CIVILIAN RESPONSE COURSE

Active Attack Events, Stress Response, and A.D.D. / Run, Hide, Fight
An active shooter event involves one or more persons engaged in killing or attempting to kill multiple people in an area occupied by multiple unrelated individuals.
Location of Attacks

- Commerce: 50%
- Education: 20%
- Outdoors: 10%
- Other: 0%
Attacker Connection

- Connection: 55%
- No Connection: 45%
The Attacker

No “Profile”

Avenger mindset

Some broadcast
Risk Factors

- History of violence
- Exposure to violence
- Substance abuse/dependence
- Mental illness
- History of suicidality
IWATCH TEXAS PROGRAM
TEXAS DEPT. OF PUBLIC SAFETY

iWatchTexas
TRAPWIRE Inc

GET

4+
Age

Not Enough Ratings

- THREATS OF VIOLENCE
- SECURITY QUESTIONS
- ILLEGALLY PARKED VEHICLES
- CENTEXProud.com
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

DENIAL IS THE FIRST STAGE OF...

NO, IT ISN'T.
Deliberation
Stress Response

Heart Rate

- 60 BPM
- 90 BPM
- 120 BPM
- 150 BPM
- 175 BPM
Deliberation

Human Brain

Lizard Brain
Deliberation

Human Brain
Fight
Flight
Freeze

Lizard Brain
Deliberation

Calm yourself

Breathe

Shift your emotion

Stay fit
Deliberation

Script

Practice
Civilian Response
Denial

Don’t deny

Hear gunshots

Go to deliberation
Deliberation

_Avoid / Run
_Deny / Hide
_Defend / Fight
Hide & Hope
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
Defend

Positioning

Grab the gun

Fight

Shift motions
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
What you do matters
VIRGINIA TECH
In any moment of decision, the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing.

(Theodore Roosevelt)
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.

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
"You pull your gun, you find cover, and you figure out what to do next."

Glendon Oakley
El Paso 2019
Questions

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