**The CISM Team**

A Critical Incident Stress Management team will consist of peer support and mental health personnel. All team members have been trained according to National standards established by the International Critical Incident Stress Foundation (www.icisf.org)

**Critical Incident Stress Debriefing (CISD)**

A CISD is a group interaction or a team of trained personnel who assist those impacted by trauma or a critical incident by talking about their thoughts, actions and reactions to the stressful event. A CISD is NOT group therapy and it is NOT a critique of the event. The information shared is strictly confidential. A CISD is a time to learn about normal expected behaviors and feelings following a stressful event and to receive assurance that you were experiencing no more reactions to an abnormal event

**Objective**

The objective of a debriefing is the restoration of self-worth and normal day-to-day functioning to people who are experiencing normal reactions and normal signs of distress because they have been exposed to a highly abnormal event or a Critical Incident.

*MISSION STATEMENT*

The CISM Team of Butler County is dedicated to providing support to schools, local business and, the community at large following traumatic events. Support is provided through proactive education, immediate crisis assessment and intervention, post critical incident follow-up services, and appropriate referral services in order to mitigate the harmful effects of stress on individuals who have experienced a traumatic event.

**Critical Incident**

**Stress Management**

**Program**



Please give the dispatcher your name, the organization you are calling from and your number. Simply request the CISM Team. The team coordinator will contact you as soon as possible.

**Butler County**

**911 Communications Center**

**1-800-995-4456**

**or**

**724-287-7769**

***Requesting Our Services***

**The CISM Team of Butler County is available 24 hours a day, 7 days a week. For assistance, please call**

CISM Team of Butler County

102 Mennonite Lane

Harmony, PA 16037

724-316-2800

**“Serving The Community “**

**CISM Team**

**Butler County**





**Stress reactions**

**Physical (body)**

Muscle Tremors, headache, chest discomfort, difficulty breathing, elevated blood pressure

**Behavioral (actions)**

Silence, sleep, disturbances, unusual behavior, withdrawal from contact, changes in eating or work habits and excessive use of alcohol

***CISM Team of Butler County Services***

* **On-scene support**

Team will serve watch for acute reactions Provide support and encouragement and be able to help resting individuals begin to deal with stress reactions

* **Demobilizations**

Short informal sessions with personnel as they leave the scene of a long duration or critical incident

* **Defusing**

Shortened version of the critical incident stress debriefing which occurs within a few hours following a critical incident

* **Debriefings**

Typically held 24-72 hours after the incident it is a confidential non-evaluative discussion of involvement thoughts and reactions designed to assist in the psychological closure of a critical incident

* **Individual referrals**

Referral to a locally available Mental Health Services if needed or requested

* **Pre-incident training**

Educational informational and in-service training for any individuals or organizations.

***Recognizing critical incident stress***

Critical incidents May produce a wide range of stress reactions which can appear immediately at the scene, a few hours later or within a few days of the event.

The more stress that is experienced the more powerful the reactions may be, the longer the reaction may last and the more potential there is for a lasting impact.

***When to request a CISM Team***

You should feel free to call the CISM Team anytime you or one of your coworkers is having difficulty following an incident anytime the incident suggests that an intervention might be beneficial.

**Stress reactions**

The following are examples of stress reactions that may appear during or after a critical incident.

**Cognitive (thinking)**

Poor concentration, memory problems, short attention span, slowed problem solving, difficulty making decisions and calculations

 **Emotional (feelings)**

Depression, grief, guilt, anxiety/fear, feeling loss and/or overwhelmed, loss of emotional control

***Who the CISM Team can serve***

The CISM Team is available to serve various organizations in the community including but not limited to schools, local businesses, jails/correctional facilities, hospitals and community groups.

Some examples of critical incidents that may occur:

Workplace violence

Suicide or Death of a co-worker, student, patient or member of your group

Perceived threat of death

Witness to death or tragic event

Assault or witnessed violence

Natural Disaster

Any personal connection to an event during the normal course of duty that has resulted in a negative mental or emotional state.

While these are some examples there are several other instances in which a CISM deployment may be beneficial if you or you have questions please feel free to call and discuss how the CISM team may provide support.