



CISM NEWS

FROM THE INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.

SIZZLING SAFETY First Responders Protecting Your Summer Adventures

AUGUST 2024



TAKING CARE OF THE TEAM (EVEN WHEN THE TEAM IS YOU)

By: Anne Daws-Lazar

Discover how a CISM coordinator's personal challenge led to invaluable lessons on self-care and team support, transforming the way they approach critical incident responses and aftercare.

[Read More](#) >>

MUSIC TO SOOTHE THE FIRST RESPONDER SOUL

By: Kenny Schroeder

Explore the transformative impact of music therapy on first responders, revealing how rhythm and melody can heal trauma, boost resilience, and enhance well-being through compelling stories and scientific insights.

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Welcome To Our August Blog,

“Sizzling Safety: First Responders Protecting Your Summer Adventures”

This month, dive into essential resources that blend crisis management strategies and summer safety tips. We highlight the power of music therapy for first responders, offering a unique tool for managing stress and enhancing resilience. Plus, explore practical summer safety advice from Seal Beach Police and learn how to support wellness in extreme heat. Discover how these insights can keep you safe and boost your well-being this summer!



ICISF Training & Resources Training

August 19 – 20, 2024

Pastoral Crisis Intervention: Psychological and Faith-Based Crisis Intervention

August 21 – 23, 2024

Assisting Individuals in Crisis & Group Crisis Intervention

August 21, 2024

Learning with Leaders: New Developments in De-escalation

August 26, 2024

The Secrets of Psychological Body Armor™ – Holistic Wellness for Emergency Services
and Healthcare Professions

August 27 – 28, 2024

Emotional and Spiritual Care in Disasters

September 9, 2024

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

September 12-15, 2024

San Mateo County CISM Team Conference

September 13, 2024

Learning with Leaders: S.O.A.Ring with CISM

September 17, 2024

The Secrets of Psychological Body Armor™

"Heroes are ordinary people who make themselves extraordinary." - Gerard Way

Resources

- Video: [CISM is a Social Movement](#)
- Resource: [The SAFER-R Model](#)
- Resource: [Methods To Maintain and Enhance Resilience](#)
- Resource: [Emergency Planning for First Responders & Their Families](#)
- Resource: [Ready for Action? A 28-Day Psychological Risk Assessment Program](#)
- Book: [Strategic Planning](#)
- Book: [Psychological Body Armor™](#)

Crisis Journal Article of The Month

[Critical Incident Stress Management: Perspectives on It's History, Frequency of Use, Efficacy, and Success](#)



Social Media Articles

[8 essential staycation tips tailored for first responders](#)

[Who Is Most at Risk to Extreme Heat? Please Stay Safe Out There](#)



Strategic Partner Content

- First H.E.L.P.: [EP 76: Blue Grit Wellness- Eric Tung](#)
- PTSD 911: [EP 41 - Healing Invisible Wounds with Russ Hanes](#)
- PSPSA: [Wellness on the Front Line™ 2024](#)
- The Counseling Team International: [The Wellness Wheel](#)
- The 100 Club: [Be Kind](#)
- 1st Responder Conference: [Houston, TX- Registration Open](#)
- Warriors Rest Foundation: [Emotional Survival For Law Enforcement](#)
- Crisis Response Canines: [CRC Luncheon](#)
- Lighthouse for Public Safety: [Webinar Series, 8/19/24](#)
- Michigan Crisis Response Association: [Annual Training Conference, 09/15-09/17](#)



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