

- DO - Keep life as normal as possible
- DO - Eat Healthy
- DO - Give yourself permission to smile and laugh
- DO – Realize those around you are under stress
- DO - Make small daily decisions that will give you a feeling of control
- DO – Use relaxation techniques, deep breathing, or meditation
- DO – Your normal routine
- DO - Talk to people

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- AVOID - Make any big life changes
 - AVOID - Denying or ignoring the problem
 - AVOID - Hazardous activities
 - AVOID - Avoid Media Coverage
 - AVOID - Sugar, caffeine, drugs, and alcohol
 - AVOID - Isolation
 - AVOID - Finding fault, complaining, or being judgmental

States of Recovery

Shock/Numbness: Immediate aftermath feel shocked or numb, wide range of strong emotions

Realization/ Acknowledgement: Reality sets in, struggle that the event happened. “It’s not right or fair.”

Acceptance: Begin accepting event. May still consider ‘if only’ scenarios

Adoption: Adapting and adjusting psychologically and practically

Helping Others Following a Critical Incident

Family and Friends

- Listen Carefully
- Spend time with traumatized person
- If they have not asked for help offer your assistance and listen to them
- Reassure them that they are safe
- Help them with everyday tasks
- Give them some private time
- Don’t take their anger or other feelings personally
- Don’t tell them they are lucky or that it could have been worse
- Tell them that you are sorry, and that you want to understand and assist them



Critical Incident Stress Management Team

24 Hour Service

937-898-5868

One on One Peer Support

937-415-2311

Peerteam.net



Mission Statement

The Greater Montgomery County Critical Incident Stress Management team exists to foster resilience and provide confidential peer support to first responders in the wake of stressful events and critical incidents.

Self-Care Following a Critical Incident

WHAT IS CRITICAL INCIDENT?

The World Health Organization (WHO), describes a critical incident as an event out of the range of normal experience –one which is sudden and unexpected, involves the perception of a threat to life and can include elements of physical and emotional loss. Often such events are sufficiently disturbing to overwhelm, or threaten to overwhelm, a person’s coping capacity.

WHO WE ARE AND WHY WE EXIST!

The Greater Montgomery County Critical Incident Stress Management Team is recognized by and registered with the Ohio Critical Incident Stress Management Network, “2317.02 ORC.” The team is comprised of a variety of first responders and civilian personnel whose goal is to serve those that have been impacted by a critical incident. This includes Law Enforcement, Fire, EMS, Communication Specialists, and others in the first responder community.

ICISF / CISM Intervention Process

Is Confidential	Educational
Is Peer Driven	Not a Critique
Is Educational	No Cost
Allows Ventilation	Allows Peer Support
Insures us that “we” are not alone	Provides Follow Up

CISM Core Elements

Pre-Incident Education/Preparation	Defusings
CISM Debriefings	On-Scene Support
Family Education/Support	School Crisis Management
Disaster Demobilizations	Chaplain Services
Crisis Management Briefings	Follow Up Services
Industrial Consultations/Support	Referral Services

Common Signs/Reactions and Symptoms

The reactions that you have to these abnormal events can overwhelm your natural ability to cope. It is normal and quite common to experience some strong physical, cognitive, emotional, behavioral, or spiritual reactions. These signs and symptoms may last a few days, weeks, months or longer, depending upon the incident. With understanding and support from loved ones, the stress reactions usually pass more quickly. The following is only a sample of stress symptoms that can arise after a critical incident.

Cognitive

Confusion	Nightmares	Poor Concentration
Poor Attention	Disorientation	Flashbacks
Self-Blame	Poor memory	Uncertainty

Emotional

Fear	Guilt	Irritability
Sadness	Depression	Anger
Anxiety	Grief	Inappropriate Responses

Physical

Fatigue	Weakness	Chest Pains
Headaches	Teeth Grinding	Nausea
Digestive Problems	Vomiting Rapid	Heart Rate

Behavioral

Withdrawal	Aggressiveness	Avoidance
Inability to Rest	Quietness Sleep	Disturbances
Drug/Alcohol Use	Insomnia	Emotional Outbursts

Spiritual

Anger at God	Anger at Clergy
Uncharacteristic Religious Involvement	Questioning Beliefs
Withdrawal from Place of Worship	Loss of Meaning/Purpose

Taking Care of Yourself

- DO - Remember you are having normal reactions to an abnormal situation
- DO - Vigorous Exercise (especially within the first 24 hours)
- DO - Get Plenty of Rest
- DO - Keep busy, structure your time