

FIRST RESPONDER

Resource Guide



PACT

Although we encourage you to reach out to us through our contact form to get an individualized consultation on using our resources to address the needs of your community, we have put together this resource guide to make it easy for you to see what is available.

We encourage you to make our resources your starting place. Individualize them for your community, adapt them for your needs, and make them your own. If you have any questions or need help with this process, please reach out!

WANT US TO HELP YOU WITH TRAINING IN YOUR COMMUNITY?:

- We conduct trainings virtually and face-to-face, when possible
- Contact us through the form on our [website](#) under the “CONTACT” tab

READY TO HOST YOUR OWN TRAINING?:

- [Here](#) is a PDF used to train and educate first responders
 - This presentation highlights the key topics that are covered during a PACT training
 - Feel free to contact us for the powerpoint version that you can adapt for your own purposes
- Visual supports are designed to help police officers or other first responders communicate with someone that may not use verbal speech, or may be too stressed or anxious to communicate verbally
 - [Widget Health Police Symbol Board](#)
 - [Afirm Module](#) on visual supports
 - Autism Program - [Visual Communication Board](#)
- [Here](#) is a First Responder Brochure with first responder information including the following:
 - Background Information
 - Autism and Wandering
 - Autism Behaviors
 - Parent Behaviors
 - Tips on Interaction

MEET & GREET:

- Planning and Running a PACT Meet & Greet
 - The purpose of a meet & greet is to engage first responders and the autistic community in positive interactions so that during an emergency, each group feels more aware and comfortable. This is typically done after training, and can be repeated as often as possible. Our informal research has shown us that it is this step that makes a difference to the autistic community and really helps police become more understanding and aware.
 - Organize a Meet & Greet in your community using these easy steps:
 - **PICK A COMMUNITY LOCATION**
 - Decide where the event will be held. If inside, consider choosing a quiet space with limited doors so that families can come without worry of multiple exits. If outside, again, choose a quiet park that has clear boundaries (fences) for safety.
 - **GATHER SUPPLIES**
 - Be prepared to set up tables of engaging materials for all ages. We suggest police themed coloring pages, sensory play, lego, building/construction, trains, and police themed books. If providing food, consider allergies. We suggest sticking to drinks (coffee, water, juice boxes). We also suggest you have safety materials set up for the autistic community. Ideas of these can be found on our website.
 - **INVITE COMMUNITY MEMBERS AND OFFICERS**
 - Find ways to engage and invite the autism community in your area. Ensure that police officers or other law enforcement members will come, dressed in uniform. They will need to be briefed on the goal of the event - to mingle, get to know the autistic community, and give everyone a chance to be in the same space.

▪ **AT THE EVENT**

- Encourage interactions between officers and community members. Help autistic community members to sit near or say hello to officers. Have scripts ready so they can practice saying "hello" and giving personal information. Allow families to ask questions and vocalize worries. Enjoy interacting with each other!
- **Want to know more?** PACT team members are happy to consult with you on the details of your own event. Just submit a form on our website and we will reach out to you!
- **Here** you will find a PDF of the directions listed above on how to run a meet and greet
- **Meet & Greet with Lexington Police Department**
 - Example of advertisement for local meet and greet event

MORE RESOURCES AND MATERIALS:

- Association for Science in Autism Treatment
 - **First Responders Education in Autism**
 - What are some important considerations when teaching first responders and law enforcement personnel how to interact with individuals with an autism spectrum disorder?
- Autism Society - **Tips for First Responders**
- IBCCES - **Why Autism Training is important for Fire and First Responders**
- Learn more about safety products and services that individuals with autism may have to help in emergency situations
- **Guide to Police Interaction with Autistic Individuals** - Elemetry
- **Information for Law Enforcement and other First Responders**
 - Safe & Sound - Autism Society

- Sensory Kits can be a great tool for police officers to help individuals regulate during a stressful emergency situation
 - Examples of things to include:
 - Fidget spinners
 - Fidget cubes
 - Bubbles
 - Stickers
 - Pop-its
 - Laminated communication boards
 - **Example** of a Sensory Kit