

Help For Helpers. . .

Accessing Your CISM Team

The SWOCISM Team responds to requests throughout southwest Ohio and southeast Indiana. The SWOCISM Team will respond to official mutual aid requests throughout Ohio, Kentucky and/or when called upon by the International Critical Incident Stress Foundation. Administrators, Officers and Supervisors may request CISM support directly or by their designee by calling their dispatcher or by calling Hamilton County Communications Center 513-825-2260. The On-Duty Team Coordinator will return a call to you within 20 minutes or less. The SWOCISM Team Coordinator will ask the following information:

- Your name, title and telephone number
- Your agency name, address and telephone number
- The nature of the incident
- The perceived urgency of the situation, i.e., requiring the most appropriate immediate or scheduled CISM intervention and/or referral
- Location of intervention, number of participants and disciplines represented

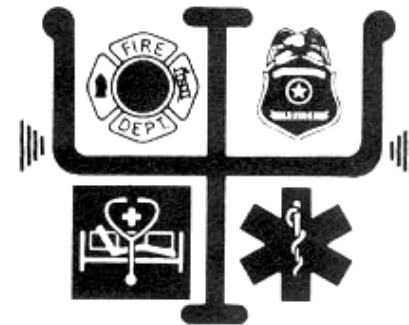
Responsibilities

Your agency will be asked to notify all participants invited to attend a CISM intervention regarding time, location or special issues prior to the intervention. The location should be quiet, comfortable, space suitable for the expected group size and free from interruptions. The personnel are expected and will benefit greatly to be off duty during any CISM debriefing. SWOCISM interventions are provided by trained volunteer professionals at no charge to any agency. Donations are greatly appreciated and benefit your SWOCISM team with training, education, pager expense and phone service. Your financial support and generosity can be sent to: SWOCISM Team, P. O. Box 62445, Cincinnati, OH 45262-0445.

All information discussed during a CISM intervention is strictly confidential and will not be discussed with anyone in the intervention. Ohio State Law R.C. 2317.02 and 4117.14 provides testimonial privilege and immunity for critical incident stress management team members that are members of the Ohio CISM Network.

HELP FOR HELPERS...

*To accelerate recovery of normal people
experiencing normal reactions to
abnormal events*



Non-Emergency : 513-563-2172

Webpage: www.cism-southwestohio.org

Serving: Community Public Safety Services, Schools, Military, Communication Specialists, Industry, Critical Care Providers and their families. This may include: Police, Fire, EMS, School Community, 911, Hospitals, Critical Care Providers, Flight Rescue, American Red Cross, and the Salvation Army.

A registered member of the International Critical Stress Foundation and a charter member of the Ohio CISM Network.

SWOCISM is a Not For Profit 501 — (C)3Agency — 31-1426113

Help For Helpers. . .

The Challenge. . .

Unique Stressors Encountered

Helper professions have become increasingly aware of the toll that stress encountered within their chosen professions takes and how that stress may impact the quality of their lives. The very nature of their jobs expose these individuals routinely or periodically to stressful events which they may or may not be able to work through satisfactorily.

Factors That Cause Stress

Multiple factors affect an individual's response to stress and include factors specific to the stressor, such as an individual's personal characteristics, intensity of the event, past experiences, learned behaviors and personal and professional resources available. Stress is unique to the individual as beauty is to the eye of the beholder. . .personal. What may stress one individual in a situation may not be stressful to others. Stress can be cumulative over a number of incidents or unusual events over time.

It has been demonstrated that certain events such as the death of a child, death of a co-worker, suicide, high-rise fires, multiple casualties, natural disasters and terrorism are particularly stressful for providers and their families. Any of these events, plus a host of others, may cause or contribute to a critical incident.

A *critical incident* has been defined by Dr. Jeffrey Mitchell, PhD, as, "Any event that overwhelms the normal coping mechanism of an individual—and impact their ability to function either during the incident or later." Dr. Mitchell is a researcher, instructor and author on stress and disaster psychology, and founder of the multiple component crisis intervention system of care (CISM) that includes the 7-phase (CISD) process—now referred to as the ICISF (International Critical Incident Stress Foundation) model.

Help For Helpers. . .

A Solution. . .

The Southwest Ohio Critical Incident Stress Management Team, Inc. was established in 1986 to provide an organized system of crisis intervention to assist helper provider professionals reduce the number of job related stress casualties among professional ranks.

Through the ICISF—CISM process, individuals are provided a tool that can potentially alleviate overwhelming physical, cognitive, behavioral, psychological and spiritual reactions. The CISM process addresses very real issues that may contribute to the loss of valuable employees and organizations, thereby preserving careers, resources, expertise and human caring.

The Process

The Stress Management Team consists of a highly competent team of volunteer professionals trained in the International Critical Incident Stress Foundation models for crisis intervention. They maintain a high level of competence through regular continued education and continued quality reviews. These individuals are carefully selected from the following disciplines:

Police, Fire, EMS, school administrators, teachers, staff, hospital critical care providers, 911 communication specialists, social services, licensed/certified mental health providers, chaplains, industrial first responders and military professionals

The SWOCISM Team provides a multi-component full service crisis intervention team made up of peer professionals, mental health, chaplains/clergy and peer family members. Agencies, departments, individuals and family members can access any of the following services:

Pre-Incident Education and Preparation	Disaster Management
On-Scene Support Services	Demobilization
Individual Crisis Intervention	Defusing
Crisis Management Briefings	Debriefing
Administrative Staff Consultation	Family, Schools, Student