



CISM NEWS

FROM THE INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.

RENEWAL & RESILIENCE: EMBRACING
CHANGE, BUILDING STRENGTH

MARCH 2025



Resilience & Renewal As We Rise By Lifting Others

By: Cheri Castellano

In 2025, effective peer support is more essential than ever, and this article shows you how to make a real difference. It highlights practical strategies for enhancing support systems, fostering resilience, and addressing crises with compassion. Whether you're involved in crisis response or community care, these insights will help you strengthen connections and elevate your impact.

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WORLD CONGRESS 18

ICISF is a global leader in crisis intervention and disaster behavioral health services for emergency responders and communities. Join us at our biannual conference, World Congress, to connect with CISM experts, explore the latest research, and share effective strategies for building resilience and enhancing well-being.

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Welcome To Our March Blog,

As we enter March, it's time to embrace the power of renewal and resilience. As first responders, you're often on the front lines, giving everything to those in need. But to continue serving with strength and compassion, you must first take care of yourself. This month, we share resources, virtual training and strategies to build lasting resilience and refresh your spirit, helping you recover from challenges and emerge even stronger.



ICISF Training & Resources

Training

March 24, 2025:

Suicide Awareness: An Introduction for Crisis Responders

March 31, 2025:

Crisis Response: A Guide for School Administrators

April 6-11, 2025:

World Congress 18: Resolve to Evolve

April 7 – 8, 2025:

Strategic Response to Crisis

April 21 – 22, 2025:

Advanced Group Crisis Intervention

April 25, 2025:

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

May 5 – 6, 2025:

Advanced Assisting Individuals in Crisis

May 12 - 14, 2025:

**Assisting Individuals in Crisis & Group Crisis Intervention
in Colleges and Universities**

May 13 – 15, 2025:

Assisting Individuals in Crisis & Group Crisis Intervention

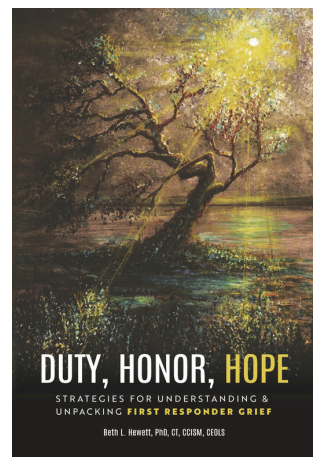
“The greatest glory in living lies not in never falling, but in rising every time we fall.” —Nelson Mandela

DUTY, HONOR, HOPE

By: Beth L. Hewett, PhD, CT, CCISM, CEOLS

Duty, Honor, Hope offers a practical approach to understanding and addressing the often-unspoken grief experienced by first responders. Through the lived experiences of 21 first responders, it provides strategies for managing grief and preventing its accumulation in both professional and personal life.

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Resources

- [Resource: Guidelines for Peer Support in High-Risk Organizations](#)
- [Video: Ready for Action? A 28-Day Psychological Risk Assessment Program](#)
- [Video: Building Human Resilience in the Little Red Dot](#)
- [Video: Resiliency: Taking the Next Step](#)
- [Podcast: First Responders: Resilient Minds for Chaotic Minds](#)

Crisis Journal Articles of The Month

[Revisiting Proactive and Reactive Pathways to Resilience Among CISM-Trained Responders and General Population Participants](#)

[Building Resilience from Survivor Guilt After a Traumatic Event](#)



Strategic Partner Content

- Lighthouse Health & Wellness: [Hear from People Who Understand](#)
- First H.E.L.P.: [EP 46: Close the Mental Tabs](#)
- PTSD 911: [EP:54 - You Can't Lose if You Keep Showing Up](#)
- The Counseling Team International: [The Power of Resiliency](#)
- C.O.P.S: [Traumas of Law Enforcement Trainings](#)
- 1st Responder Conferences: [Upcoming 2025 Conferences](#)

“Renewal requires opening yourself up to new ways of thinking and living.”
— Deborah Day

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