



Human Resource Message

Critical Incident Stress Management

Sometimes Incident Personnel experience stress reactions because of a traumatic event, or the cumulative effect of stressful events.

Examples may include:

- Personal traumatic injury/near miss
- Traumatic injury to a co-worker
- Aviation accident
- Shelter deployment
- Motor vehicle accident
- Disaster recovery work
- Fatality

If a critical incident occurs, timely information sharing, telephone access, and meeting other immediate needs is critical. If 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 established a CISM Fire Peer Team. All members of the team are fire experienced, have received CISM/Peer support training, and are supported by a Clinician.

The CISM Team:

- Assists Incident Personnel who are experiencing critical incident stress effects and reduce negative impacts
- Provides training and education about traumatic stress/how to deal with it

Should you or your peers ever be affected by a traumatic incident, please consider requesting assistance from the Northern Rockies CISM Peer Team.

Have a really great day

Human Resource Specialist