

What Are Critical Incidents?

“A critical incident is any situation faced by emergency service personnel that causes them to experience emotional reactions which have the ability to interfere with their ability to function either at the scene or later.”

Jeffrey Mitchell

What Is A Critical Incident Stress Debriefing?

A group process facilitated by peer support personnel and a mental health professional, talking with those involved in the incident.

Prevention against the long term effects of critical incident stress.

Not counseling or treatment.

The information shared is completely confidential.

Examples Of Critical Incidents

- Traumatic injury to children
- Unusual or severely traumatic deaths
- Threatening event to emergency responders
- Line of duty death or serious injury to a co-worker
- Prolonged rescue attempts
- Mass casualty situations/ major disasters
- Death or injury resulting from emergency service actions
- Any incident charged with profound emotion.

Incidents or situations do not have to be major disasters to cause stress.

For 24-hour CISM Team activation, or information please call:

360-428-3211

Critical Incident Stress Reactions

Normal signs and symptoms of stress:

Avoidance of the incident scene
Nightmares
Guilt
Anxiety
Difficulty with concentration
Insomnia
Anger
Emotional numbing
Flashbacks

Things to Try:

WITHIN THE FIRST 24-48 HOURS, periods of strenuous physical exercise alternated with relaxation will alleviate some of the physical reactions.

Structure your time; try to keep busy.

You're having a normal reaction, don't label yourself as crazy.

Be wary of numbing the pain with over use of drugs or alcohol.

Give yourself permission to feel rotten and share your feelings with others.

When You Call.....

The CISM Team responds, upon request, to assist emergency service personnel who have participated in a stressful situation that may cause normal stress reactions. The Team may be contacted by any individual who has been involved in a critical incident.

All information shared is kept strictly confidential.

The CISM Team Offers:

- Rest-Information-Transition (RITS)
 - Immediate on-scene services
- Defusing
 - 2-4 Hours After Incident
 - Less formal than Debriefing Educational
- Debriefings
 - 24-72 Hours After Incident
 - 3-4 Team members (Peers & Mental Health Professional)
- One to One
 - Peer Support on individual basis
- Crisis Management Briefing
 - Community based information forum during/following a major incident or disaster
- Pre-Incident Training



For Team Activation

Contact Skagit 911

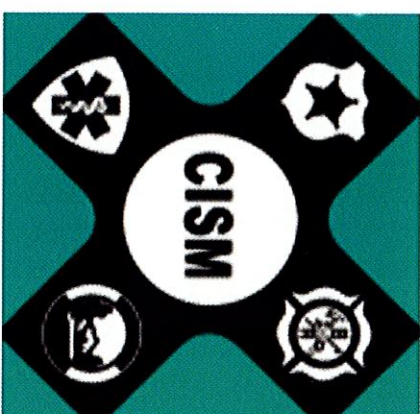
Dispatch

360-428-3211



Skagit County

Critical
Incident
Stress
Management



HELPING HEALTHY PEOPLE WHO
ARE EXPERIENCING NORMAL
STRESS AFTER PARTICIPATING IN
AN ABNORMAL EVENT