

REMS CRITICAL INCIDENT STRESS MANAGEMENT TEAM

**REMS Board Report
August 19, 2015 - 7:00 pm**

Members Present: Angela Fines, Mark Kuechler, Melissa Krebs, Chris Jett, Greg Leitz, Judy Little, Paul Peterson, Lynn Platt, Pete Shoars, Barry Taylor, Jeffrey Smith, Bob Zink and Trisha Copeland

New Business:

- The Team won the REMS Health and Safety Award
- Discussion regarding ways to do team notifications; Chris Jett made the suggestion to use Stafford Alert - he said he would speak to the Fire Chief; the Stafford Fire Chief gave permission for the team to set up alerts using the Stafford Alert System. Thank you Chief Lockhart
- Was asked by ICISF if we had any programs that we use for Pre-Incident Training - that they could put on their website - unfortunately, the one that we use - is too long to send them
- George Grimm who runs the ICISF Team website asked if we knew of a team in Charlottesville to help out a company that had requested assistance - sent them to the Team in Charlottesville
- Chris Jett and I went to King George for their EMS Training night and put on a CISM presentation, **thank you Dave Garvin**
- Spoke to a firefighter from Warrenton Fire & Rescue regarding the CISM Team; also spoke to him about a call that he had recently had; Greg Leitz is going to speak to their Chief about presenting a CISM Awareness Class in their area
- Discussion with Angela Fines regarding a Group Crisis Intervention Class in Fredericksburg
- Warrenton would like a class in their area - they stated they would pay the extra cost for instructors to come to them - the hospital would like to be included
- Myself and Chris Jett have been invited to teach two classes at the VAVRS Conference in September regarding Critical Incident Stress Management

Old Business

- 6/24 - CISM Awareness Class for Stafford Search & Rescue Team (15 people)
- Request made for the team to teach a CISM Awareness Class to Lifeguards at the Town County Pools (Greg Leitz is following up)

New Members:

- Judy Little - Returning Member
- Jeffrey Smith - Spotsylvania - Chaplain

Call-Outs:

- 7/16 - Warrenton (1:1)

Training: Discussion regarding how to notify team members during call-outs

Membership & Training Meeting: Next meeting: Monday, September 14th at 7:00 p.m. at REMS.

Trisha Copeland
Team Coordinator

REMS CRITICAL INCIDENT STRESS MANAGEMENT TEAM

**REMS CISM Team Meeting
September 14, 2015 - 7:00 pm**

Members Present:

Debra Boyd, Patricia Copeland, Dale Dickinson, Robert Eaby, Robert Eves, Chris Jett, Melissa Krebs, Paul Peterson, Lynn Platt, Peter Shoars, , Brian Taylor, Brienna Thompson, Jayne Toellner, and Chris Truslow

New Business:

- Spoke to Don Howell as of 11/1/15 - he will no longer be associated with ICISF
- Chris Jett and I will be going to the VAVRS Conference in Virginia Beach, September 25 to teach two classes
- Jim Chandler - Tidewater EMS Council sent out emails asking what people thought about starting up a small CISM Conference - I thought this was a nice idea, and people could get the classes they needed at a cheap rate.
- I have to start to update our Accreditation Packet for next year
- Chris Jett set up with Stafford County Fire & Rescue to start using Stafford Alert for call-outs (Chris)

Old Business

- Sent an email to Kevin Dillard asking if we received our grant for the informational materials we hand out
- July 16th - Outreach - King George Fire & Rescue - (25 people)
- November 10-13 - Symposium - we will be teaching an Individual's in Crisis (ICISF) class

Call-Outs:

- 8/23 - King George Sheriff's Office (Copeland, Taylor, Peterson) (Defusing)
- 8/23 - King George Sheriff's Office (Eves) (One-on-One)
- 8/24 - King George Sheriff/Fire & Rescue (Copeland, Taylor, Peterson, Shoars) (Defusing)
- 9/8 - Spotsylvania (Leitz) (One-on-One)

Training:

Discussion regarding Stafford Alert - Chris Jett

Membership & Training Meeting: Next meeting: Monday, November 9th at 7:00 p.m. at REMS.

