To obtain more information: complete this form and

Mail to Granite State Critical Incident Stress Management Team
76 Janet Court
Manchester, New Hampshire 03103

Or Email to NH CISD@aol.com
Questions (603) 881-9611

Name ________________________________

Telephone ______________________________

Address________________________________

I am interested in becoming a GS CISM Team member.
I would like someone to call me.
I would like information on training.
I would like to schedule an intervention.

Occupation/License _____________________

Email Address __________________________

Preferred method of communication

____ Phone ______________________________
____ Email ______________________________
____ Fax Number _________________________
GRANITE STATE CISM TEAM
The Granite State Team was formed in 1992 to meet the needs of first responders state wide in the event of a critical incident. Members include first responders and mental health professionals. The team is affiliated with the International Critical Incident Stress Foundation (ICISF).

CRITICAL INCIDENT
“A critical incident is any situation faced by emergency service personnel that causes them to experience unusually strong emotional reactions which have the potential to interfere with their ability to function either at the scene or later.” Jeffery Mitchell, Ph.D.

EXAMPLES OF CRITICAL INCIDENTS
Line of duty death of a co-worker
Serious injury of a co-worker on the job
Prolonged rescue or recovery operations
Death of a child
Mass casualty incidents
Operations with intense media coverage
Terrorist actions
ANY incident with high emotional impact on responders

WHO WE SERVE
- Firefighters
- Emergency medical/ rescue
- Police
- Military
- Emergency room personnel

OUR SERVICES
Critical Incident Stress Management is a Comprehensive, Integrated, Systematic, and Multi – component approach to crisis or disaster intervention. It is a strategic intervention system which possesses numerous tactical interventions including:
- Pre - incident education
- Preparation
- Demobilizations
- Crisis Management Briefing
- One on one intervention
- Psychological first aid (PFA)
- Community intervention
- Assessment
- Defusing
- Debriefing (CISD)
- Family CISM
- Consultation
- Follow-up
- Referral

THE NEED
- About 50 % of disaster workers are likely to develop significant distress (Myers & Wee, 2005, Dis. Men. Health)
- PTSD is found in 10 - 15% of law enforcement personnel (see Everly & Mitchell, 1999)
- PTSD is found in 10 - 30% of those in fire suppression (see Everly & Mitchell, 1999)
- PTSD is found in 16% of Vietnam Veterans (Nat PTSD Study)
- PTSD is found in ~ 12% of Iraq war veterans (Hoge, et al., 2004, NEJM)
- As many as 45% of those directly exposed to mass disasters may develop PTSD or depression (North, et al., 1999, JAMA)

SOME SIGNS THAT INDICATE NEED FOR OUR SERVICES

COGNITIVE
- Poor concentration
- Difficulties with calculations
- Poor attention span
- Difficulty making decisions
- Memory problems
- Slowed problem solving

EMOTIONAL
- Guilt
- Feeling lost or overwhelmed
- Depression
- Anxiety/Fear
- Grief
- Loss of emotional control

PHYSICAL
- Muscle tremors
- Chest pains
- Gastrointestinal distress
- Difficulty breathing
- Headaches
- Elevated blood pressure

BEHAVIORAL
- Excessive silence
- Sleep disturbances
- Behavioral changes
- Changes in eating habits
- Change in work habits
- Withdrawal from contact

SPIRITUAL
- Uncharacteristic religious involvement
- Anger at God
- Withdrawal from place of worship
- Anger at clergy
- Sense of isolation from God
- Questioning beliefs
- Loss of meaning/purpose
- Faith practices empty

HOW TO CONTACT US
For assistance during or following a critical incident.
(603) 595-3792
We are available 24 hours a day, 365 days a year and may be contacted by calling our Answering Service, provided through St. Joseph Hospital and asking for the CISM person on call. We will do our best to answer your call within thirty minutes.

To schedule an information or educational session
(603) 881-9611
GRANITE STATE C.I.S.D. TEAM
76 Janet Court Manchester, NH 03103
603-881-9611Non emergency info.
603-595-3792 Answering Service

Critical Incident Stress Debriefing

Providing service to:
- Emergency Medical Services
- Fire Departments
- Police Departments
- Hospital Emergency Department Personnel
- Rescue Agencies

"A critical incident is any situation faced by emergency service personnel that causes them to experience unusually strong emotional reactions which have the potential to interfere with their ability to function either at the scene or later." DR. JEFFREY MITCHELL PH.D.

WHO IS THE GRANITE STATE C.I.S.D. NETWORK?
We are an organization made up of specially trained people who work in E.M.S., Police, Fire, Rescue and Hospitals. Every member of the C.I.S.D. Network volunteers his or her time. We are dedicated to supporting our colleagues before, during and most of all after a critical incident.

WHAT DO WE DO?
We provide you and your organization with information about Critical Incident Stress, its effects and potential impact on your life and job performance. These sessions are most effective if they are conducted before an incident happens.

WHERE DO WE GO?
Our organization is made of more than 40 people around the state, many whom you probably know. This wide spread membership allows us to come to you, at your facility, when you need us.

WHEN SHOULD YOU CALL US?
You should set up an educational session during your regular training schedule. Our presentation will normally last about an hour to an hour and a half. We also provided three other support services:

1. On or Near Scene Support: If requested, team members can arrive at the scene to watch for signs of acute stress in responders and work with Incident Commanders to support these personnel as necessary.

2. Informal Defusing: This usually takes place within a few hours of the incident and is an informational session for those directly involved in the incident.

3. Debriefing: This is conducted within 24 - 72 hours after the incident. A debriefing is a confidential session which does not critique the incident nor evaluate the responders. The primary focus of a debriefing is to allow those involved to talk about their thoughts and reactions to a stressful incident. Examples of critical incident would include:
   - death of a co-worker in the line of duty
   - serious injury of a co-worker in the line of duty
   - prolonged rescue or recovery operations
   - death of a child
   - mass casualty incidents
   - operations with intense media coverage
   - ANY incident with high emotional impact on responders

WHY SHOULD YOU CALL US?
We are here to help you deal with the extraordinary event(s) that will happen to all of us at some time in our careers. The goal of our organization is to try and prevent members of our profession(s) from dropping out because of an overload of one time stress or the build up of a number of stressful events. Remember that what may be stressful for one person, may be very stressful for another. When the Team Leader calls you back, these are things you will be asked when you call for team response:
   - Your name and telephone number.
   - Your agency name and address and telephone number.
• The perceived urgency of the situation from immediate intervention or a formal debriefing.

**HOW SHOULD YOU CONTACT US?**

We are available 24 hours a day, 365 days a year by contacting St. Joseph Hospital Answering Service and asking for the C.I.S.D. person on call to be paged. We will do our best to answer your call within 30 minutes. The number to call for assistance during or after an event (24 hours) or to schedule an educational session is:
(603) 595-3792  During or after an event please call 24 hours a day.

To schedule an educational session call 881-9611