



CISM NEWS

FROM THE INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.

HOLIDAY CHEER MEETS CRISIS RESPONSE: SUPPORTING OUR FIRST RESPONDERS THIS SEASON

DECEMBER 2024

REACH OUT TO YOUR FIRST RESPONDER COMMUNITIES WITH HOLIDAY CHEER TO SAY, "THANK YOU!"

By: Peter Volkmann, MSW, CCISM

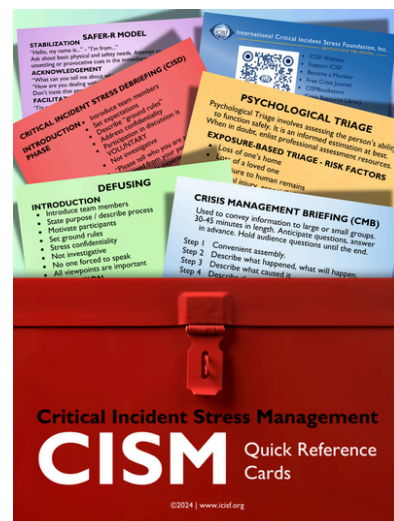
First responders continue to serve tirelessly, often sacrificing their own celebrations for the safety of others. This article explores meaningful ways communities can show their appreciation, from thank-you cards to festive decorations, creating a cycle of gratitude that strengthens bonds and uplifts the spirits of those who give so much.

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ICISF'S NEWEST RESOURCE: CISM QUICK REFERENCE CARDS

A key resource for anyone involved in crisis intervention. Whether you're leading a debriefing or supporting a team in the field, these wallet-sized cards provide fast access to vital intervention strategies.

[Order Your Copy Now](#) >>



Welcome To Our December Blog,

Holiday Cheer Meets Crisis Response: Supporting Our First Responders This Season

As the holiday season unfolds, this month, we are focused on the power of resilience and connection, especially during a time that can be emotionally and mentally challenging. Enjoy our handpicked resources designed to support your well-being and help you navigate the season with strength. This holiday season, let's come together to support one another and make sure wellbeing is a priority.



ICISF Training & Resources Training

December 17, 2024:

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

December 19 – 20, 2024:

Advanced Assisting Individuals in Crisis

January 21 – 23, 2025:

Assisting Individuals in Crisis & Group Crisis Intervention

January 27, 2025:

Group Crisis Refreshers: Skills Enhancement and Practice

January 30 – 31, 2025:

**Resilience Training: Peak Performance and Mental Strength
Before, During, & After Crises**

February 10 – 11, 2025:

Advanced Group Crisis Intervention

February 21, 2025:

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

“The best gift you can give someone is your time, your attention, your love, and your concern.” — Maya Angelou

Resources

- Video: [Stress & Grief During The Holiday Season](#)
- Podcast: [The Daily Mantra \(ICISF Perspectives\)](#)
- Resource: [Principles of Crisis Intervention](#)
- Book: [The Resilient Child](#)
- Resource: [Traumatic Critical Incident Stress Info. Sheet for Spouses, Families, & Significant Others](#)
- Resource: [Methods to Maintain and Enhance Resilience](#)

Crisis Journal Article of The Month

[The Critical Importance of Developing a CISM Tail](#)



Social Media Articles

[How to celebrate the holidays as a first responder family](#)

[‘Culture of family’ among California firefighters provides support during busy holiday season](#)



Strategic Partner Content

- 1st Responder Conferences: [Upcoming 2025 Conferences](#)
- Lighthouse Health & Wellness: [Weekly Wellness Minute: 4 Tips for Supporting Your Mental Health During the Holiday Season](#)
- First H.E.L.P.: [EP 54: We Are Family](#)
- PTSD 911: [EP 57 - I Can't Give, What I Don't Have - Barbara Crump](#)
- The Counseling Team International: [Living Stress Free](#)

“The joy of brightening other lives becomes for us the magic of the holidays.” — W. C. Jones



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