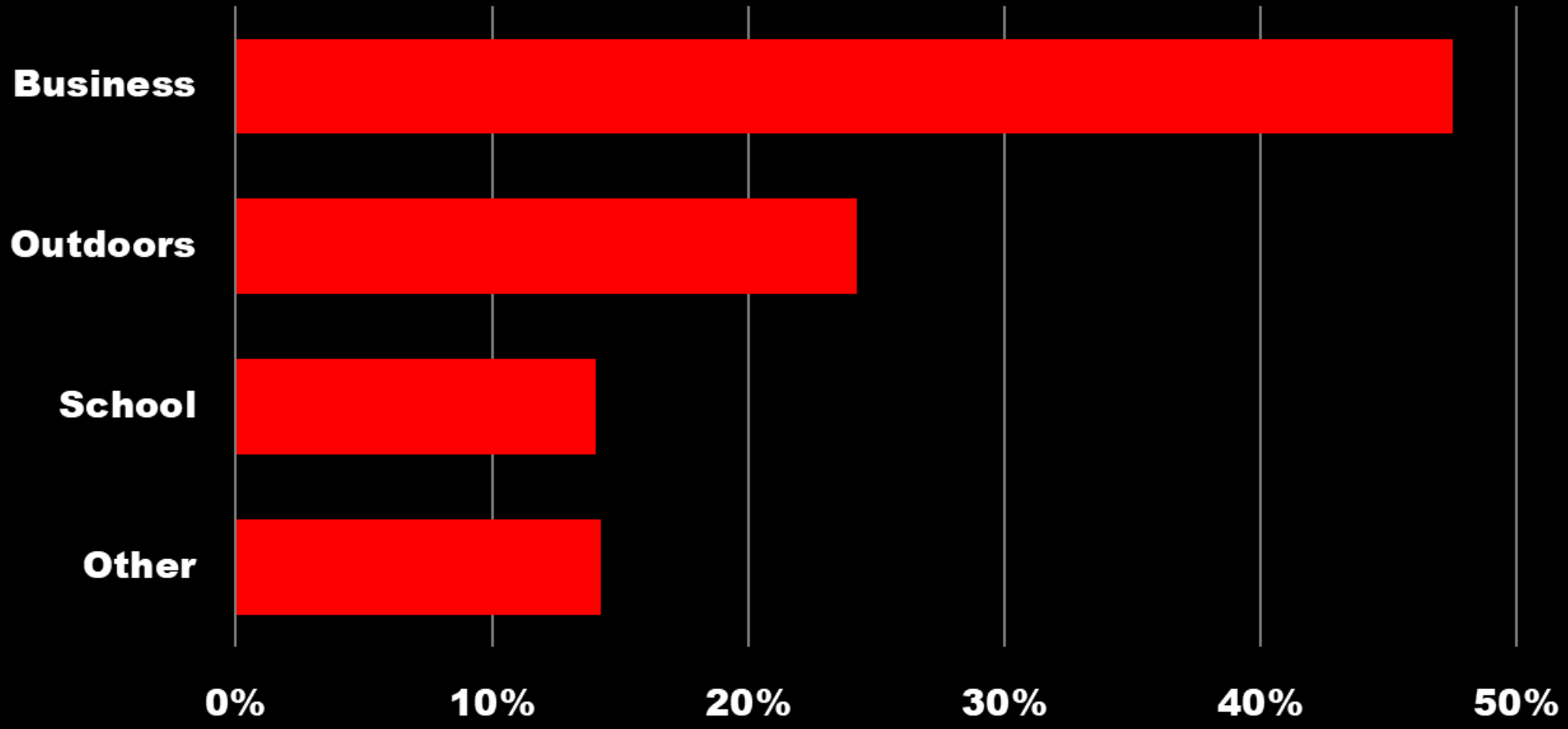
Stalking, harassing or threatening behavior

