Critical Incident Stress Management (CISM) Team
Available to Help

CISM is:
• A way to help employees deal with the unusual incident they have been working.
• Confidential. What is said in the meeting stays there.

CISM is NOT:
• NOT psychotherapy. We are not psychologists.
• NOT a critique of operations at the incident.
• NOT investigations or discussions about performance.

Who is CISM?
• All CISM team members have been professionally trained to provide peer support.

Why are we doing this?
• You are doing an outstanding job that is also very difficult and demanding.
• To be sure that you have a way to leave the emotional junk behind.
• Give you tools to deal with this incident.
• Your work is appreciated. We owe you this!!

Sources available when you get home:

• For individuals:
  o Your unit Employee Assistance Program.
  o Your statewide emergency services network
  o NOVA hotline 1-800-879-6681

• For Groups (Crews and IMTs)
  o USFS – Pat Henderson (970-295-6682)
  o NPS- Pam McMillan (559-760-5085)
  o Your statewide emergency services network
  o NOVA hotline 1-800-879-6681
  o Your agency Employee Assistance Program