

**MINUTES**  
**REMS CISM TEAM MEETING & TRAINING**

**Monday, July 15, 2013**

7:00 p.m. REMS Office

**Sign in Sheet:**

The following members were present: Debra Boyd, Pat FitzGerald, Melissa Krebs, Mark Kuechler, Peter Shoars, Jayne Toellner, Dale Dickinson and Trisha Copeland

Meeting called to order at 7:00 p.m.

**Old Business:**

Debby Loveless stated that there is \$9,441.80 left in the RSAF grant, which must be spent by the end of the year. \$622.00 was spent for the Group Law Enforcement Class that will be held September 21-22. It was changed from July 13-14.

Discussion regarding getting untrained members to attend the September class and then go to the Advanced Class in November at Symposium. Symposium goes from 6-12 in Norfolk. Group and Advanced Group will be taught November 6<sup>th</sup> & 7<sup>th</sup>.

If you would like to order a safety vest - please let Lynn Platt know - the cost is \$17 each. I have the new tee-shirts - if anyone wants to purchase one they are \$12.25 each.

Lynn Platt is handling ordering REMS CISM shirts (same color(Navy) and logo)) - the cost is \$20.00 for S, M, L, XL and \$22.00 for XXL. If you are interested in ordering a shirt, please let Lynn know (rescue\_dad@verizon.net).

**New Business:**

Discussion regarding applying for another Grant for shirts & for Out-Reach programs. Must be turned in by September. Discussion regarding possibly going to Convention and putting up a booth as Outreach next year.

Melissa Krebs said that she would start notifying people when they are not fulfilling their membership obligations, which is 3 meetings in a year.

**New Members:**

No new members.

**REMINDER:** It was agreed that we would be meeting **EVERY OTHER MONTH**; these meetings would now encompass both a regular membership meeting and a training meeting.

**Call-Outs:**

6/18/13 - Spotsylvania Count - 1:1 - Dispatcher/Family Member (Personal)

7/05/13 - Spotsylvania County - 6 EMS personnel - 2 Team Members (Pediatric Death)

**Training:**

Chaplain Pete Shoars gave a lecture on “Stress” (Copy attached)

Next Meeting: Monday, September 16 , 2013 - 7:00 p.m. REMS office

Training: Go over the presentations for Outreach Programs.

**Adjournment:** Meeting was adjourned at 8:00 p.m.

**MINUTES**  
**REMS CISM TEAM MEETING & TRAINING**

**Monday, September 16, 2013**

7:00 p.m. REMS Office

**Sign in Sheet:**

The following members were present: Debra Boyd, Melissa Krebs, Peter Shoars, Paul Peterson, Laura Baxter, Lori Knowles, Ed Rodriguez, Dale Dickinson, Bob Zink, Michele Griffin, and Trisha Copeland

Meeting called to order at 7:00 p.m.

**Old Business:**

There will be a Group Crisis Intervention Class this Saturday and Sunday, September 21-22 in Spotsylvania. Please call Melissa Krebs if you would like to take the class. So far, Bob Zink and Debra Boyd are the only ones scheduled for the class. We have approximately \$9,441.80 left in the RSAF grant, if anyone wants to go to the Symposium to take either the Group or Advanced Group. There are also a few other CISM Classes.

If you would like to order a safety vest - please let Lynn Platt know - the cost is \$17 each. I have the new tee-shirts - if anyone wants to purchase one they are \$12.25 each.

Lynn Platt is handling ordering REMS CISM shirts (same color(Navy) and logo)) - the cost is \$20.00 for S, M, L, XL and \$22.00 for XXL. If you are interested in ordering a shirt, please let Lynn know (rescue\_dad@verizon.net).

**New Business:**

Carolyn Marsh helped us finish up our grant request. We are asking for more training funds, and funds to purchase Shirts and Coats.

