

CISM

HARRT 2004

Critical Incidents

- Are events which have significant power to overwhelm an individual's normally effective ability to cope
 - Individuals who experience a critical incident are faced with the demand to respond
 - They often respond in ways which require exceptional physical or heroic effort
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Critical Incidents

- Critical Incident Stress affects nearly 90% of all emergency personnel
 - Are emotionally charged events
 - The effects of critical incident stress can be intensified, influenced, or mitigated by our personal, family, and developmental issues
 - Symptoms usually subside within a few weeks
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CISM increases the rate of normal recovery, in normal people, who are having normal reactions to abnormal events



Know your community's resources!
Find out who provides CISM services
and make contact, if you or some one
that you care about has experienced
a critical incident
