

P.I.E.S. Intervention Check-in

The [Network of Neighbors Responding to Violence](#), an initiative of the Department of Behavioral Health and Intellectual disAbility Services, provides support to communities impacted by overwhelming stress. All Network assistance and supports are free.

During this unusual time, the Network is reaching out to support our city's first responders and frontline workers engaged in the Coronavirus and COVID-19 response efforts. Frontline workers include hospital staff, grocery store workers, and all city employees engaged in response efforts, as well as first responders in the fire and police department.

The Network always works directly at the community and group level, facilitating community meetings and group discussions to help reduce stress and bolster peer connection and healthy coping. Now is no different, except that in place of in-person meetings and discussions, Network supports will be provided over conferencing platforms and conference calls.

The intervention best suited for frontline workers at this time is the P.I.E.S. check-in. This activity asks participants how they are doing **P**-Physically (Body), **I**-Intellectually (Thoughts), **E**-Emotionally (Feelings), and **S**-Safety (Support, Spiritual, Specific). The structure provided by P.I.E.S. helps facilitate difficult conversations amidst stressful circumstances and keeps participants safely grounded in the present. The P.I.E.S. check-in takes 45 to 90 minutes, depending on the circumstances and the number of participants. P.I.E.S. is best suited for groups of 3 to 12 people, but the Network always prioritizes the community's needs and unique circumstances. All guidelines are flexible and adaptable. In addition, P.I.E.S. can take place at any time participants are available.

The purpose of PIES is to provide a safe, confidential, and nonjudgmental space for participants to address stress and/or concerns, share with colleagues doing the same or related work, identify needs and wants, and practice self-regulation and self-care. Overall, P.I.E.S. helps strengthen communication between team members, reinforce a sense of community, and protect workers from intense stress—including secondary traumatic stress, vicarious trauma, and burnout.