

HRSP MORNING BRIEFING CRITICAL INCIDENT STRESS MANAGEMENT

Some of you have experienced a traumatic event or the cumulative effect of stressful events while on incident assignments. This could be:

- Burnover
- Fire related fatality
- A traumatic injury to a co-worker
- Aviation accident
- Shelter deployment
- Vehicle accident
- Personal traumatic injury/near miss

If a critical incident occurs, timely information sharing, telephone access, and meeting other immediate needs is critical. If Critical Incident Stress Management (CISM) resources are needed, the HRSP will serve as a point of contact. **CISM support is considered most effective 24-72 hours after the incident.**

The Northern Rockies has implemented a CISM Fire Peer Team. Their role is to support you when a critical incident occurs. Understand CISM is not a “hug-fest.” These teams are made up of folks with fire backgrounds, and at least one will be a fully qualified clinician.

Why CISM:

- To assist Incident Personnel who are experiencing critical incident stress effects and reduce negative impacts
- In a nut shell, the goal is to achieve a quicker recovery
- Provide training and education about traumatic stress and how to deal with it

It is our hope none of you will ever be exposed to a traumatic incident. However, it is likely some of you will. If you experience such an incident, please consider requesting assistance from the Northern Rockies CISM Peer Team.

Thank you and have a really great day

Human Resource Specialist