



CRITICAL INCIDENT STRESS ANAGEMENT

3/2/13

City of Santa Rosa \\ Departments \\ Fire Department \\ Services \\
Critical Incident Stress

Critical Incident Stress Management (CISM) is designed to help people deal with their trauma one incident at a time by allowing the individual to talk about the incident when it happens without judgment or criticism. The program is peer and the people giving the may come from all walks of life, but most are first responders or work the mental health field. The emphasis is always on keeping people safe and returning them quickly to more normal levels of functioning.

Critical incidents are traumatic events that cause powerful emotional reactions in people who are exposed to those events. Every profession can list their own worst case scenarios that can be categorized as critical incidents. Emergency services organizations, for example, usually list the Terrible Ten. They

1. Line of duty deaths
2. Suicide of a colleague
3. Serious work related injury
4. Multi disaster / terrorism incidents
5. Events with a high degree of threat to the personnel
6. Significant events involving children
7. Events in which the victim is known to the personnel
8. Events with excessive media interest
9. Events that are prolonged and end with a outcome
10. Any significantly powerful, overwhelming distressing event

CISM Organizations

North Bay Regional CISM

National Center for Crisis Management

International Critical Stress Foundation

Sonoma Psychiatric Emergency Services

First Responder Resources

West Coast Post-Trauma Retreat

Sonoma County CISM Policy

**Leader's Guide for Managing Personnel in
Distress**

**Sonoma County Law Enforcement Chaplaincy
Service**

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