

MINUTES
REMS CISM TEAM MEETING

Wednesday, April 21, 2010

7:00 p.m. (REMS)

1. Sign in Sheet:

The following members were present: Dale Dickinson, Mark Kuechler, Angela Fines, Bill Hyer, Paul Peterson, Melissa Krebs, Doug Albrecht and Patricia Copeland

2. New Business:

1. Do we want to go back onto ICISF's Team Listings?

Question was brought up as to whether or not we wanted to resubmit our team membership to the ICISF to be placed on their website. The majority wanted to stay active with ICISF.

2. Go over new Team Membership Application

Melissa Krebs redid the membership application (attached). Everyone was in agreement that it looked good, and could be sent to REMS for approval.

3. Talk about how a peer team is put together; who goes out

Every effort should be made when making up a peer team to have a majority of the peers from "outside" of that county. Most providers would prefer to speak to someone that they "do not know" or know does not run in that county.

4. What team members will go out?

I reiterated to the team, that when there are call-outs, the team members that have shown an interest in participating in the team, such as showing up at team meetings, will be the ones called. We have a lot of people on the list that we have not seen in a long time. An email will be sent out to those people asking them if they are still interested in participating in the team. Doug Albrecht stated that he would go through the Spotsylvania roster.

3. Old Business

Debby: Question about whether REMS still provides the CISM Team shirts, and how they get them. Team members would like to have them when they go out on events.

Debby left the few shirts that we still had. Team members who would like to can purchase the shirts through REMS for a nominal fee of \$19.50; (XL \$21.50). If you would like a shirt, please let Debby Loveless know.

What is the CISM Team budget? What can the money be used for?

With the budget cuts, there is no REMS CISM budget for this year.

Business Cards - team members were interested in getting the business cards for the REMS CISM Team - that had the CISM steps on the back. (Had a blank space on the back, where you could write your name and phone number). I was not sure where we got them from - we had them years ago. I will do some research into where we got them from. I have a proof.

Gave out a copy of a proof of the business cards that team members can write their names and phone numbers on to hand out at incidents. A few people "laughed" at my waterfall; but I thought it was very calming (unless the call is a drowning). It was also suggested that we get ones that have the signs and symptoms on.

CISM PowerPoint.

Melissa Kreb's put together a powerpoint presentation regarding CISM to be shown at recruit schools, high schools, EMS/Fire agencies to new people coming into EMS. It gives them an idea as to CISM being available and what it is. Melissa is going to send the powerpoint to REMS for approval.

4. Call-Outs

1. **Caroline County (3/21) - Fatality/pediatric entrapment**

Patricia Copeland; Greg Leitz; Jayne Toellner; Paul Peterson

2. **Spotsylvania County (4/13) - Individual**

Paul Peterson; Ron Thayer

2. Spotsylvania County (4/18) - double fatality

Greg Leitz; Doug Albrecht; Mark Kuechter; Linda Harris

5. Next Meeting

Discussion regarding changing the meetings to another night so that other members could attend. Some questioned why, considering it was only one night a month. Also asked whether they wanted to have it every other month. Majority asked to keep it every month - next month the meeting will be held on Monday, May 24, 2010 at 7:00 p.m. If REMS is occupied - the Fredericksburg Police Department offered to have it at their facility.

6. Adjournment

Meeting was adjourned at 8:30 p.m.

RAPPAHANNOCK EMERGENCY MEDICAL SERVICES COUNCIL
435 Hunter Street, Fredericksburg, VA 22401
540-373-0249; Toll Free in VA: 1-877-892-9465; FAX: 540-373-0536

CRITICAL INCIDENT STRESS MANAGEMENT TEAM MEMBERSHIP FORM

PERSONAL INFORMATION:

Name: _____

Address (Home): _____

_____ Cell: _____

Phone (Home): _____ E-Mail: _____

Employer (Address) _____

_____ Cell: _____

Phone (Work): _____ E-Mail: _____

Age 25 or over? YES NO

APPLYING FOR:

- Peer Team Member

Fire

EMS

Law Enforcement

Other Identify: _____

ORGANIZATION AFFILIATIONS:

Organization	Department	Date	Other

CISM TRAINING / SPECIAL CERTIFICATIONS (copies required):

Date	Title	Issuing Organization

I understand that membership on this team is voluntary and is strictly of an as requested emergency call out nature. I understand that information received while representing the REMS CISM team is of a confidential nature and will be treated as such. Further, I will not respond without the consent or request of a team coordinator. Any violation of confidentiality or response without authorization or false statements made on this application will result in immediate removal from the team.

Name: _____

Date: _____



REMS CISM TEAM

24/7 Number: Lifecare: 540-752-7807

Team Member: _____

Contact Number: _____

Email Address: _____

DEBRIEFING: Occurs 6 to 72 hrs. after an incident.

Introduction - Introduce team members, explain the rules, and agenda **Fact Phase** - Each person describes the incident from his or her own perspective. **Thought Phase** - Describe your first thoughts, how did you feel? What affected you the most? **Reaction Phase** - Identify all emotional responses. What was the most troubling aspect. **Symptom Phase** - Identify possible symptoms & symptoms of a stress reaction. **Reaching Phase** - Identify all the reactions are normal and is a coping mechanism. **Entry Phase** - Distribute information and answer any questions.

DEFUSING - Occurs immediately, or during the incident. A defusing is a condensed version of a debriefing lasting up to 1 hour. **Introduction** - Introduce team members, & review the process. **Explanation** - Discuss the incident via the rescuers, review the facts, thoughts and their reactions. **Information** - Recognize that all reaction's are normal and review the signs & symptoms of a stress reaction.

ONE ON ONE: A Defusing with one rescuer and one CISM member.