



CISM NEWS

FROM THE INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.

CONNECTION AND COMMUNITY

Strengthening Social Wellness for First Responders

JULY 2024



STRENGTHENING WELLNESS FOR PUBLIC SAFETY

By: Rich Creamer

Discover how community support and organizational initiatives are transforming first responders' social wellness, enhancing mental health, job satisfaction, and family relationships.

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HEALING THROUGH HELPING OTHERS

By: Robert Keddle

Explore firsthand how CISM training equips individuals to provide crucial support in times of crisis, enhancing mental health and well-being.

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Welcome To Our July Blog,

"Connection and Community: Strengthening Social Wellness for First Responders."

This month, we are featuring a variety of valuable resources specifically curated for dedicated first responders, or peers like you. From insightful articles that address mental health stigma, to upcoming trainings in critical incident stress management and crisis intervention, we offer practical tools to bolster your resilience.

Explore how these resources can empower you to build connections and embrace community—crucial steps toward enhancing your own well-being on the front lines or making a difference in the lives of those in crisis.



ICISF Training & Resources

Training

July 18 – 19, 2024

Grief Following Trauma

July 22 – 24, 2024

Assisting Individuals in Crisis & Group Crisis Intervention

July 31, 2024 – August 2, 2024

Assisting Individuals in Crisis and Group Crisis Intervention

August 1 – 2, 2024

Advanced Group Crisis Intervention

August 5 – 6, 2024

Strategic Response to Crisis

August 12 – 13, 2024

Line of Duty Death : Preparing the Best for the Worst

September 9, 2024

From Awareness to Action: Using CISM and PTSD911 to Win by Design

"The greatness of a community is most accurately measured by the
compassionate actions of its members."

- Coretta Scott King

Resources

- [Video: Grief Within The Workplace](#)
- [Video: Reaching Rural Police: Challenges, Implications, and Applications](#)
- [Video: Invisible Victims of Mass Violence: Why Psychological Trauma Is a Public Health Issue](#)
- [Video: CISM is a Social Movement](#)
- [Book: Defusing](#)
- [Book: Psychological Body Armor™](#)
- [Resource: Ready for Action? A 28-Day Psychological Risk Assessment Program](#)
- [Podcast: Psychological Preparation for the Next Critical Incident \(Quick Tips\)](#)

Crisis Journal Article of The Month

[Understanding The Effect Of News Media and Social Media On First Responders](#)



Social Media Articles

[First Responder Mental Health: How to Crush the Stigma](#)

[Innovative approaches for managing staff mental health issues in government agencies](#)



Strategic Partner Content

- [ICISF Canada: Best Practices for Peer Support in First Responder Organizations](#)
- [The 100 Club: The Call Podcast](#)
- [1st Responder Conference: Houston, TX- Registration Open](#)
- [First H.E.L.P.: EP 67: So You Want to Volunteer and Give Back](#)
- [PTSD 911: First Responders Wellness Podcast](#)
- [PSPSA: Wellness on the Front Line™ 2024](#)
- [The Counseling Team International: The Wellness Library](#)
- [Warriors Rest Foundation: Emotional Survival For Law Enforcement](#)



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