

REMS CRITICAL INCIDENT STRESS MANAGEMENT TEAM
REMS CISM Team Meeting

July 10, 2017

Present: Sharon Allen, Leah Burrell, Patricia Copeland, Pat FitzGerald, Michelle Gibbons, Chris Jett, Lori Knowles, Melissa Lindsay, Barbara Morrison, Robert Morrison, Kelsey Rideout, Peter Shoars, Bree Thompson, Jim Vitaletti, Shelly Wright

New Business:

- We have been asked to teach Individual Crisis Intervention at Children's Hospital in Richmond
- Wayne Perry has some ideas on getting funds for the team

Old Business:

- Invited to teach at StarPoints Conference (Carilion Clinic), Saturday, August 26, 2017 at Virginia Tech
- Taught at Rescue College last week - went very well
- J. Vitaletti, J. Toellner, B. & B. Morrison and Astra participated in the National EMS Memorial Weekend in May, we had a wonderful time, and hopefully will be asked back. Astra was quite a hit!

Training Reminders:

- VAVRS Conference, September 27-29 Group Crisis Intervention and Suicide Awareness
- OEMS Symposium, November 8-10 - Individual Crisis Intervention and Suicide Awareness
- Chris Jett will be presenting at Firehouse Expo, October 17-21 in Nashville, TN

New Members:

Leah Burrell (Mental Health)
George C. Johnson (VDOT)
Kelsey Rideout

Call-Outs:

- 06/12 - Fauquier - MVA - Defusing - (14 Fire/Rescue, 4 LEO; 1 VDOT; 1 Civilian) (Copeland, Peterson, Shoar, Wright)
- 6/12 - Fauquier - 1:1 (Leitz)
- 06/13 - Fauquier - 1:1 (Peterson)
- 06/14 - Fauquier - 1:1 (Leitz)
- 06/15 - Fauquier - 1:1 (Peterson, Graham)
- 06/16 - Stafford - 1:1 (Leitz)
- 06/24 - King George - Drowning - 8 F/R (Copeland, Vitaletti, Gibbons, Boyd)
- 06/30 - King George - Drowning - 3 Dispatchers (Vitaletti)

Membership & Training Meeting: September 11, 2017 - Chris Jett - showed a video on Stress Management from Canada

Trisha Copeland
Team Coordinator

**REMS CRITICAL INCIDENT STRESS MANAGEMENT TEAM
Team Meeting**

December 11, 2017

New Business:

- Business plan update (Chris Jett)
- President's Volunteer Service Awards (Copeland)
- The Rappahannock Summit on Suicide Prevention: A Message of Hope

Old Business:

- Chris Jett is working on a business plan for the team

Training Reminders:

Out Reach:

09/19 - Out Reach - Fauquier - 20 (Wright)
10/04 - Out Reach - Fredericksburg - 8 (Rideout)
10/08 - Out Reach - Fredericksburg - 8 (Rideout)
11/16 - Out Reach - REMS - 7 (Jett)
11/29 - Out Reach - MWH - 15 (Jett)
12/06 - Out Reach - Fauquier - 21 (Wright)

New Members:

Jonathan Lang (EMT/FF)
Tatiana Pedroza-Woofler (EMT)
Chris Brown (Pastor)
Nina Jones (Therapy Dog)

Call-Outs:

- 10/19 - 1:1 (Spotsylvania) - (Wright - phone contact)
- 10/21 - 1:1 (Spotsylvania) - (Wright - in person contact)
- 10/23 - Cardiac Arrest (Stafford) - 1:1 (Jett)
- 11/03 - Fire (Stafford)(Family Support) - 1:1 (Jett)
- 11/20 - Suicide (Stafford) (Family Support) - (Jett)
- 11/29 - DOA (REMS) - 1:1 (Leitz)
- 11/30 - Cardiac Arrest (Spotsylvania) - 1:1 (Maddox)
- 12/05 - (Spotsylvania) - 1:1 (Leitz, Copeland)

