



CISM NEWS

FROM THE INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.

COURAGE IN THE DARK: Bravery Within Community

OCTOBER 2024



TAKING PURPOSEFUL ACTION: WHEN AVOIDANCE TURNS TO OPPORTUNITY

By: Rich Creamer

This article shows how revamping a peer support program into a proactive wellness initiative fosters resilience in public safety. Learn how facility dogs, regular debriefings, and holistic strategies turned avoidance into opportunity for stronger, more supportive teams.

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FIGHTING THE ENEMY WITHIN THE FORTRESS

By: Konstantinos Papazoglou, Katy Kamkar, Prashant Aukhojee

Discover effective treatments for PTSD that empower police officers to reclaim their well-being. This article demystifies symptoms and treatment processes, offering hope and understanding for those in need.

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Welcome To Our October Blog,

“Courage in the Dark: Bravery Within Community”

This month, we'll focus on the vital role of bravery in fostering a culture of wellness among first responders. We'll share insights on how purposeful action can transform challenges into opportunities for growth and connection. Join us as we deepen our commitment to supporting one another, cultivating resilience, and embracing the strength that comes from community.



ICISF Training & Resources Training

October 18, 2024:

[Suicide Awareness: An Introduction for Crisis Responders](#)

October 22, 2024:

[Learning with Leaders: Resilient Leadership](#)

October 28 – 30, 2024:

[Assisting Individuals in Crisis & Group Crisis Intervention](#)

October 30, 2024:

[Learning with Leaders: Using the PTSD911 Film to Enhance CISM Delivery](#)

November 1, 2024:

[Critical Incident Stress Management \(CISM\) in the College and University Setting](#)

November 4, 2024:

[Learning with Leaders: School Crisis Response – New Trends and Concerns](#)

November 7, 2024 – November 8, 2024:

[Strategic Response to Crisis](#)

November 15, 2024:

[From Awareness to Action: Using CISM and PTSD911 to Win by Design](#)

November 19, 2024:

[Resilient Leadership for Emergency Services & Healthcare Professions](#)

"True bravery is not the absence of fear, but the resolve to face it together." — Unknown

Resources

- Video: [Building Human Resilience in the Little Red Dot – an Overview](#)
- Video: [RISE \(Resilience In Stressful Events\)](#)
- Resource: [To Enhance Resilience, Something Must Die](#)
- Resource: [Traumatic Critical Incident Stress Info. Sheet for Spouses, Families, & Significant Others](#)
- Book: [Supporting a Grieving Workforce](#)
- Book: [The Secrets of Resilient Leadership](#)

Crisis Journal Article of The Month

[CRISIS LEADERSHIP \(RESILIENCE\) PREDICTS OVERALL LEADERSHIP EFFECTIVENESS](#)

Social Media Articles

[3 Questions To Check Your Personal Zero](#)

[The Dangers of Stigmatizing Mental Health](#)

Strategic Partner Content

- Lighthouse Health & Wellness: [A Proactive Approach to First Responder Resilience](#)
- First H.E.L.P.: [EP 72: In the Dark You Can Find Your Purpose](#)
- PTSD 911: [EP 51 - How can I Overcome the Darkness? The Power of Faith and Authentic Leadership](#)
- The Counseling Team International: [Counseling Appointments](#)
- PSPSA: [2-Day Organizational Wellness Development Program Training; Nov 6-7](#)

"The brave man is not he who does not feel afraid, but he who conquers that fear." — Nelson Mandela

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