

What is CISM?

Critical Incident Stress Management, or CISM, is an intervention protocol developed specifically for dealing with traumatic events. It is a formal, highly structured and professionally recognized process for helping those involved in a critical incident to share their experiences, vent emotions, learn about stress reactions and symptoms and given referral for further help if required. It is not psychotherapy. It is a confidential, voluntary and educative process, sometimes called 'psychological first aid'.

First developed for use with military combat veterans and then civilian first responders (police, fire, ambulance, emergency workers and disaster rescuers), it has now been adapted and used virtually everywhere there is a need to address traumatic impact in peoples lives.

There are several types of CISM interventions that can be used, depending on the situation. Variations of these interventions can be used for groups, individuals, families and in the workplace.

Examples of Critical Incidents

- ✦ Automobile accident, or any accident involving serious injury and/or property damage
- ✦ Industrial accidents involving serious injuries or fatalities
- ✦ Robbery and violent crimes
- ✦ Homicide(s)
- ✦ Line of duty death or injury among emergency/law enforcement personnel
- ✦ Any life threatening experience
- ✦ Natural Disasters- Fires, Floods, Earthquakes, Hurricanes , Tornadoes
- ✦ Multiple injury/fatality accidents
- ✦ Large scale environmental pollution
- ✦ Terrorism
- ✦ Acts of war
- ✦ Child related traumatic events
- ✦ High publicity crimes of violence or sex
- ✦ Community disasters



BENEFITS OF CISM

- Stabilize crisis situations quickly & effectively when they do occur
- Promote wellness and decrease utilization of sick time up to 60%, in noted cases.
- Normalize reactions and explain what symptoms can be expected after a disaster.
- Educate on appropriate coping skills for short term and long term use.

“Disaster Stress is a normal reaction to an abnormal situation”

Service Locations

Defiance

419-782-8856 | Fax: 419-784-4506
211 Biede Ave., Defiance, Ohio 43512

Bryan

419-636-2932 | Fax: 419-636-1982
203 N. Lynn St, Bryan, OH 43506

Napoleon

419-592-5981 | Fax: 419-592-4522
407 Independence Dr, Napoleon, OH 43545

Wauseon

419-337-5941 | Fax: 419-337-6439
222 Depot Street, Wauseon, OH 43567

TOLL FREE NUMBER: 800-569-3980

WEB SITE: maumeevalleyguidancecenter.org
EMAIL: mvgc@defnet.com



Enhancing the Quality of Life For Those We Serve



Critical Incident Stress Management (CISM)

Maumee Valley Guidance Center is a Behavioral Healthcare Center serving residents of Defiance, Fulton, Henry and Williams Counties for over 50 years. We are here to meet the diverse behavioral health needs of individuals and families in our community.

The professionals at Maumee Valley Guidance Center work as a team to bring clients the following services:

- Medication Management

- Psychiatrists that specialize in Adults and Children
 - Registered Nurses

- Individual, Couples and Family Counseling

- All of our therapists are Master's Level Clinicians

- Community Psychiatric Support Treatment

- Our Qualified Mental Health Specialists work with clients to assist them within the community.

