

**CISM provides peer support to first responders to prevent burnout and mitigate stress so they can get back to caring for their communities.**

## WHAT IS CISM?

Critical Incident Stress Management is a debriefing and intervention system used to manage stress after traumatic events. CISM is a coordinated program of tactics that provide individual and group support, stress education, and coping techniques.

**Upon calling to request a debriefing, we will request the following:**

- ▶ CONTACT INFO
- ▶ EVENT DETAILS
- ▶ TIME/DATE OF THE EVENT
- ▶ DEMOGRAPHICS OF PARTICIPANTS (EMS, FIRE, HOSPITAL, LAW ENFORCEMENT, ETC.)

There are no charges for our services. Funding is provided by charitable contributions.

## SERVICES PROVIDED:

- ▶ ON-SCENE SUPPORT
- ▶ DEMOBILIZATIONS
- ▶ DEFUSINGS
- ▶ DEBRIEFINGS
- ▶ INDIVIDUAL REFERRALS
- ▶ PRE-INCIDENT TRAINING

## TEAM ACTIVATION

**P.O. Box 413  
Plentywood, MT 59254  
406-439-7337  
northeastmtcism@gmail.com**

 **Northeast MT CISM**  
Reach out to a member



## MISSION STATEMENT

Our mission is to provide support to various first responders in our five county area. Our goal is that in providing this support we can keep our first responders on the job and help them in their recovery process.

## WHO WE ARE

We are a group of volunteer peer support personnel, clergy, and mental health professionals who have received CISM training. We provide services for the counties of Richland, Roosevelt, Sheridan, Daniels, and Valley. Our team is available when you need us.



## REASONS FOR ACTIVATION

ALL CONTACT WITH OUR TEAM IS STRICTLY CONFIDENTIAL  
IN ACCORDANCE WITH MCA 39-74-105.

- Serious injury or death in the line of duty
- Mass casualty incidents
- Serious injury or death of a patient resulting from emergency services operations
- Events that seriously threaten the lives of responders
- Death or violence involving a child
- Loss of life following extraordinary and prolonged expenditure of physical and emotional energy during rescue efforts
- Incidents that attract excessive media coverage
- Events involving relatives or friends
- Any incident that we are needed

## SYMPTOMS OF STRESS

Stress symptoms are different for everyone. They can be physical, cognitive, emotional, behavioral, spiritual, or a mix.

Some of these symptoms may include:

- HEADACHES
- TEETH GRINDING
- CONFUSION
- CHANGES IN SLEEP PATTERNS
- INTRUSIVE IMAGES
- POOR ATTENTION/MEMORY
- DISORIENTATION
- GRIEF
- FEAR
- WITHDRAWAL/SOCIAL ISOLATION
- DENIAL
- FEELING OVERWHELMED
- LOSS OR INCREASE OF APPETITE
- ANXIETY
- INCREASED ALCOHOL CONSUMPTION