Trisha Copeland
Team Coordinator

CISM Team Meeting
September 14, 2015—Rappahannock EMS Council Training Center

NAME	AGENCY	ROLE	E-MAIL	SIGNATURE
Baxter, Laura	Stafford Co. F&R	Fire, EMS	kidzrblessings@me.com	
Boyd, Debra		Chaplain	chaplainboyd@yahoo.com	<i>Debra Boyd</i>
Brown, Nina	White Oak VRS	EMS	N2outdoorvb@yahoo.com	
Coleman, Howard (1/15)	Orange Co. Fire & Rescue	Fire/EMS	hcoleman@orangecountyva.gov	
Copeland, Patricia	Aquia Harbour	Team Leader, Chair	copelandtrisha@aol.com	<i>Patricia Copeland</i>
Dickinson, Dale	White Oak VFD	Fire, Peer	Dale1424@gmail.com	<i>Dale Dickinson</i>
Eaby, Robert	King George Fire	Fire/EMS/MH	roberteaby@verizon.net	<i>Robert Eaby</i>
English, Darrell	Stafford Sheriff's Office/Stafford VRS	Law Enforcement Peer	English323@aol.com	
Eves, Robert	Colonial Beach VFD	Law Enforcement	evesRJ@hotmail.com	<i>RE</i>
Fines, Angela	Fburg FD & Fburg PD	Law Enforcement, Peer, Fire/EMS	Firefem01@aol.com	
FitzGerald, Pat	Colonial Beach VRS	EMS	Rescue03@hotmail.com	
Gibbons, Michelle	Stafford County Sheriff's Office	Law Enforcement	mgibbons@staffordcountyva.gov	
Graham, Carolyn	LOW Church	Mental Health Mediator	graham@olg.com	
Griffin, Henry	RACSB	Clinician	Chicago144@aol.com	
Hammond, Christine	Stafford Sheriff's Office	Law Enforcement	chammond@staffordcountyva.gov	
Jacobs, Barry	Time Family Services	Fire, EMS, Law	Jake@tmpf.net	
Jett, Chris	Stafford Co. F&R	Co-Chair, Fire, EMS	chrisjett@staffordcountyva.gov	<i>Chris Jett</i>
Knowles, Lori	Stafford Co. F&R	Fire, EMS	lknowles@staffordcountyva.gov	
Krebs, Melissa	Spotsy Sheriff	Communications, Law, Fire, EMS	mkrebs@spotsylvania.va.us	<i>Melissa A. Krebs</i>
Kuechler, Mark	Spotsy VFD	Fire, EMS	kuechlersvfd@cs.com	
Leitz, Greg	Spotsy Co, F&R	Fire, EMS	gleitz@spotsylvania.va.us	
Parsons, Robert	Stafford Sheriff's Office	Law Enforcement	rparsons@staffordcountyva.gov	
Peterson, Sgt. Paul	Fburg PD	Law Enforcement	ppeterson@pd.fredericksburgva.gov	<i>Paul Peterson</i>
Platt, Lynn	Aquia Harbor VRS	EMS	Rescue_dad@verizon.net	<i>Lynn Platt</i>
Rodriguez, Ed	Stafford VFD	Fire, Peer	Trk2eng2h@aol.com	
Savage, Tyler		EMS	tyler.savage581@gmail.com	
Shoars, Peter	<i>SPOTSY</i>	Chaplain	chpete48@yahoo.com	<i>Pete Shoars</i>
Thayer, Ron	VA State FFA	Chaplain, Peer	Revron1215@verizon.net	
Toellner, Jayne	Aqua Harbor VRS	EMS	jtoellner@verizon.net	<i>Jayne Toellner</i>
Truslow, Christopher	Stafford County Sheriff's Office	Law Enforcement	ctruslow@co.stafford.va.us	<i>Chris Truslow</i>
Wilkins, Andrew	Essex County EMS	EMS / Fire	cawilkins2008@gmail.com	
Zink, Robert	Homeland Security	EMS	zinkr@homelandsecurityinc.com	
GUESTS/VISITORS				
<i>Thompson, Brienna</i>	<i>Stafford Co. F&R</i>	<i>Mental Health/EMS</i>	<i>bri.thompson@yahoo.com</i>	<i>Brienna Thompson</i>
<i>Taylor, Barry</i>				<i>Barry Taylor</i>

COMMENTS/NOTES:

*need to add
 Brienna Thompson
 Barry Taylor
 * You had them on before*

Notes from CISM/Stress Management Team Coordinators Informal Meeting

November 12, 2015

Norfolk Waterside Marriott

Attendance

Damien Coy, ODEMSA
Jim Chandler, Tidewater
Sherry Todd, Tidewater
Hollye Carpenter, Tidewater
Dessi Bradecich, Tidewater
Don Martin, Peninsulas
Jenna Jacobs, Peninsulas
Terrance McGregor, Peninsulas
Melissa Krebs, Rappahannock
Greg Leitz, Rappahannock
Christine Bandy, Central Shenandoah
Greg Woods, Southwest
Connie Green, Virginia OEMS
Who else??