Discussion regarding changing the Membership Meetings to the second Monday every other month instead of the third Monday. This would not start until January 2014.

**New Members:**

No new members.

**Call-Outs:**

**07/29** - Orange County - Fatal MVA (2 Peers)

**REMINDER:** It was agreed that we would be meeting **EVERY OTHER MONTH**; these meetings would now encompass both a regular membership meeting and a training meeting.

- 08/11** - Colonial Beach - Pediatric Drowning - 3 Peers; 17 EMS/Fire; 3 Law Enforcement;  
1 Physician and 3 Public
- 09/04** - Spotsylvania/Stafford - 35 Law Enforcement (6 Peers)
- 09/11**- King George County - one-on-one

**Training:**

Training: CISM Presentations

**Adjournment:** Meeting was adjourned at 8:15 p.m.

**The next meeting will be November 18, 2013 at 7:00 p.m. at the Fredericksburg Police Department. Paul Peterson is going to check to see if we can get those people who need badges done that evening. I will let you know exactly where the meeting will be held.**

**MINUTES**  
**REMS CISM TEAM MEETING & TRAINING**

**Monday, November 18, 2013**

7:00 p.m. Fredericksburg Police Department

**Sign in Sheet:**

The following members were present:

Debra Boyd\*, Melissa Krebs, Peter Shoars\*, Paul Peterson, Laura Baxter\*, Lori Knowles\*, Ed Rodriguez, Bob Zink\*, Bob Eves\*, Darrell English, Patricia FitzGerald, Michelle Gibbons\*, Robert Eaby\*, Nina Brown\*, Ron Thayer\*, Lynn Platt, Christine Hammon\*, Charlisie Holt\*, Bob Parsons\*, Chris Truslow\* and Trisha Copeland

Meeting called to order at 7:00 p.m.

**Old Business:**

GRANT: We got 4 new deputies and 1 dispatcher out of the Group Crisis Intervention Class that was held September 21-22 in Spotsylvania. Members Bob Zink and Debra Boyd received their certification. 6 people attended the OEMS Symposium in Norfolk to take CISM classes, Melissa Krebs, Greg Leitz, Bob Zink, Lynn Platt, Lori Knowles and Laura Baxter.

Carolyn Marsh helped us finish up our grant request. We have asked for funds for training and shirts and coats - we should find out in January.

Discussion regarding changing the Membership Meetings to the second Monday every other month instead of the third Monday. This would not start until January 2014. It was approved by membership.

If you would like to order a safety vest - please let Lynn Platt know - the cost is \$17 each. I have the new tee-shirts - if anyone wants to purchase one they are \$12.25 each.

Lynn Platt is handling ordering REMS CISM shirts (same color(Navy) and logo)) - the cost is \$20.00 for S, M, L, XL and \$22.00 for XXL. If you are interested in ordering a shirt, please let Lynn know (rescue\_dad@verizon.net).

**New Business:**

Main purpose of this meeting was for those who do not have REMS CISM Team ID Badges to get their badges. The people listed above with an asterisk received their badges this evening.

**REMINDER:** It was agreed that we would be meeting **EVERY OTHER MONTH**; these meetings would now encompass both a regular membership meeting and a training meeting.

REMS would like to know what our goals are for 2014. From Chris Jett:

1. Successful integration of the Rapidan area in to our team and response area (if requested to do so). **(Membership would like to offer to help get their team back on their feet instead of being integrated into our team).**
2. Meet and greet with all response agencies served and continue to build positive working relationships. **(Use this as out-reach, go to each individual fire & rescue station in REMS to do a short presentation on CISM).**
3. Continue to pursue inclusion of a CISM presentation in all area recruit academies and/or introductory level courses being taught (EMT, FF1, etc)
4. Pursue various training opportunities (local and out of town) for all members at no cost using grant funds.
5. Continue to build team membership working towards a well rounded and diverse network of peers and mental health providers.

