



“CISM” AN OVERVIEW

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CISM: AN OVERVIEW

“What is it?”

- CISM; The Alaska History
- TEAM DEVELOPMENT
 - Alaska CISM Teams Network
- CISM: National And Local Training Opportunities
- QUESTION / ANSWER



CRITICAL INCIDENT STRESS MANAGEMENT (CISM)


(Everly & Mitchell, 1997, 1999; Everly & Langlieb, 2003)

A comprehensive,
integrated, systematic,
and multi - component
approach to crisis / disaster
intervention.

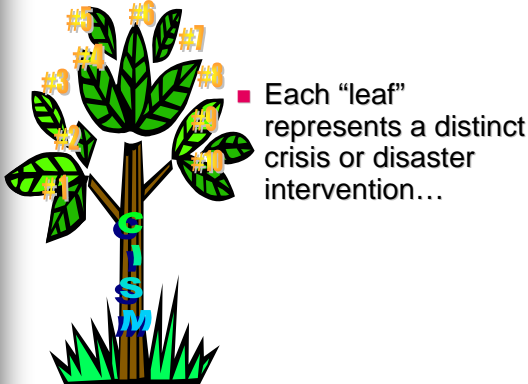


CISM is a **strategic
intervention system.**


It possesses numerous
tactical interventions



A **Comprehensive, Integrated, Systematic, and Multi-component Crisis Intervention System**
(Tree concept adapted from: Martha Starr)




- Each “leaf” represents a distinct crisis or disaster intervention...



ELEMENTS OF CISM

- Pre - incident education, preparation
- Assessment
- Strategic Planning
- Large Group Crisis Intervention:
 - Demobilizations (large groups of rescue / recovery)
 - Respite / Rehab Sectors
 - Crisis Management Briefings (CMB)



ELEMENTS OF CISM

- Small Group Crisis Intervention:
 - Defusings (small groups)
 - Small group CMB
 - “Debriefing” Models :Critical Incident Stress Debriefing (CISD); HERD; National Organization for Victim Assistance (NOVA) ; Multi-stressor debriefing model; Critical Event Debriefing (CED)
- One - on - one crisis intervention, including individual psychological first aid (PFA)
- Family CISM
- Organizational / Community intervention, consultation
- Pastoral crisis intervention
- Follow-up and referral for continued care



The challenge in crisis intervention is not only developing **TACTICAL** skills in the “core intervention competencies,” but is in knowing when to best **STRATEGICALLY** employ the most appropriate intervention for the situation.



REMEMBER!

The CISD and the entire field of CISM are **not** substitutes for psychotherapy.

Rather, they are elements within the emergency mental health system designed to precede and complement psychotherapy, i.e., part of the full continuum of care.



The Alaska CISM History

- Early 70' to 86'
- 86' to present
- The recent past:



2000 APCM EVENTS

- Alaska Airlines Crash
- CORDOVA Avalanche
- SUICIDE: Jumper From Capt. Cook
- Police Shoot Out At KFC
- Suicide "Notification Of Death" Agreement With Providence
- L.E. Explorer Career Development Program



Events That Impacted APCM 2001

- Attack on America
- 3 Line of duty Deaths
- Several other deaths of Retired and Friends of the Emergency Services
- We lost one of our own: Janice Lienhart died.
- Dillingham PenAir Crash (10 died)
- Provided debriefing Services for Alaska WTC Volunteers
- Mt View Stabbing




Events That Impacted APCM 2002

- Suicide of an Alaska State Trooper
- Suicide of an ASD Student
- An Avalanche That Killed Two Humans and Two Dogs
- APCM provided new Chaplains in Wasilla PD, Palmer PD, Angoon PD, and the Alaska State Troopers Palmer
- Started the APCM Wasilla/Palmer CISM Team
- The ICISF Conference in Anchorage, Hosted by APCM (March 21-24, 2002)
- Glenn Godfrey Murder
- DOC Line of Duty Death
- Major Earthquake