Jim Chandler opened the meeting by thanking everyone who was able to gather here at the Virginia EMS Symposium at the suggestion of Patricia Copeland of the Rappahannock team. Those present introduced themselves. He distributed a brief agenda that included introductions, discussion of the potential purposes of this coordinators group meeting today and in the future as well as an update from Connie Green from the Virginia Office of EMS.

Jim commented that from the various emails received leading up to this meeting it became obvious people are thinking about and/or offering various stress management interventions in addition to or as a replacement for the ICISF model. Some of those include and were discussed by the group:

- Virginia Law Enforcement Assistance Program (LEAP)
- Crisis Intervention Team (CIT) programs
- Stress First Aid (National Fallen Firefighters model)
- Psychological First Aid
- Traumatic Exposure Recovery Team

Various points discussed, questioned or recommended during the meeting:

- We need a central point/clearinghouse for training information and availability
- Can Virginia EMS training funds be made available for CISM training?
- Need to get CISM or stress awareness included in the EMS training curriculum
- Standardize the CISM team member application
- There is a nationwide responder/public safety suicide problem
- We need to identify/create a resource list of CISM/stress management model instructors
- Recognize but counter the “poor” research regarding ICISF CISD model
- The CISD intervention and CISM models have evolved particularly during the past 10 years.
- We need to identify and share best practices
- Some team have and are seeking “accreditation”
- Connie Green is the state OEMS staff person assigned to the CISM program.

- The state EMS Provider Health and Safety Committee includes CISM but there is no longer a stand-alone state CISM committee. Can there be a CISM representative on the Provider Health and Safety Committee? The CISM coordinators need to provide SME information to that committee as needed. The committee publishes regular safety bulletins. CISM coordinators can work together to contribute stress management/suicide prevention information.
- CISM/stress management isn't just an EMS issue. It needs better integration with fire and law enforcement at the state level.
- How do we measure success?
- Develop and share marketing (team promotion, CISM, stress management) material
- Regent U has student resources to help work on CISM and related information.
- Create a matrix of the various models: their intent, methods, etc.
- Consider periodic coordinators meetings, face to face, perhaps quarterly or semi-annually and at least annually
- An annual conference is a good idea and another good idea is to ensure training throughout the state.

Connie and Jim agreed to work on this list and provide notes and recommendations for “next steps” back to the group.

REMS CRITICAL INCIDENT STRESS MANAGEMENT TEAM

REMS CISM Team Membership Minutes

January 11, 2016 - 7:00 pm

Members: Patricia Copeland, Robert Eaby, Jessica Eckstein-Smith, Robert Eves, Angela Fines, Pat FitzGerald, Michelle Gibbons, Robert Mattox, Paul Peterson, Peter Shoars, Barry Taylor and Jim Vitaletti

New Business:

- March 2016 - must update our Accreditation packet
 - Renewal
 - 12 hours for each team member within the three year accreditation period
 - Renewal training must be in crisis counseling or related topics
 - Will need documentation on what the courses were and roster
 - Three outreach efforts per accreditation period
 - Interact with Peer group outside of team membership
- March 2016 - must update ICISF website Listing
- Request from Stafford County Parks & Recreation for a class in May before Pools Open (01/05)

Old Business:

- Jim Chandler - Tidewater EMS Council held a Virginia CISM Coordinators meeting at the Symposium on Thursday, November 12 - would like to start having a coordinators meeting and maybe a CISM weekend in the future
- Stafford Alert (Jett)

New Members:

- Chaplain Rob Maddox (Spotsylvania)
- James Vitaletti (Stafford)
- Jessica Eckstein-Smith (Culpeper)

Call-Outs:

- 11/5 - Orange County (Copeland, Leitz, Boyd) (CMB) (25 people)
- 11/6 - Orange County (Leitz) (1:1)
- 11/7 - Orange County (Copeland) (1:1)
- 11/9 - Orange County (Leitz) (1:1)
- 11/13 - Orange County (Copeland) (1:1) - follow up with original contact
- 12/13 - King George Sheriff Dept. (Peterson, Taylor) (Defusing) (Follow up)
- 12/17 - Spotsylvania (Platt) (1:1)
- 12/29 - King George Fire & Rescue (Copeland, Platt, Vitaletti) (Defusing) (Follow up)

Membership & Training Meeting: Next meeting: **Monday, March 14 at 7:00 p.m. at REMS. Training will be on Defusings.**

Trisha Copeland
Team Coordinator

REMS CRITICAL INCIDENT STRESS MANAGEMENT TEAM

REMS CISM Team Membership Meeting

March 14, 2016 - 7:00 pm

Members: Paul Peterson, Dale Dickinson, Barry Taylor, Robert Eaby, Mark Kuechler, Chris Jett, Lynn Platt, Rob Maddox, Patricia FitzGerald, Debra Boyd, Melissa Krebs, Pete Shoars and Patricia Copeland

New Business:

Received this through our Facebook Page - I sent her an email offering them any help they would like - and told her that we are happy to come and do a presentation on CISM.

