



CISM NEWS

FROM THE INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.

NEW BEGINNINGS: PREPAREDNESS &
READINESS FOR CRISIS SITUATIONS

JANUARY 2025



I HAVE SEEN IT WORK AT LEAST ONCE

By: J. Eric Skidmore

This article shares a powerful and proven model for supporting law enforcement officers and first responders—a collaboration between peers, mental health professionals, and chaplains. Learn how this unique "Helping Triad" approach has transformed care in South Carolina's law enforcement and could be the key to fostering better support in your own department.

[Read More](#) >>

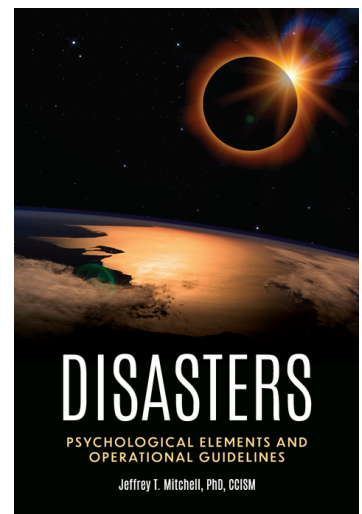


ICISF'S RESOURCE: "DISASTERS – PSYCHOLOGICAL ELEMENTS AND OPERATIONAL GUIDELINES"

By: Dr. Jeffrey T. Mitchell

This book addresses the emotional impact of disasters, offering essential guidance for disaster response and crisis intervention personnel. Dr. Mitchell draws on his 50 years of experience to provide powerful insights and strategies that will equip you to support communities in their darkest hours.

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Welcome To Our January Blog,

New Beginnings: Preparedness & Readiness For Crisis Situations

As we kick off the new year, our focus is on equipping you with the tools and knowledge needed to stay prepared for any crisis. This month, we're highlighting ICISF virtual trainings designed to strengthen your resilience and enhance your crisis response skills. Refreshing your CISM knowledge is essential to maintaining readiness and confidence in high-stress situations. Let's make 2025 a year of proactive preparation, ensuring you and your team are fully equipped to handle any challenge that comes your way.



ICISF Training & Resources

Training

January 27, 2025:

Group Crisis Refreshers: Skills Enhancement and Practice

January 28 – 30, 2025:

Assisting Individuals in Crisis & Group Crisis Intervention

January 30 – 31, 2025:

Resilience Training: Peak Performance and Mental Strength

Before, During, & After Crises

February 5, 2025:

Resilient Leadership for Emergency Services & Healthcare Professions

February 10 – 11, 2025:

Advanced Group Crisis Intervention

February 18 – 20, 2025:

Assisting Individuals in Crisis and Group Crisis Intervention

February 21, 2025:

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

"The ultimate measure of a man is not where he stands in the moments of comfort, but where he stands at times of challenge and controversy."
— Martin Luther King, Jr.

Resources

- **Book:** [Strategic Planning](#)
- **Video:** [Update Your CISM Wisdom: CISM Refresher Programs](#)
- **Podcast:** [Psychological Preparation For The Next Critical Incident Quick Tips](#)
- **Podcast:** [The Daily Mantra \(ICISF Perspectives\)](#)
- **Video:** [Case Studies in CISM Emergency Medical Services](#)

Crisis Journal Article of The Month

[The Power of Preparedness in Crisis Response Work](#)



Social Media Articles

[Putting Safety First in 2025](#)

[Start 2025 with a Resolution to be Prepared](#)



Strategic Partner Content

- 1st Responder Conferences: [Upcoming 2025 Conferences](#)
- Lighthouse Health & Wellness: [What First Responders Should Consider Asking Their Docs](#)
- First H.E.L.P.: [EP 80: Keep Your Head Above Your Feet - Dr. Cherylynn Lee](#)
- PTSD 911: [Reflecting on 2024: Milestones, Gratitude, and Big Plans for 2025](#)
- The Counseling Team International: [Tips for Great Night Sleep](#)
- C.O.P.S: [Survivor LODD Guide](#) and [Traumas of Law Enforcement Trainings](#)

"Rather than fear and try to avoid a crisis, a fool's errand at best, perhaps we should accept the inevitability of crisis and prepare for, if not embrace, it."
— George S. Everly, Jr. PhD, ABPP, FACLP (ICISF Co-Founder)



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