Negative family dynamics and support system

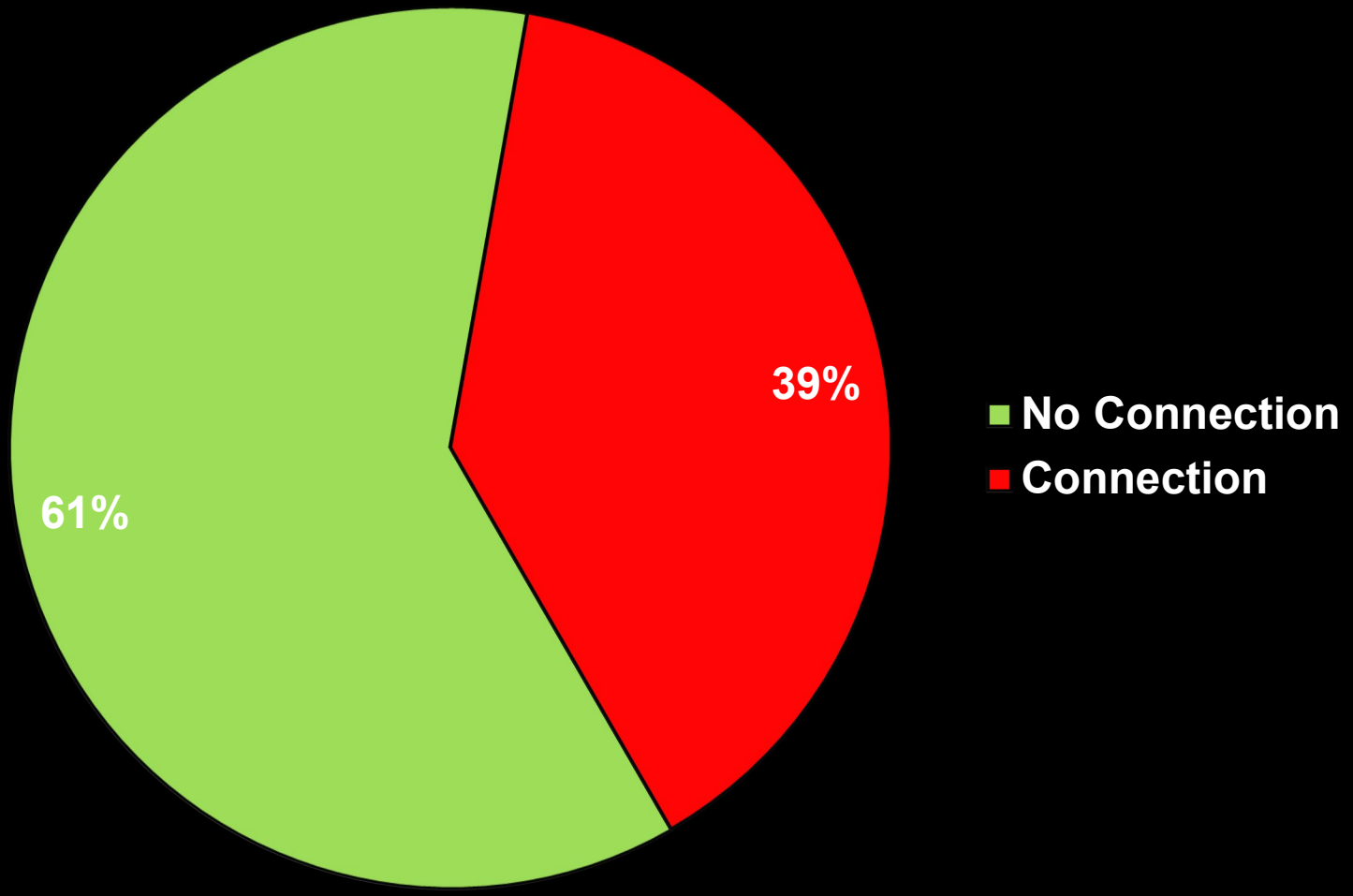
Isolation or instability

Others are concerned

Location of Attacks



Attacker Connection



Those who cannot remember the past are condemned to repeat it.

- George Santayana


U.C. SANTA BARBARA, CA
(2014)
328i
6ELX898


ORLANDO, FL
(2016)
PULSE
LOVE


LAS VEGAS, NV
(2017)


NEW YORK CITY, NY
(2017)