Lori Knowles would like to see us buy Preventing & Recovering from Traumatic Stress, 2013 Quick Series Publishing, ISBN 978-1-935161-24-0 to give as handouts. The cost would be

Retail (web only)	\$9.76
<b>Bulk Pricing</b>	
<hr/>	
26 to 249	4.88
250 to 499	4.77
500 to 999	4.65
1000 to 2499	4.54
2,500 units or over, please contact us for a special quote.	

\*\* Bulk orders cannot be processed online

Website : <http://www.quickseries.com/index.php?prodcode=01-0310-000-01>

**New Members:**

Eaby, Robert (10/13) - Fredericksburg (Fire/EMS/Pastor)  
Gibbons, Michelle (9/2013) - Stafford Sheriff's Office  
Hammond, Christine (9/2013) - Stafford Sheriff's Office  
Holt, Charlsie (09/2013) - Spotsylvania Sheriff's Office (Dispatcher)  
Parsons, Robert (9/2013) - Stafford Sheriff's Office  
Truslow, Christopher (9/2013) - Stafford Sheriff's Office

**Call-Outs:**

No Call-Outs

**Training:**

No Training For November

**Adjournment:** Meeting was adjourned at 8:15 p.m.

**MINUTES**  
**REMS CISM TEAM MEETING & TRAINING**

**Monday, January 13, 2014**

7:00 p.m. REMS

**Sign in Sheet:**

The following members were present:

Debra Boyd, Melissa Krebs, Peter Shoars, Laura Baxter, Lori Knowles, Ed Rodriguez, Darrell English, Robert Eaby, Christine Hammon, Michelle Gibbons, Greg Leitz, Jayne Toellner, and Trisha Copeland

Meeting called to order at 7:00 p.m.

**Old Business:**

Thanks to Carolyn Marsh helping us finish up our grant request, which we are going to receive. We asked for the funds for training and shirts and coats.

**New Business:**

We must decide who to use for the coats and shirts. We turned in two different companies. Suggestion was made that we ask them to be at our meeting in March to look at the coats.

Spent the rest of 2013 grant on Quick Series Books -

Dealing with Worry  
Suicide Prevention  
Crisis Intervention  
Stress Management  
Traumatic Stress

Handed out books to everyone to use for One-On-Ones. Margot Moser from REMS ordered us REMS labels to be put on the books.

Website : <http://www.quickseries.com/index.php?prodcode=01-0310-000-01>

**New Members:**

No New Members

**REMINDER:** It was agreed that we would be meeting **EVERY OTHER MONTH**; these meetings would now encompass both a regular membership meeting and a training meeting.



**Call-Outs:**

12/11/13 - Spotsylvania - Pediatric Code (1:1 - EMS)

12/27/13 - Stafford - MVA (Defusing - EMS/Fire)

01/03/14 - Stafford - MVA (Debriefing - EMS/Fire)

**Training:**

Went over Quick Series Books

**Adjournment:** Meeting was adjourned at 8:00 p.m.

**Next Meeting:** Monday, March 10, 2014 - 7:00 p.m., Stafford Sheriff's Office

**MINUTES**  
**REMS CISM TEAM MEETING & TRAINING**

**Monday, March 10, 2014**

7:00 p.m. Stafford Sheriff's Office

**Sign in Sheet:**

The following members were present:

Melissa Krebs, Peter Shoars, Ed Rodriguez, Darrell English, Robert Eaby, Christine Hammon, Michelle Gibbons, Paul Peterson, Lynn Platt, Bob Zink, Chris Jett, and Trisha Copeland

Meeting called to order at 7:00 p.m.

**Old Business:**

Discussion regarding grants for the upcoming cycle. Chris Jett would like to see us put in for Team jackets. He will do some research to make sure the ones he chooses are up to regulation. He stated that he would write up a proposal.