“Hello! I am reaching out to you on behalf of the Virginia Athletic Trainers' Association, hoping that you'd be willing to share details of your CISM program with me. The VATA does not currently have a critical incident program in place, but we recognize the value and support that this could provide to our members dealing stressful incidents related to athletic and recreational injuries. I would like to speak with a member of your team to learn more about your program and ask questions as the VATA begins to explore creating a CISM team. Thank you, Kim”

Had the opportunity to meet one of our new members “Juno” - Juno is a comfort dog who is joining the team

Old Business:

- March 2016 - updating our Accreditation packet - I have to show:
 - **Renewal 12 hours for each team member within the three year accreditation period;** Renewal training must be in crisis counseling or related topics; will need documentation on what the courses were and roster
 - Three outreach efforts per accreditation period; Interact with Peer group outside of team membership
 - **Discussion regarding taking members off the roster if they do not show up for the mandatory amount of meetings - which is only 3 a year**
- March 2016 - ICISF website listing updated for another year
- Stafford County Parks & Recreation class has been set up for May 26
- Stafford Alert (Jett) - discussion regarding Stafford Alert and how it will work
- ICISF has their Conference June 1-5 in Columbia, MD

New Members:

- Comfort Dog Juno and Shari Powell

Call-Outs:

- Kent's Store Volunteer Fire Company in Fluvanna County; CMB; 25 Members (Leitz, Kuechler, Maddox & Boyd)

Membership & Training Meeting: Next meeting: Monday, May 9 at 7:00 p.m. at REMS. Training will be on Defusings.

Trisha Copeland
Team Coordinator

REMS CRITICAL INCIDENT STRESS MANAGEMENT TEAM

REMS CISM Team Membership Meeting

May 9, 2016 - 7:00 pm

Members: Trisha Copeland, Howard Coleman, Michelle Gibbons, Robert Maddox, Paul Peterson, Peter Shoars, Barry Taylor (Guest: Deborah Porter)

New Business:

- Purchased the video Code 9 - if any Department would like to borrow - please let me know. This award winning groundbreaking documentary explores the darker side of law enforcement as it tells the stories of police officers and their families who are now suffering the mental anguish of the careers they chose. Code 9 explores the impacts of the stress and trauma First Responders deal with on the job which can result in PTSD and suicide. Code 9 addresses the problem as well as solutions. Code 9 is a powerfully moving awareness documentary that conveys the stories of PTSD-injured officers. The Code 9 movie is a must see and a moral motivator for all leaders, public administrators, police chiefs, fire chiefs, and elected officials to ensure that the right policies, programs, and services are in place to help first responders prevent and heal from post-traumatic stress.
- The Cornerstone Baptist Church will be sponsoring a Critical Incident Stress Management (CISM) Seminar on June 21-24. Spiritual and Psychological First Aid (June 21-22), Understanding Suicide (June 23-24) - the classes are free
ICISF will be holding a Regional Conference June 1-5 - some members will be attending

Old Business:

- *Accreditation Packet was sent in - Thank you for the email.*
 - *Everything looks good with the Re-Accreditation packet and I will be sending out the official approval letter next week. Please tell the REMS Board thank you and that we look forward to continuing to work with them on CISM on the future. Constance M. Green, Emergency Operations Assistant Manager*
- March 2016 - ICISF website listing updated for another year
- Stafford County Parks & Recreation class has been set up for May 26
- Stafford Alert (Jett)

New Members:

- No New Members

Call-Outs:

- 3-31-16 - Defusing - Fredericksburg (Copeland, Taylor, Fine, Gibbons, Shoars) 2 law enforcement
- 4-8-16 - Spotsylvania - 1:1 (CPR) (Jett & Eaby)
- 4-15-16 - Spotsylvania - Defusing (CPR) (Krebs & Eaby)
- 4-25-16 - National Park Service - 2 Defusings (8 - Copeland, Jett, Eaby, Leitz & Maddox)
- 05-01-16 - Orange - Defusing (MVA) (8 - Copeland, Platt)

Membership & Training Meeting: Next meeting: Monday, July 11 at 7:00 p.m. at REMS. Training will be on Defusings.

Trisha Copeland
Team Coordinator