

THINGS YOU SHOULD KNOW ABOUT CRITICAL INCIDENT STRESS SERVICES

- ◆ All services are delivered in a confidential manner.
 - ◆ Services are provided **at no charge**. Peer and mental health support team members of the Cuyahoga County CISM Team volunteer and donate their training and skills as a civic contribution to the emergency services community.
 - ◆ Debriefings are not psychotherapy.
 - ◆ The CISM Model is based on prevention of serious long-term reactions.
 - ◆ Education is the primary component of prevention.
 - ◆ The Cuyahoga County CISM Team is not an employee assistance program (EAP), but supplements the services provided by EAPs.
 - ◆ The Cuyahoga County CISM Team is not formally associated with or wholly dependent upon any governmental or private affiliation.
-

TEAM ACCESS

Sometimes it may be difficult to decide if the Cuyahoga County CISM Team should be called to respond to your agency. Do not hesitate to call if you have questions or concerns regarding the need for critical incident stress services for your organization or personnel.

HOW TO REACH THE CUYAHOGA COUNTY CISM TEAM

For 24-hour emergency
Call 216-771-1363
Ask for Cuyahoga County CISM

For additional information
regarding educational services and
referrals:

Call 216-587-4525
Web www.cc-cism.org

Mailing Address:
Cuyahoga County CISM
PO BOX 22650
Cleveland, OH 44122

The Cuyahoga County

**Critical
Incident
Stress
Management
(CISM)**

Team



WHAT IS A CRITICAL INCIDENT?

A Critical Incident is any event with significant emotional power, strong enough to produce unusual or distressing reactions in emergency service professionals. A critical incident is so unusual that it overwhelms the normal coping abilities of emergency personnel. Critical Incidents can include:

- ◆ Line of duty death
- ◆ Serious line of duty injury
- ◆ Emergency worker suicide
- ◆ Multi-casualty incident
- ◆ Police use of force resulting in injury or death
- ◆ Significant events involving children
- ◆ Victims known by the rescuer
- ◆ Failed mission after extensive effort
- ◆ Excessive media interest

WHAT IS CRITICAL INCIDENT STRESS?

Stress is an expected part of the emergency service professions and is routinely managed on a day to day basis. However, critical incident stress can produce reactions which may interfere with or overwhelm emergency workers' abilities to function or cope either at the scene or later.

CUYAHOGA COUNTY CISM

The Cuyahoga County CISM Team is made up of trained volunteers from the mental health and the emergency service professions. Peers from Law Enforcement, Fire Service and Emergency Medical Services are all represented on the Cuyahoga County CISM Team. The unique collaboration between skilled peers and mental health professionals is the foundation of the organization and produces a high level of integrity and acceptance within the emergency services community.

MISSION

The mission of the Cuyahoga County CISM Team is the advancement of educational and direct support programs focused on critical incident stress management for emergency service personnel.

The Cuyahoga County CISM Team is a non-profit, tax exempt organization. Donations are accepted in a variety of ways including: employee giving programs, grants, and direct contributions from individuals or other organizations.

**FOR 24 HOUR
EMERGENCY ACCESS**

216-771-1363

SERVICES

Services available from the Cuyahoga County CISM Team are provided **at no charge** for emergency services professionals and their families.

Critical Incident Stress Services

- ◆ **Debriefing.** A seven phase, structured group process usually conducted 24-72 hours after a critical incident. Debriefings may be offered for single work units or multi-agency groups.
- ◆ **Defusing.** A 20-45 minute group process, conducted within the first 12 hours of a critical incident, usually with single work units.
- ◆ **Demobilization.** A brief stress management process involving education, rest and nutrition used at the scene of large-scale disasters and emergencies. The demobilization process is implemented through the Incident Command System as personnel are discharged from the scene.
- ◆ **On-Scene Support.** Advisement and support to Command Staff and personnel operating at the scene of an emergency.
- ◆ **Referral.** Provision of additional resources for emergency services personnel impacted by a critical incident.

Educational Services

The Cuyahoga County CISM Team provides a wide range of informational and educational presentations about critical incident stress. We can provide assistance with special organizational needs or development of stress management programs. Contact 216-587-4525 to schedule a program for your group or agency.