



EMS COUNCIL INC.

CRITICAL INCIDENT STRESS MANAGEMENT TEAM

Emergency service providers are exposed, on a daily basis, to events which the general public seldom encounter. They are in a position in which life and death experiences are common and almost routine. Recent research has identified that these emergency service providers are paying a heavy personal price because of this exposure to human trauma.

The mission of the REMS Critical Incident Stress Management (CISM) Team is to provide a group of trained volunteers and professionals to help emergency service providers handle stress. Team members are law enforcement, fire fighters, EMT's, dispatchers, mental health professionals, and clergy. Each team member is trained and experienced in his/her own field and is certified in Emergency Service Stress Intervention.

Specifically, Critical Incident Stress Management Team members are trained in the CISM process. The CISM process is NOT an operational critique, but a confidential, non-evaluative discussion of the involvement, thoughts, reactions, and feelings resulting from an incident.

In addition, the team can provide:

- EDUCATIONAL AND INFORMATIONAL PROGRAMS
- ON-SCENE SUPPORT
- DEFUSING
- DEBRIEFING
- DEMOBILIZATIONS
- RESOURCE AND REFERRAL INFORMATION

The CISM process is designed to facilitate "A normal recovery process in normal persons suffering normal effects after an encounter with an abnormal situation."

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If you would like to know more - please invite us to your next membership meeting. You can email us at [**remscismteam@yahoo.com**](mailto:remscismteam@yahoo.com) or call REMS at (540) 373-0249.

24 Hour Team Dispatch at **540-752-5883**