Events that Impacted APCM 2003

- LINE OF DUTY DEATH KENAI
- TWO FATALITY CRASHES WITH 3 TEENS INVOLVED – GIRDWOOD A FEW WEEKS APART
- USE OF DEADLY FORCE SOLDOTNA
- MISSING/MURDER TALKEETNA GIRL
- MISSING KAYAKER/ 11/28
- TALKEETNA PLANE CRASH
- SUICIDE OF FORMER DILLINGHAM OFFICER'S WIFE
- TWO CHILDREN FROZEN TO DEATH/SEARCH AND NOTIFICATION



Events that Impacted APCM 2004

- Three teenagers Murdered by mother 300 plus teens helped by APCM and local church
- A Murder / Suicide of a mother and her children
- Highest number of Suicides in the past twelve years. The most at risk population (in Anchorage) are the white male ages; 19-29 followed by the 29-39
- APCM sponsored the ICISF Conference in Anchorage with over 100 trained in CISM courses
- Teen Murders stepmother, while dad is out of town
- Line of Duty Death; Sitka EMS killed in the line of duty.
- Chaplains Deployed to Iraq and Afghanistan



Events for 2004 continued:

- APCM has a new position coordinating ARH Auxiliary Volunteers, the “ Special Services Coordinator”
- Alaska State Defense Force; Chaplain McQueen became a Major within the ranks of the ASDF, assigned to Headquarters as the Command Chaplain for the 49th Military Police Brigade, State Defense Force.



Events that Impacted APCM 2005

- Two separate accidents in the same location on the Seward Highway near Girdwood involving three deaths of three teenagers.
- Suicide in the ER at Alaska Regional Hospital
- Several trainings of TCR for guard members being deployed.
- Several CISM Trainings were provided



Events that Impacted APCM 2006

- LODD 4 Alaska National Guardsmen
- Dispatchers Brother in Law Suicide
- Retired APD Officers Death (Logan)
- 30th Anniversary of AFD LODD (Whitethorne)
- Retired AFD Medic's Son Died
- LODD - EMS Willow
- APCM Hosted the 911 Memorial Service at 15th and C
- Chaplain McQueen received Certificate to Train the ICISF Advanced CISM
- Partnered: ARH Cancer Resource Center / ASD / and APCM to provide a Middle School support group



Events that Impacted APCM 2006 cont.

- Retired Trooper Died (Cox)
- Ritual Killing (animal) with one completed teen suicide and three others survived pack in Valdez
- National Guard DC of Fire Department Unexpectedly Died- (Akerley)
- Chaplain Ray received her Certified Master Chaplain Certificate
- Chaplain McQueen was promoted to LTC in the 49th military Police Brigade, DVA, ASDF
- Chaplain McQueen Changed Patches, He's now coordinating the Chaplains Program from the AFD



Events that already have Impacted APCM 2007

- Serious injury to an AFD Paramedic, Ambulance was hit while transporting a critical patient.
- Suicide of an AFD past employee
- Fire Fatality - 3 children died one remains in serious condition in Seattle.
- Partnering (Grant) with the Mental Health Trust to establish sustainable funding and increase serves to their target population.
- Started new CISM Team in Bethel



Events that already have Impacted APCM 2007 cont.

- Suicide of an APD Officer
- Mental Health Trust Award \$50,000 grant for CISM and Chaplains Services Development
- Suicides as of 4/07 for 2007 60 attempts / at least 7 successful. Method: vehicle, hanging, gun, overdose



TEAM DEVELOPMENT

- 1980
 - JUNEAU
 - HOMER
 - KODIAK
- 1980 – PRESENT
 - 23+ Teams that make up the Alaska CISM Teams Network
 - Alaska Team Leaders Meeting Today (a first)



CISM: National and Local Training Opportunities

- www.icisf.org National conferences and scheduled Trained Trainers courses
- www.apcm.org Local: Training throughout Alaska; opened and closed agency training and future Alaska ICISF Conferences
- ICISF ANCHORAGE CONFERENCE
- April 24-27,2008



FINAL QUESTIONS / ANSWERS