SUTHERLAND SPRINGS, TX (2017)
FBI

Number of Deaths

How quickly the police arrive

Target availability



3 Minutes



Disaster Response

The background science of how people behave in high stress events

Three Stages of Disaster Response

Denial

Deliberation

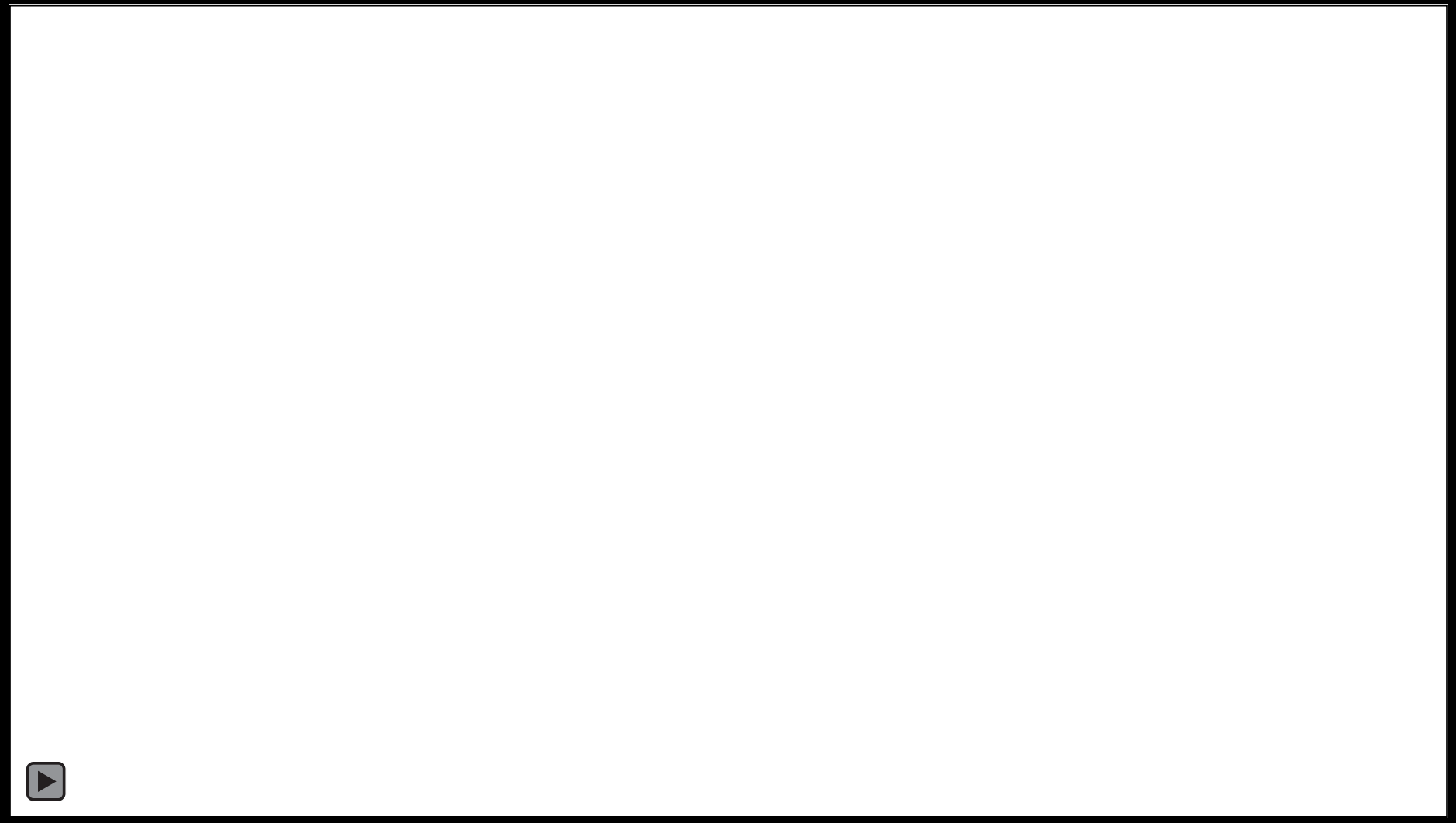
Decisive Moment



Denial



Social Proof



Deliberation



Deliberation

Human Brain



Lizard Brain



Deliberation

Human Brain

Fight

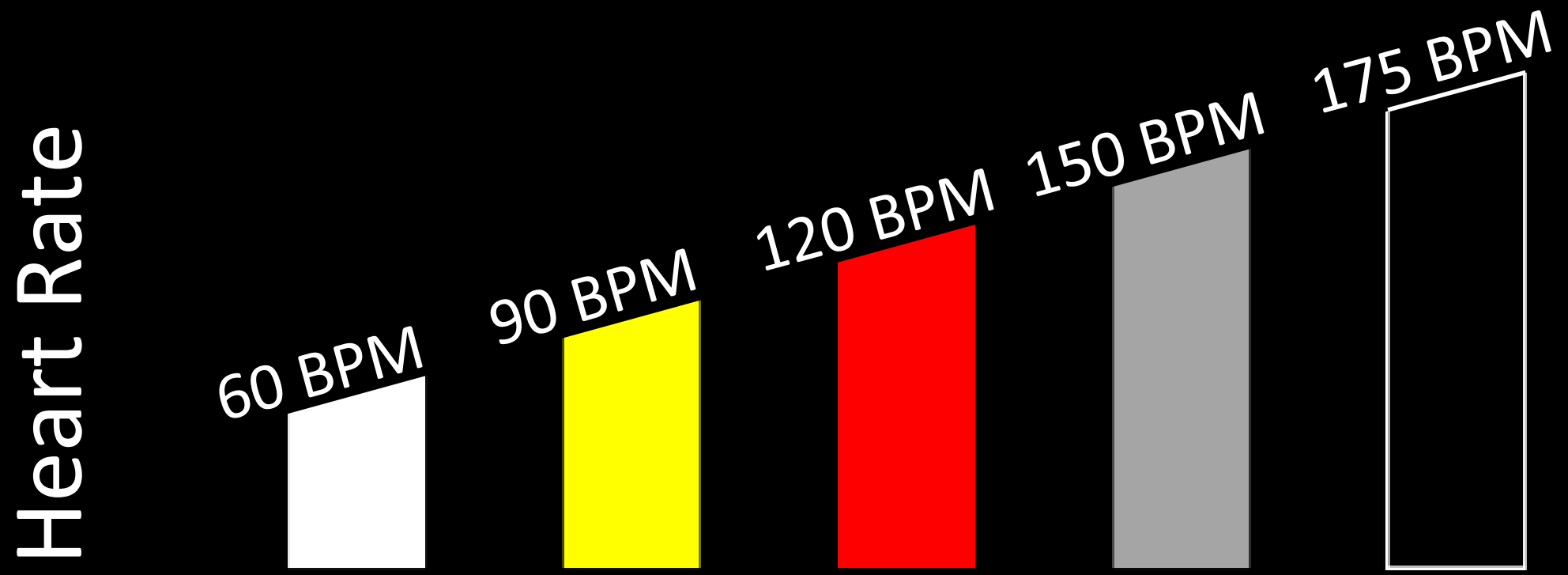
Flight

Freeze

Lizard Brain



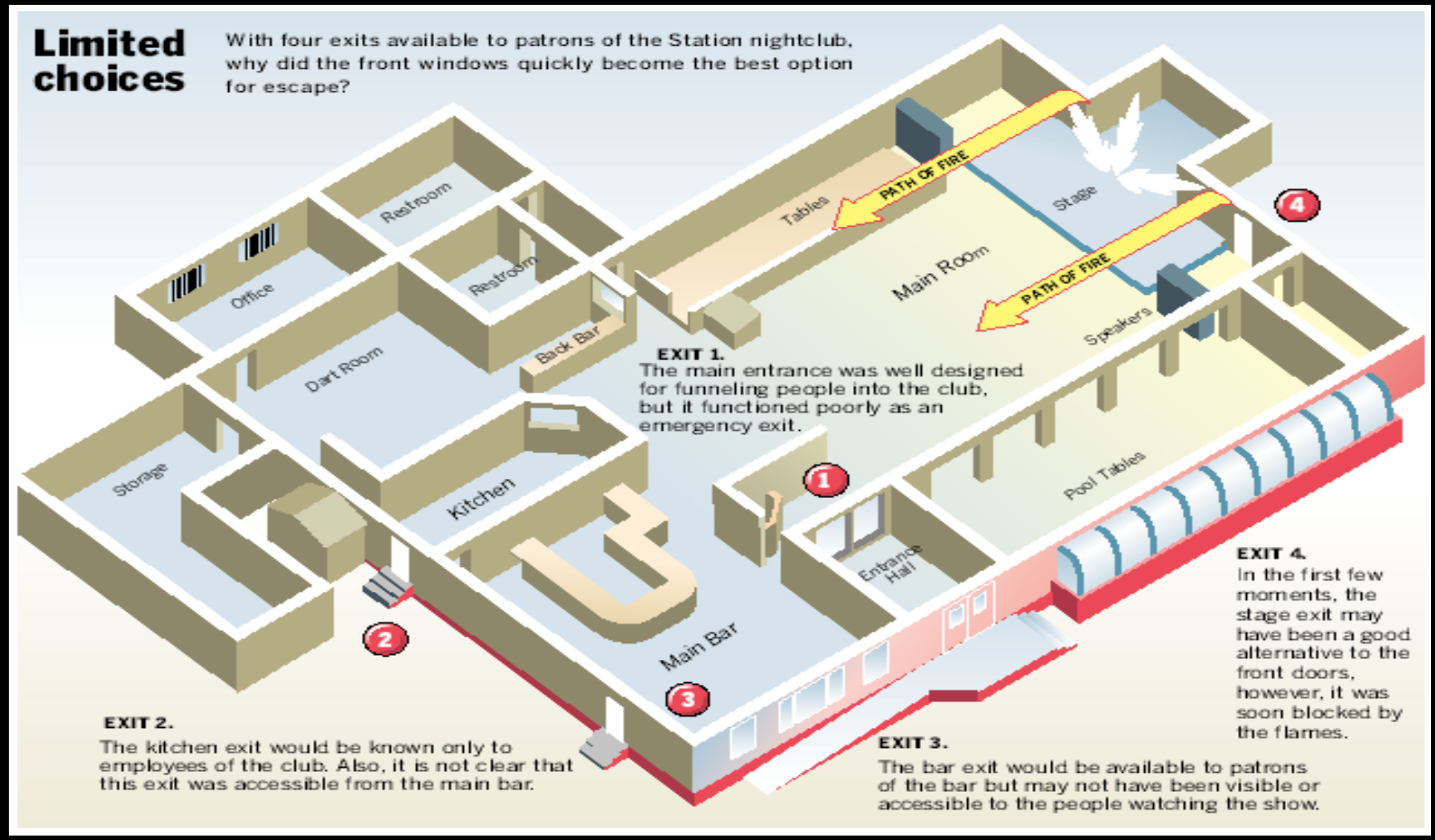
Stress Response



Stress Response



