



# CISM NEWS

FROM THE INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.

REMEMBERING/HONORING THE FALLEN (9/11)  
AND SUICIDE PREVENTION

SEPTEMBER 2024



## 9/11 REFLECTIONS; THE TEN "COMMANDMENTS" OF WINNING THE WAR AGAINST TERRORISM & PSYCHOLOGICAL COUNTERTERRORISM & RESILIENCE

*By: Cherie Castellano*

Learn practical approaches to enhance psychological resilience for first responders, based on comprehensive experience with terrorism, natural disasters, and conflict.

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# Welcome To Our September Blog,

## Remembering/Honoring The Fallen (9/11) & Suicide Prevention

In September, we take time to remember and honor the fallen of 9/11 and focus on suicide prevention. This month, we're sharing reflections on the significance of 9/11 and its enduring impact, alongside crucial resources for understanding and combating suicide. Join us in deepening first responders' collective resilience and compassion.



## ICISF Training & Resources

### Training

**September 17, 2024**

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

**September 19 – 20, 2024**

Understanding Suicide: Effective Tools for Prevention, Intervention and Survivor Support

**September 20, 2024**

De-escalation Skills for the Front Line: A Practical Approach

**September 25 – 27, 2024**

Assisting Individuals in Crisis & Group Crisis Intervention

**September 30, 2024**

Learning with Leaders: Suicide Awareness: An Update

**October 1 – 2, 2024**

Advanced Assisting Individuals in Crisis

**October 4, 11 & 18, 2024**

S.O.A.Ring with CISM: A Strategic Planning Primer

**October 9, 2024**

Learning with Leaders: Group Crisis Intervention Update

**October 22, 2024**

Learning with Leaders: Resilient Leadership

"Your presence in this world is invaluable. Even when it feels like the weight is too much, remember that there are hearts willing to help carry the load."— Unknown

## Resources

- Video: [An Ordinary Firefighters Struggles and Triumphs over Stress, PTSD and Suicide](#)
- Resource: [Shots Fired: Breaking the Silence on PTSD in 911](#)
- Video: [Call for Backup Research Report on Police Suicide](#)
- Resource: [‘Unspoken Questions’ Law Enforcement Suicide Prevention and Mental Health Transparency](#)
- Book: [The SAFER-R Model](#)

## Crisis Journal Article of The Month

[Multiple-Attempt Suicide Survivors: A Constant Comparative Analysis](#)



## Social Media Articles

[Widow encourages everyone to ‘Check on the Strong Ones’](#)

[The ‘anniversary effect’: Processing the pain year after year](#)



## Strategic Partner Content

- First H.E.L.P.: [:EP 59: You Have The Right To Go On Living](#)
- PTSD 911: [EP 48 - How to Remember the Heroes Who Die by Suicide?](#)
- PSPSA: [2-Day Organizational Wellness Development Program Training](#)
- The Counseling Team International: [Coping with Suicide](#)
- The 100 Club: [Love, Lost In The Line Of Duty](#)
- 1st Responder Conference: [Houston, TX- Registration Open](#)
- Warriors Rest Foundation: [13 Things Mentally Strong People Don't Do](#)
- Michigan Crisis Response Association: [Annual Training Conference, 09/15-09/17](#)



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