What Is CISM?

Critical Incident Stress Management (CISM) is a crisis intervention program developed for emergency responders. Our team also provides resources and one on one CISM interventions to veterans in need. The program contains different levels of interventions designed for the specific needs of the responder or veteran, the responder's family, and/or the need of the unit/agency.

It's never too late for CISM, but the sooner the intervention occurs the better the outcome. If you have any questions about CISM or think you may need an intervention for yourself, your partner, or your unit, please call and don't wait.

- · CISM is free and confidential.
- · **CISM** is all about helping first responders veterans and various others to remain healthy and functioning after a traumatic event.
- · CISM is provided by peers, mental health and clergy.
- **CISM** is not psychotherapy; rather, it is a program that teaches how to get through the traumatic event.
- **CISM** is not an operational critique.

To contact the team please call the Galveston County Sheriff's Department

409-766-2300

Shari Forward

Team Leader, Peer shari.forward@gmail.com

Amanda Groller

Clinical Director Amanda@gulfcoastcenter.org

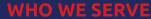
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Galveston County Critical Incident Stress Management









Events That May Be Traumatic For First Responders/Veterans

- · Serious line of duty injury
- · *Line* of duty death

OLICE

- · *Suicide* of a colleague
- **Events** involving high levels of media coverage
- · **Events** involving children
- · **Prolonged** Events (i.e. the aftermath of a

Hurricane)

- **Events** in which serious errors have occurred
 - *Fire* Fatalities
- Events in which an injustice has occurred, such as, the death of children in a DWI crash
- · Bombings
- · Drowning
- **Events** in which a victim resembles a

loved one

- Scenes which are exceptionally disturbing
- Resurfacing Critical Incident Stress



Some of the Sign and Symptoms of a Stress Reaction

Cognitive:

Confusion
Difficulty making decisions
Lowered concentration
Flashbacks

Emotional:

Nightmares

Irritability
Anger
Grief
Depression
Feeling overwhelmed
Guilt

Physical:

Headaches
Fatigue
Increased blood pressure
Rapid breathing
Sleep disturbances

Behavioral:

Changes in ordinary behavior Withdrawal Changes in eating habits Loss of interest

Benefits of CISM

- · Maintain health and productivity
- · Prevent traumatic stress effects
- · Restore personnel to normal functions
- Enhance the overall environment in which the person lives and works
- · Opportunity for expression
- · Crisis Education



The Galveston County CISM's mission is to provide support to first responders, veterans, and their families following traumatic events. Support is provided through proactive education, immediate crisis assessment and intervention, post critical incident follow-up services, and appropriate referral services to mitigate the harmful effects of stress on individuals who have experienced a traumatic event.