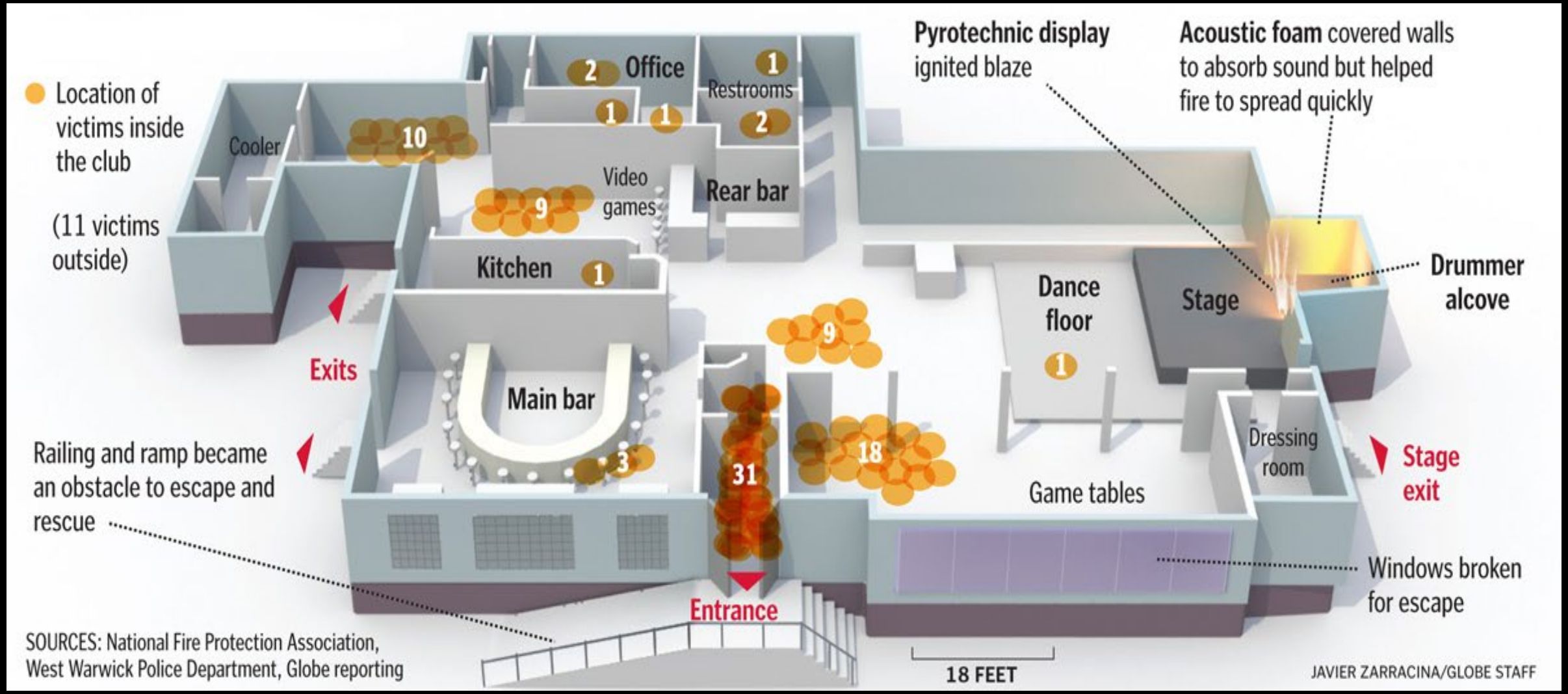
Deliberation



Station Night Club



Deliberation



Deliberation



Deliberation

Calm yourself

Breathe

Shift your emotion

Stay fit



Deliberation

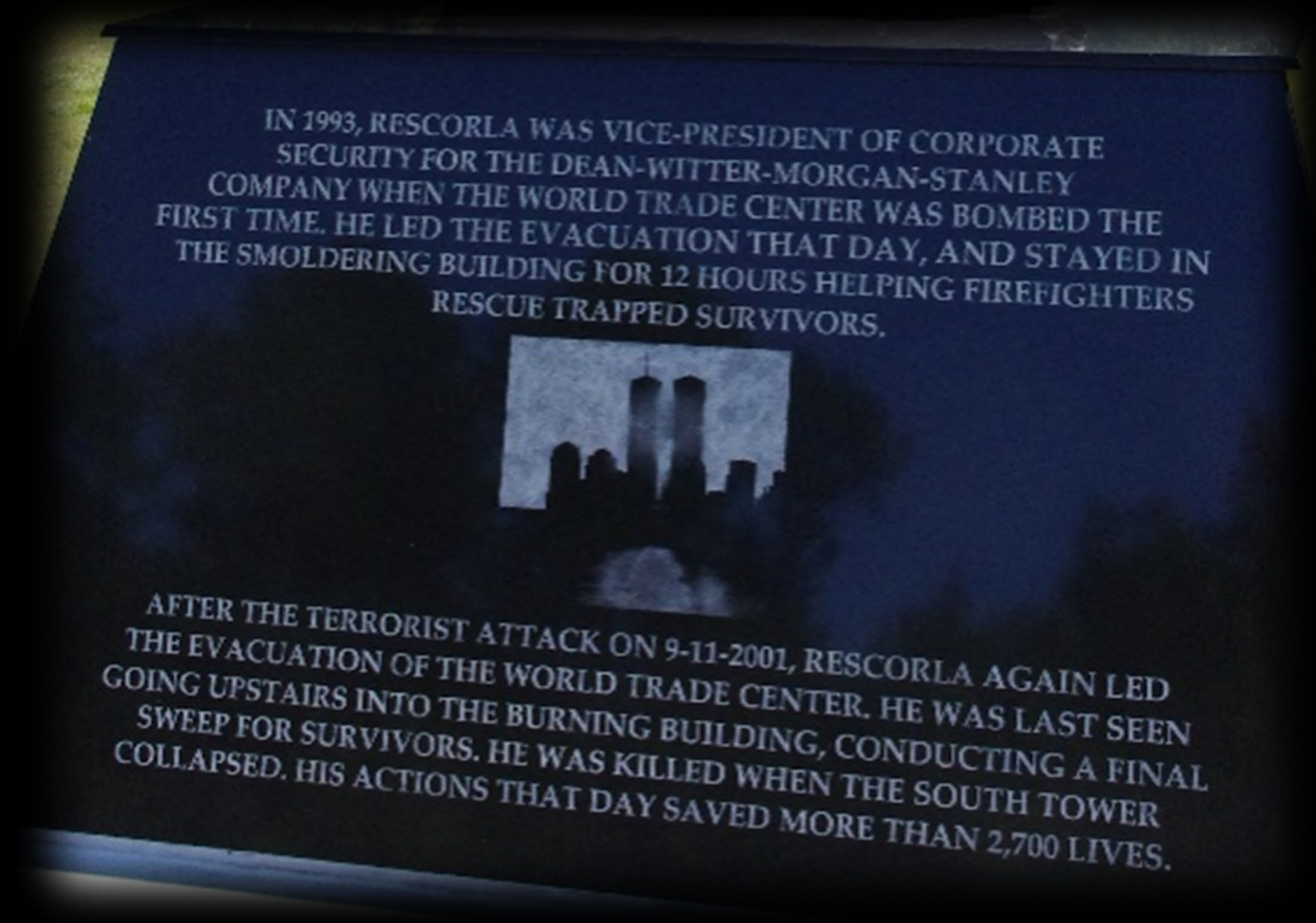
Script

Practice



Rick Rescorla





Decisive Moment



Civilian Response

Denial

Don’t deny

Hear gunshots



Go to deliberation

Playing Dead




Hide & Hope

Deliberation

Avoid = Run

Deny = Hide

Defend = Fight

Avoid / Run

Situationa
Awarenes



Avoid / Run

Leave ASAP

Know your exits

Call 911



Avoid / Run

Consider secondary exits



Deny / Hide

Lock the door

Lights out

Out of sight



Deny / Hide

Barricade

Heavier = Better

More = Better

Doorstop = Better?



Deny / Hide



Deny / Hide



Simple Door Stops

Deny / Hide

- Outward opening
  - Ropes
  - Tension Sleeve



Deny / Hide



There are numerous commercially available door locks on the market.

Deny / Hide



Deny / Hide

Positioning

Grab the gun

Fight

Shift motions



Defend / Fight



Defend / Fight

I'm not going out in a parking lot. I'm not going out like this. I'm not gonna let my wife down. I'm not gonna let my daughter down, and I'm not letting my stepkids down.

