

ABOUT THE TEAM

The South Central Pennsylvania Critical Incident Stress Management (CISM) Team was formed in 1986. Today, the team consists of over 50 active volunteers who are trained through the International Critical Incident Stress Foundation.

The Team is comprised of firefighters, police officers, paramedics, emergency medical technicians, nurses, 911 dispatchers, first responders, and others with emergency services' background. The team also includes pastoral caregivers and mental health clinicians.

The South Central PA CISM Team serves Adams, Cumberland, Perry and York counties.

The Team is available 24 hours a day/365 days a year.

The South Central PA CISM Team is a non-profit organization.

CISM SERVICES

Debriefing

Defusing

Individual (One-on-One)

Large Group Crisis Intervention

(Demobilizations and

Crisis Management Briefings)

Education

Follow-up and Referral



**South Central PA
CISM Team**

24 hr. phone: 17-840-2955 or 9-1-1

For non-emergency information,

e-mail the team at:

southcentralpacism@gmail.com

CRITICAL INCIDENT STRESS MANAGEMENT



**A SUPPORT SYSTEM FOR
EMERGENCY PERSONNEL**



24 hr. phone:

717-840-2955 or 9-1-1

SOUTH CENTRAL PA CISM TEAM

WHAT IS STRESS?

Stress is a normal physiological response of the body to situations or stimulus which are perceived as 'dangerous' to the body. Stress can affect anyone at anytime. When stress occurs regularly or is prolonged it can cause harm. Symptoms may appear immediately, hours, days, weeks or months later. Symptoms may last a few days, weeks, months or longer. Symptoms may include: physical, cognitive, emotional and/or behavioral.



STRESS AND EMERGENCY SERVICES PERSONNEL

Emergency services personnel face stressful events every day. The work they perform can be emotionally difficult, physically draining, and at times a threat to their personal safety. At the same time, this work is extremely rewarding, exciting, and a way to fulfill

needs. Even with the positive factors, this work can result in high stress levels.

WHAT IS A CRITICAL INCIDENT?

Any event that causes unusually strong emotional reactions that have the potential to interfere with one's ability to function normally (personally and/or professionally).



WHAT IS A DEBRIEFING?

A structured group discussion in which participants are given an opportunity to discuss their thoughts and emotions about a distressing event in a confidential setting. Debriefings are usually provided 24-72 hours after the critical incident.

Goals: mitigate impact of event; accelerate the recovery process; reduce cognitive, emotional and physiological

symptoms; assess the need for other services. A **defusing** is the shortened version of a debriefing and is usually provided within 12 hours after the critical incident.

WHAT IS CISM?

CISM is an acronym for Critical Incident Stress Management. CISM is a comprehensive, integrative, multicomponent crisis intervention system. The goal of CISM is to reduce and manage stress by suggesting coping mechanisms.

WHEN TO REQUEST THE TEAM

Emergency personnel should feel free to request the CISM Team anytime they are having difficulty dealing with an incident or when the nature of the incident suggests that CISM may be useful.



HOW TO REQUEST THE TEAM

Call 9-1-1 or 717-840-2955