

COVID-19 SPIRITUAL FIRST AID:

Faithful Preparedness, not Fearful Panic

BLESS Method: *Meeting Core Needs*

ABOUT: *Spiritual First Aid (SFA)*

Spiritual First Aid (SFA) is an evidence-informed, peer-to-peer, disaster spiritual and emotional care intervention. SFA was developed to take the “guess work” out of providing disaster spiritual and emotional care by turning research findings into practical helping methods. Each of the principles and practices below are based on scientific research and spiritual insights.

GOALS: *identify and respond to unmet core needs*

The goal of SFA is to reduce distress by identifying and responding to unmet core needs (**B**elonging, **L**ivelihood, **E**motional, **S**piritual, and **S**afety needs) that are caused or heightened by COVID-19.

BLESS METHOD: *match needs with interventions*

SFA helps by using the *BLESS Method*. The BLESS Method is designed to help spiritual care providers identify peoples’ needs and then match them with appropriate interventions. BLESS is an acronym that is easy to remember and intended to assist helpers in remembering *what* and *how* to help.

IMPLEMENTATION: *observe, prioritize needs, provide support*

First, assess core needs through observations (i.e., “What to Observe”) and open questions (i.e., “What to Ask”). Second, work with the person you are helping to prioritize the person’s most pressing needs. Third, provide practical and tangible support using spiritually oriented interventions (“What to Do”). Keep in mind that because of the nature of helping in a disaster zone, you may only have the time or opportunity to address a single unmet core need. If circumstances permit, it may be possible to address multiple unmet needs in one interaction or over multiple interactions.

CONTACTS & UPDATES

HDI’s website and social media accounts provide ongoing updates and resources for preparing your church for COVID-19.

Email: hdi@wheaton.edu
Facebook: [facebook.com/WheatonHDI](https://www.facebook.com/WheatonHDI)

Twitter: twitter.com/WheatonHDI

Instagram:
[@wheaton_hdi](https://www.instagram.com/wheaton_hdi)

HELPING PROCESSING



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BLESS Method: Meeting Core Needs

The BLESS Method			
Needs	Assessments		Interventions
	<i>What to Observe</i>	<i>What to Ask</i>	<i>What to Do</i>
B = Belonging	Interpersonal Interactions	Relationship Questions	Provide Social and Spiritual Support
L = Livelihood	Losses	Resource Questions	Connect to Faith-based and Community Resources
E = Emotional	Distress	Mental Health Questions	Listen and Facilitate Lament
S = Spiritual	Indicators of Faith	Religious and Spiritual Sensitive Questions	Attend to Ultimate Questions and Spiritual Meaning
S = Safety	Behavioral “red flags” (e.g., acts frightened, giving away belongings)	Threat and Harm Assessment Questions	Refer and Report

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