– Lt Brian Murphy



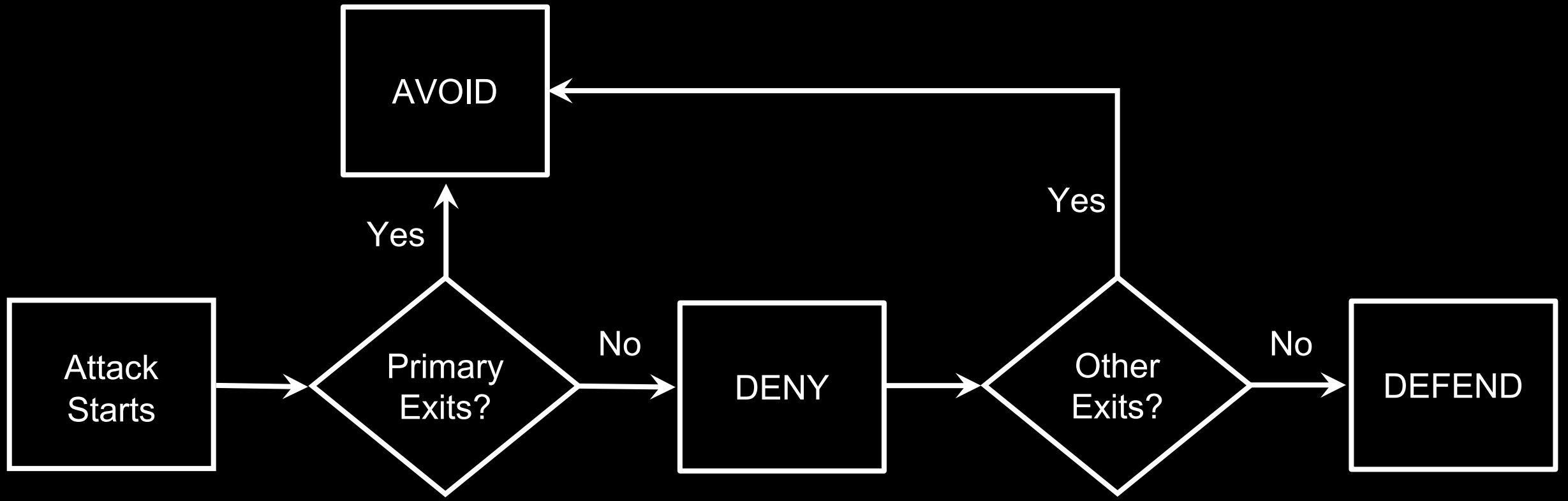
Surroundings

Avoid = Run

Deny = Hide

Defend = Fight

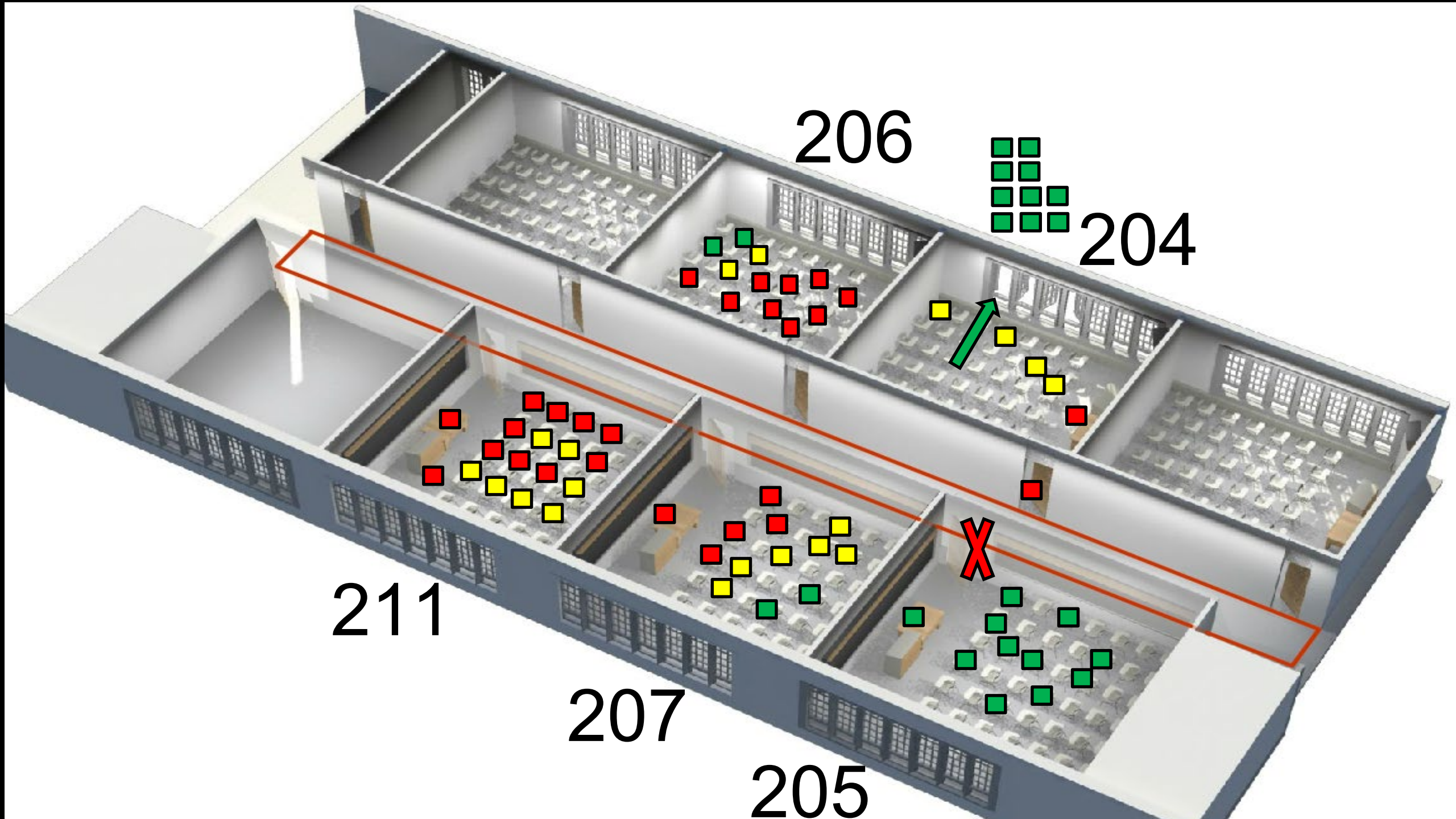
What you do matters


AVOID
Yes
Yes
Attack Starts
Primary Exits?
No
DENY
Other Exits?
No
DEFEND

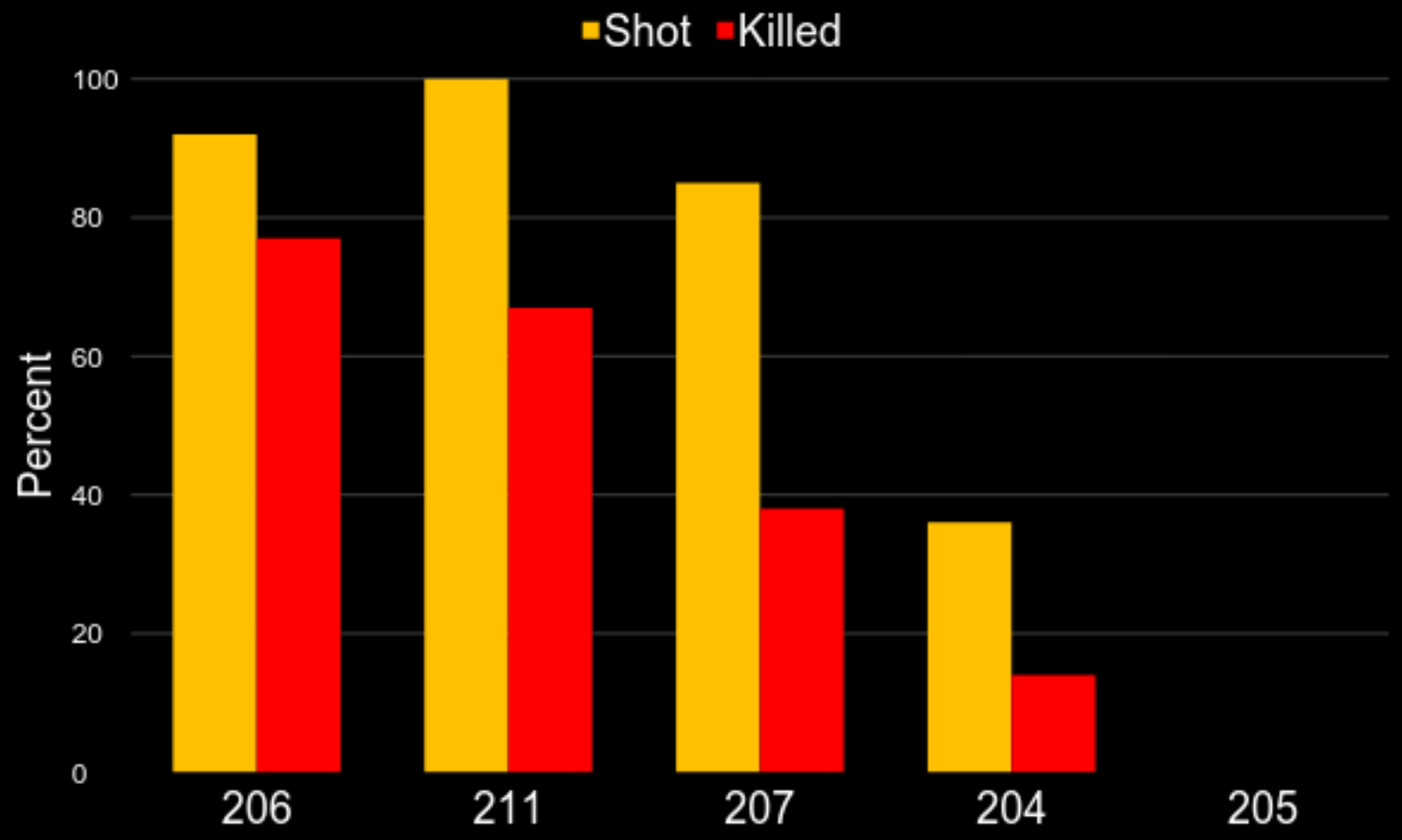

VIRGINIA TECH


NORRIS HALL


2nd FLOOR


206
204
211
207
205

VT Casualties



When the Police Arrive

Follow commands

Show your palms

Do not move



Law Enforcement Focus

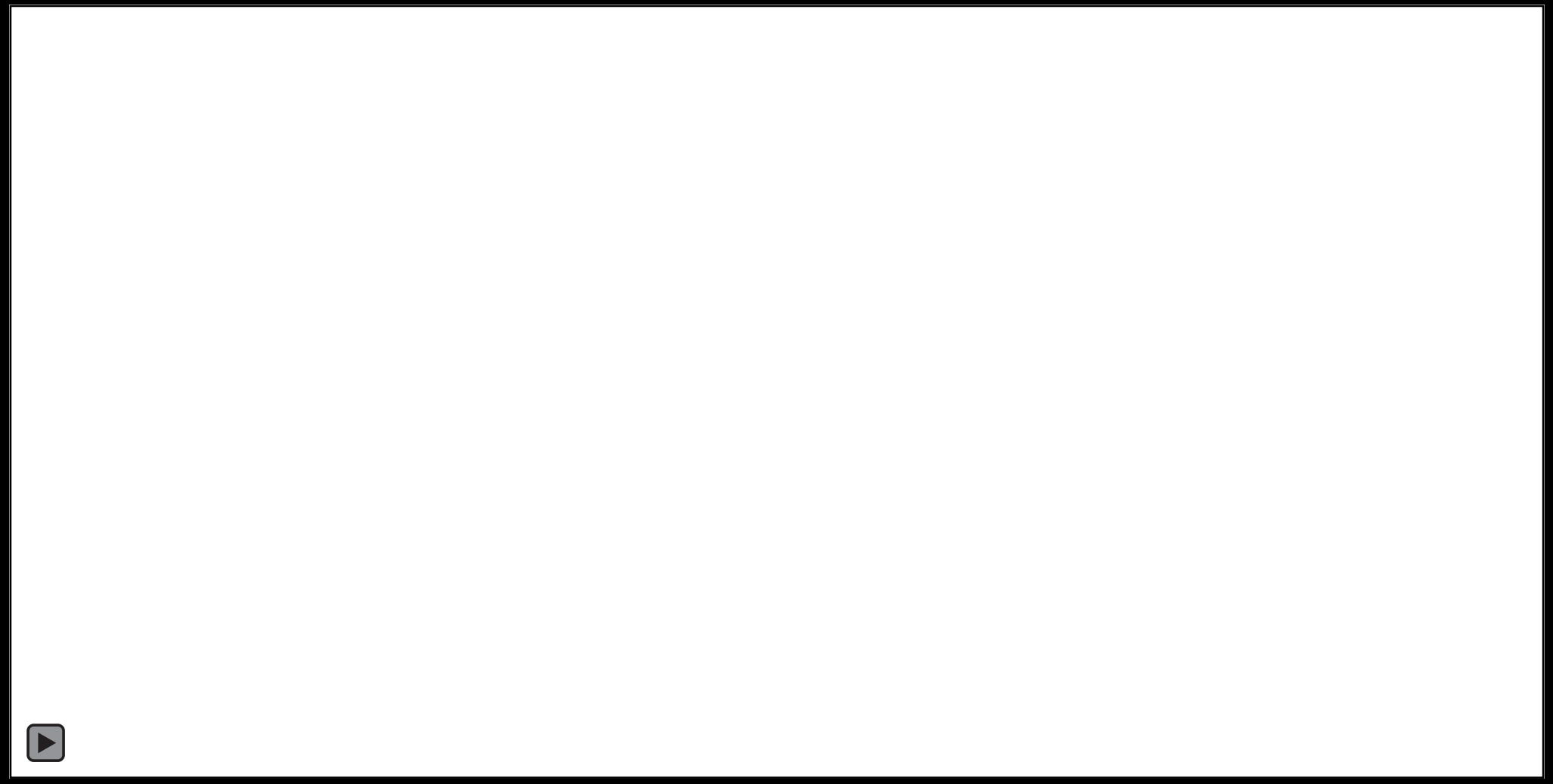
Stop the killing

Stop the dying

Evacuate the injured



When Police Arrive



Medical

Training EMS delay

People need help

Seek additional training



Empowering Civilians



STOP THE BLEED™

No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes, so it's important to quickly stop the blood loss.

Remember to be aware of your surroundings and move yourself and the injured person to safety, if necessary.

Call 911.