**New Business:**

Guest: Barry Jacobs, a retired Firefighter/Paramedic from Fairfax County. He is also a member of the Rapidan Team. He is getting his masters degree in counseling. He has started a company and does seminars called "Street Performance Training Seminars". Spoke about his seminars. Discussion regarding how EMS/Fire handle stress.

Chris Jett talked about maybe adding "Peer Support" to REMS CISM Team. He said he would send out an email to everyone asking their opinion, before taking it to the REMS Board.

Discussion on doing more Out-Reach to other counties. Patricia Copeland was looking into getting into contact with the regional jails.

Patricia Copeland will be doing a presentation before the State EAP on April 3 in Richmond. Also, the guest speaker at Mt. View Rescue's banquet this Sunday.

**New Members:**

No New Members

**REMINDER:** It was agreed that we would be meeting **EVERY OTHER MONTH**; these meetings would now encompass both a regular membership meeting and a training meeting.

**Call-Outs:**

No Call-Outs

**Training:**

Training consisted of going over the powerpoint on our Team for the EAP Conference in April.

**Adjournment:** Meeting was adjourned at 8:30 p.m.

**Next Meeting:** Monday, May 12, 2014 - 7:00 p.m., REMS

**MINUTES**  
**REMS CISM TEAM MEETING & TRAINING**

**Monday, May 12, 2014**

7:00 p.m. REMS Office

**Sign in Sheet:**

The following members were present:

Debra Boyd, Shaun Jones, Lori Knowles, Melissa Krebs, Mark Kuechler, Greg Leitz, Peter Shoars, Robert Eaby, Lynn Platt, Chris Jett, and Trisha Copeland

Meeting called to order at 7:00 p.m.

**Old Business:**

Discussion regarding grants for the upcoming cycle. Now that we are taking over Rapidan, we need to ask for money for training.

**New Business:**

At the REMS Board meeting on April 16, 2014, President Kevin Dillard stated that the REMS CISM Team was taking over the Rapidan Team - discussion on how to go about this. Margot sent me a list of all of the Fire & Rescue Departments (both Volunteer and Career) in that region. Discussion regarding sending out a letter to each department asking if anyone is trained and wants to join the team, or wants to get training. Shaun Jones was going to research all of the Sheriff/Police Departments in that region.

**New Members:**

No New Members

**Call-Outs:**

04/28/14 - Spotsylvania - Line of Duty Death

April 28, 1100: Met with Melissa, Shaun and command staff to conduct a needs assessment. We decided to conduct Crisis Management Briefings with the Spotsylvania County Staff.

**REMINDER:** It was agreed that we would be meeting **EVERY OTHER MONTH**; these meetings would now encompass both a regular membership meeting and a training meeting.

CMB #1 1230: Spotsylvania County Fire/Rescue Station 4 for 6 members  
CMB #2 1830: Spotsylvania County EOC. At least 80 SCSO members to include dispatch.  
CMB #3 1930: On-duty dispatch and command staff. 10 members.

April 29

CMB #4 1400: Spotsylvania County Sheriff's Office Roll-Call. 10 members  
CMB #5 1630: Spotsylvania County Sheriff's Office Courts and Recruits. 29 members  
CMB #6 1830: Spotsylvania County EOC. 9 members  
Defusing: 15 members

**Total CMB Participants: 144**  
**One-on-One's: 16 (estimate)**  
**Informal: Numerous**

05/01/14 - Spotsylvania - Line of Duty Death (Wake)  
05/02/14 - Spotsylvania - Line of Duty Death (Funeral)  
05/08/14 - Stafford - Parks & Recreations Personnel (1:1)  
05/09/14 - Caroline County - On-Scene Support - Balloon Accident

**Training:**

July Training: Melissa Krebs and Greg Leitz - Crisis Management Briefing

**Adjournment:** Meeting was adjourned at 8:00 p.m.

**Next Meeting:** Monday, July 14, 2014 - 7:00 p.m., REMS