About CISM

The Critical Incident Stress Management Team is an evidence-based nationally recognized team that responds to traumatic events in communities to help reduce the amount of stress involved with the event. The CISM Team conducts "guided conversations" with those affected as well as individual assistance and connection to services. The team consists of volunteers from all walks of life and professional backgrounds. The team includes members from public safety positions, mental health clinicians, pastoral, nurses, education, and others.

Connections Recovery Services

Connections Recovery Services is a non-profit company that oversees the MCRT and Critical Incident Stress Management Team.

Connections
Recovery Services

Funding provided by:

MHRSB
Mental Health & Recovery Services Board
SENECA, OTTAWA, SANDUSKY & WYANDOT COUNTIES

HURON COUNTY
BOARD OF MENTAL HEALTH & ADDICTION SERVICES

Alcohol, Drug Addiction & Mental Health
Services Board of Erie County

Hotline: 1-833-779-2476
Available 24/7

FOR MORE INFO:

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CISM

Critical Incident Stress Management Team

Seneca, Ottawa, Sandusky, Wyandot, Huron, & Erie Counties

WE ARE HERE FOR YOU
WHEN YOU'VE
EXPERIENCED
A **TRAGIC**
EVENT

ALL SERVICES ARE FREE

Automatic Call Out

We recommend that The critical incident response team should always be contacted for each of these events:

- Line of duty death, death at place of employment
- Serious line of duty injury or at the place of employment
- Suicide of a co-worker
- Multi-casualty incident
- Police shooting, that ends with injury or death

Considering Contact Us

Consider contacting the critical incident response team to elicit recommendations for intervention:

- Death or violence to a child
- A prolonged event, with negative results
- Incident with extensive media attention
- Knowing the victim of the event
- Incident charged with profound emotion

Our Services

Crisis Management Debriefing

1

Normally held days to weeks after an incident. Conducted with large, community based audiences from different disciplines within an overall community, business, or group.

Debriefing

2

Normally held 24-72 hours after the incident. The team will conduct a “guided” conversation with a more focused group of persons such as a department, office, factory, shift, team, or division.

Defusing

3

Normally held 5-12 hours after an incident. The team will conduct a “guided conversation” that is shorter in length than a Debriefing session for an audience that might include a shift, a team, or a division within a company or business.

Individual

4

Normally held in conjunction with a debrief or defusing session. A focused discussion between a member of the team and an individual identified by the team as requiring more in-depth dialogue.

Pre-incident Education

5

Can be held anytime to educate persons regarding the effects of a traumatic incident and what normal responses include after an abnormal incident.

After a Critical Incident

The First 24 Hours After an Event:

Periods of strenuous physical exercise, alternated with relaxation will alleviate some of the physical reaction.

Structure your time - keep busy.

You’re normal and having normal reaction - don't label yourself crazy.

Talk to people - talk is the most healing medicine.

Be aware of numbing the pain with overuse of drugs or alcohol, you don't need to complicate this with a substance abuse problem.

Reach out - people do care.

Maintain as normal a schedule as possible.

Spend time with others.

Help your co-workers as much as possible by sharing feelings and checking how they are doing.

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

Keep a journal; write your way through the sleep-less hours.

Do things that feel good to you.

Realize those around you are under stress.

Don't make any big life changes or decisions.

Do make as many daily decisions as possible which will give you a feeling of control over your life. If someone asks you what you want to eat-answer them even if you're not sure.

Get plenty of rest.

Reoccurring thoughts, dreams or flashbacks are normal - don't try to fight them - they’ll decrease over time and become less painful.

Eat well-balanced and regular meals (even if you don't feel like it).