

CIT Training

March 26, 2019

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CISM

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Critical Incident Stress Management

YOUR PRESENTERS

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John Staje

- Retired police officer
- Williamsport P.D.
- CISM Team member
since 1992
- Licensed minister

Patrick Pauly

- Retired Fire Training
Instructor - PA State
Fire Academy
- CISM Team member
since 1993
- Volunteer firefighter
for 49+ years

Critical Incident

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A powerful, traumatic event which has the potential to initiate a crisis response.

TERRIBLE TEN CRITICAL INCIDENTS

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1. Suicide of a colleague
2. Line of duty death (work place death)
3. Serious line of duty injury
4. Disaster/multiple casualty incident
5. Police shooting/accidental
6. Significant events involving children
7. Prolonged incidents especially with loss of life
8. Personally threatening situations
9. Events with excessive media interest
10. Any event capable of causing emotional distress

Typical Incidents Prompting Intervention

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1. Shooting incident
2. Domestic situation
3. Motor vehicle accident-deaths or serious injuries
4. Death of a child
5. Structure fire with entrapment, injury or death
6. Hostage situation
7. Death of member/employee

Crisis

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An acute emotional, cognitive, and physical reaction to a powerful, horrible, awful, terrifying, threatening, or grotesque stimulus or an overwhelming demand or circumstance.

Crisis

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A response to an event wherein:
An individual's psychological equilibrium is disrupted.
One's usual coping mechanisms have failed.
There is evidence of distress and significant functional impairment.

Critical Incident Stress

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A state of heightened cognitive, physical, emotional, and behavioral arousal that accompanies the crisis (sometimes referred to as the *crisis reaction*).

Critical Incident Stress

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- Without proper management of Critical Incident Stress, a person or group may experience problems such as physical illness, insecurity, chronic anxiety, rage reactions, marital or relationship discord, abuse of alcohol or other substances, withdrawal from others, or psychological disorders.

Crisis Intervention

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Psychological “first-aid”

As physical first-aid is to surgery,
crisis intervention is to
psychotherapy.



Crisis Intervention

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Goals are:

Symptom stabilization (prevent from worsening).

Symptom reduction.

Re-establish functional capacity.

Seek further assessment and/or a higher level of care.

Critical Incident Stress Management - Tactics

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A comprehensive, integrated multi-component crisis intervention system.

Consists of a set of core interventions

1. Pre-crisis planning/education
2. Individual crisis intervention
3. Small group crisis intervention - Defusing
4. Small group crisis intervention - CISD

Critical Incident Stress Management-Tactics continued

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5. Large group crisis intervention -Rest Information Transition Services (RITS) formerly known as Demobilizations
6. Large group crisis intervention - Crisis Management Briefing (CMB)
7. Organizational consultation
8. Family crisis intervention
9. Pastoral crisis intervention
10. Mechanisms for follow-up and referral

Critical Incident Stress Management-Tactics continued

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1. INDIVIDUAL CRISIS INTERVENTION - used whenever needed, individuals as needed.
2. DEFUSING - used up to 8 to 12 hours after event, homogeneous groups only.
3. DEBRIEFING - used 24 to 72 hours after event, homogeneous groups only.
4. REST INFORMATION TRANSITION SERVICES (RITS) - used at end of shift, emergency operations personnel only.
5. CRISIS MANAGEMENT BRIEFING - during or after event, large groups such as public.

The Need for Emergency Services

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Since a Crisis is usually defined as a condition wherein an individual's sense of psychological equilibrium is disrupted by some adverse event, or stressor.

The usual coping mechanisms used by the individual in the past are now proving ineffective.

The Need for Emergency Services

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Cumulative stress: The pile up of difficult calls that can overwhelm the provider.

A need for the relief of all the stress on the job is shown in personnel retention.