Bystanders can take simple steps to keep the injured alive until appropriate medical care is available. Here are three actions that you can take to help save a life:

1. Apply Pressure with Hands

EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with both hands if possible.

2. Apply Dressing and Press

EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with bandages or clothing.

3. Apply Tourniquet(s)

If the bleeding doesn't stop, place a tourniquet 2-3 inches closer to the torso from the bleeding. The tourniquet may be applied and secured over clothing.

PULL the strap through the buckle, **TWIST** the rod tightly, **CLIP** and **SECURE** the rod with the clasp or the Velcro strap.

If the bleeding still doesn't stop, place a second tourniquet closer to the torso from first tourniquet.

2nd 1st

The 'Stop the Bleed' campaign was initiated by a federal interagency workgroup convened by the National Security Council Staff, The White House. The purpose of the campaign is to build national resilience by better preparing the public to save lives by raising awareness of basic actions to stop life threatening bleeding following everyday emergencies and man-made and natural disasters. Advances made by military medicine and research in hemorrhage control during the wars in Afghanistan and Iraq have informed the work of this initiative which exemplifies translation of knowledge back to the homeland to the benefit of the general public. The Department of the Defense owns the "Stop the Bleed" logo and phrase - trademark pending."

Homeland Security

Office of Health Affairs

Personnel Issues

Expect mental trauma

Develop a critical incident stress management plan



Don’t Name Them




Victoria Soto
First Grade Teacher
Sandy Hook, CT


Angela
McQueen
Physical
Education and
Math Teacher
Mattoon, IL

Summary



Active Shooter Events



Disaster Response



Avoid, Deny Defend



VA Tech Case Study