

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

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**The Galveston County CISM Team
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Galveston County Critical Incident Stress Management



WHO WE SERVE



Events That May Be Traumatic For First Responders/Veterans

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

Physical:

Headaches
Fatigue
Increased blood pressure
Rapid breathing
Sleep disturbances

Emotional:

Irritability
Anger
Grief
Depression
Feeling overwhelmed
Guilt
Increased anxiety

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.