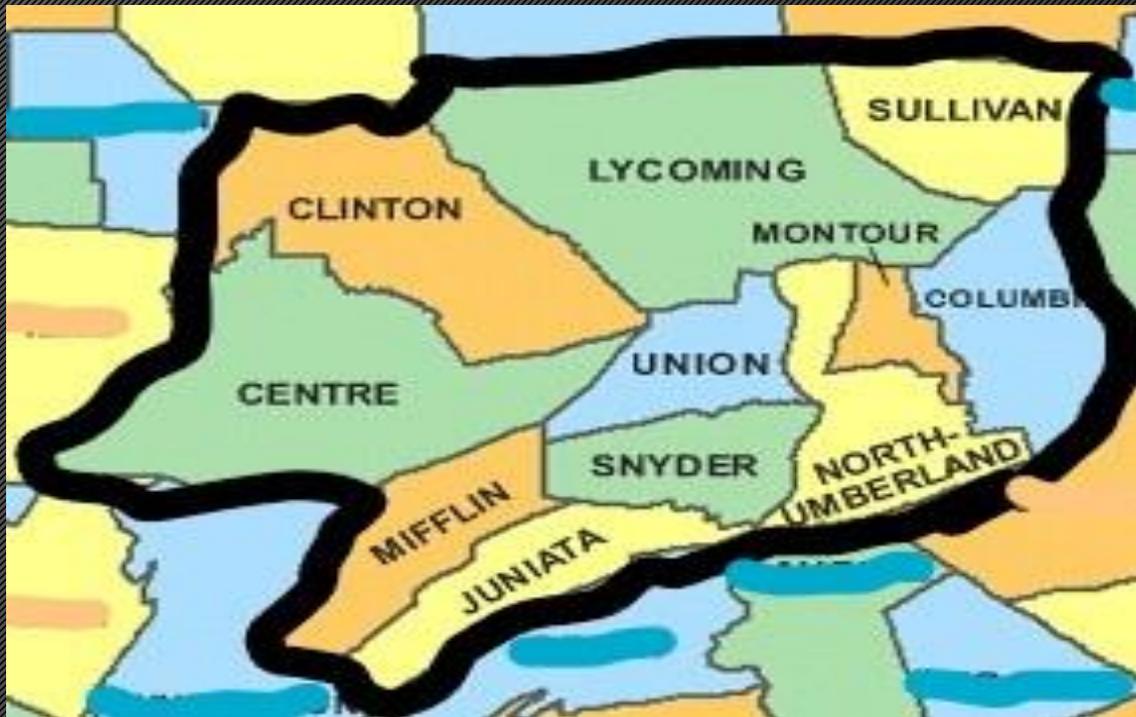
SEVEN MOUNTAINS SUSQUEHANNA VALLEY CISM TEAM - counties

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1. Centre
2. Clinton
3. Columbia
4. Juniata
5. Lycoming
6. Mifflin
7. Montour
8. Northumberland
9. Snyder
10. Sullivan
11. Union

SEVEN MOUNTAINS SUSQUEHANNA VALLEY CISM TEAM

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SEVEN MOUNTAINS SUSQUEHANNA VALLEY CISM TEAM

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Consists of volunteers who have:

20 to 50 years of experience as
professionals or volunteers including;

Mental Health professional

Firefighters

Emergency Medical Personnel

Nurses

Police

Dispatchers

RESPONSES

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- Team members respond as needed when requested
- May be 2 or up to 6 members
- All responders as volunteers (no pay)
- Incident determines response
- Team Leader manages the response - type of tactic used, number of team members, time, etc.

SEVEN MOUNTAINS SUSQUEHANNA VALLEY CISM TEAM

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Members have training in:

Group crisis intervention

Advanced crisis intervention

Assisting individuals in crisis

Line of duty death

Resiliency

Suicide Prevention, Intervention and Post Intervention



CISM Process

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Group or individual meetings to discuss the incident with the goal of easing the stress.

This is not a critique of the incident.

This is a structured process.

Entering or leaving during the process may endanger the recovery.

Everything said is strictly confidential.

The team reports back no specifics of any meeting.

CISM needs

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A room large enough to accommodate the entire group.

Room should be secluded from the public and the press.

Preferably seated in a circle.

An estimate of how many people attending.

A rough overview of the incident.

How To Reach The Team

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The chief or officer contacts:
Mifflin County Communication Center
717-248-9607
or
Lycoming County Office of Public Safety
570-433-3166

Ask your communication center to contact the team.