



## Critical Incident Stress Management Intervention Comparison Chart

Intervention	Target	Timing	Duration	Team
CMB	Heterogeneous Groups	Any time new information available inside	20-30 minutes	Administrator and member of crisis team
Defusing	Homogenous Groups	Up to 8 hours post incident	20-45 minutes	2+ trained members of crisis team
CISD	Homogenous Group	1-3 days post event	1-3 hours	2+ trained members of crisis team; 1 <u>must</u> be a MHP
Individual	Single person	Any time	15-20 minutes	1 trained member of crisis team

Note: Use of these intervention techniques are not mutually exclusive. Rather, using the right technique at the right time with well-trained individuals leads to the best outcome.