Membership & Training Meeting: January 11, 2017

Trisha Copeland
Team Coordinator

2017	County		Incident	Attendees	Dispatch	Fire/EMS	Law	Other	Team
1-Jan	Fauquier	Defusing	Pediatric Death	10		10			Copeland, Platt, Wright
13-Jan	Spotsylvania	Defusing	MVA	4		3	1		Copeland, Jett, Shoars, Morrison
11-Mar	Spotsylvania	One-on-One	Pediatric Death	4		4			Copeland, Wright
8-Apr	Staunton	Out Reach	Suicide Awareness	9					Copeland, Lindsay
11-Apr	Fauquier	Out Reach	EMS Committee	15					Wright
12-Apr	Stafford	Training	PTSD & Suicide in EMS	1					Copeland
12-May	Arlington	Out Reach	EMS Memorial						Copeland, Toellner, Vitaletti, Morrisons
12-Jun	Fauquier	Defusing	MVA	19		13	4	2	Copeland, Wright, Eves, Shoar
15-Jun	Fauquier	One-on-One	MVA	1		1			Peterson, Graham
15-Jun	Blacksburg	Training	Suicide Awareness	22					Copeland
16-Jun	Blacksburg	Training	Group	10					Copeland
22-Jun	King George	Defusing	Pediatric Drowning	8		8			Copeland, Vitaletti, Gibbons, Boyd
30-Jun	King George	Defusing	Pediatric Drowning		3				Vitaletti
15-Aug	Charlottesville	Defusing	OEMS	7		7			Copeland, Jett
24-Aug	King George	Defusing	MVA	14		10	4		Wright, Peterson, Maddox
25-Aug	King George	One-on-One	MVA	1		1			Wright
26-Aug	Blacksburg	Out Reach	Star Pointe Conference	10					Copeland
19-Sep	Fauquier	Training	CIT	20			20		Wright
20-Sep	Spotsylvania	On-Scene	Death of Member	5					Morrisons, Shoar, Allen
27-Sep	VA Beach	Training	VAVRS - Suicide	21					Copeland
28-Sep	VA Beach	Training	VAVRS - Group	7					Copeland
4-Oct	Fredericksburg	Training	Out Reach	8					Rideout
8-Oct	Fredericksburg	Training	Out Reach	8					Rideout
14-Oct	Loudoun	Training	Suicide Awareness	16		12	4		Copeland, Peterson
19-Oct	Spotsylvania	One-on-One	Personal (Phone)	1		1			Wright
21-Oct	Spotsylvania	One-on-One	Personal (In Person)	1		1			Wright
21-Oct	Nashville	Out Reach	Saving Our Own						Jett
21-Oct	Spotsylvania	Training	Saving Those Who Save						Copeland, Platt, Morrisons, Leitz, Rideout
23-Oct	Stafford	One-on-One	CPR	1		1			Jett
3-Nov	Stafford	One-on-One	Fire	1		1			Jett (Family Support)
8-Nov	OEMS Symposium	Training	Individual	15					Copeland, Lindsay
10-Nov	OEMS Symposium	Training	Suicide Awareness	25					Copeland, Lindsay
16-Nov	REMS	Training	Saving Our Own	7					Jett
20-Nov	Stafford	One-on-One	Suicide	1				1	Jett (Family Support)
29-Nov	Stafford	Out Reach	Saving Our Own	15					Jett
29-Nov	REMS	One-on-One	DOA	1		1			Leitz
30-Nov	Spotsylvania	One-on-One	Cardiac Arrest	1		1			Maddox
7-Dec	Fredericksburg	Training	Rapp. Suicide Summit						Copeland, Leitz, Platt
5-Dec	Spotsylvania	One-on-One	Personal (In Person)	3		1			Leitz, Copeland
6-Dec	Fauquier	Training	CIT	21			21		Wright

REMS CRITICAL INCIDENT STRESS MANAGEMENT TEAM Membership Meeting

March 12, 2018

Attendance: Debra Boyd, Patricia Copeland, Julien Crolet, Dale Dickinson, Robert Eves, Pat FitzGerald, Lori Knowles, Barbara Morrison, Bob Morrison, Astra, Tatiana Pedroza-Woofter, Paul Peterson, Kelsey Rideout, Jayne Toellner, Michelle Wright; **Call Out:** Sharon Allen, Melissa Lindsay, Greg Leitz, Chris Jett, Christine Hammond, Christopher Truslow, Robert Maddox

New Business:

- Invited by the Shenandoah Mountain Rescue Group to do a CISM presentation to their group
- Asked to do the REMS Spring CEU Classes - March 13, 2018 at 7:00 pm
- K-Love Crisis Classes in Jun2 2018

Fredericksburg	VA	6/26/2018	6/27/2018	AIND	Register *****
Fredericksburg	VA	6/26/2018	6/28/2018	GRIN	Register *****
Fredericksburg	VA	6/28/2018	6/29/2018	SRC	Register *****

AIND - Advanced Assisting Individuals in Crisis

GRIN - Group and Individual Crisis Intervention

SRC - Strategic Response to Crisis

- Advanced Group Crisis Intervention (Pam Frazier) - 4/14-15/18 - Radford, VA

Old Business:

- I have been working on the business plan for the team
- Assisting PEMS with information on our CISM Team and how it works

New Members:

Julien Crolet (NRP/EMT)

Donna Frazier (Probations & Parole - Culpeper)

Call-Outs:

- 01/21/18 - Stafford County (Pediatric Suicide) - Jett - (ER)
- 01/21/18 - Stafford County (Pediatric Suicide) - Copeland (Squad)
- 01/21/18 - Stafford County (Pediatric Suicide) - Defusing (8)- Leitz, Rideout, Morrisons' (Astra), Brown
- 02/09/18 - Caroline County (Triple Fatality) - Jett (1:1)
- 02/13/18 - Caroline County (Milford) (Triple Fatality) - Defusing (12) - Copeland, Rideout, Boyd, Davis (Blue)
- 02/23/18 - Spotsylvania County (Fatality) - 1:1 - Wright
- 02/27/18 - Stafford County (Accident) - 1:1 Rideout
- 03/12/18 - Spotsylvania County (Fatality) - Defusing - Jett, Leitz, Krebs, Taylor, Truslow, Maddox, Hammond, Allen (Winston)

Training: Resiliency and Self Care in First Responders (Tanya Glenn) - Kelsey Rideout & Lori Knowles

Membership & Training Meeting: May 14, 2018

Trisha Copeland
Team Coordinator

REMS CRITICAL INCIDENT STRESS MANAGEMENT TEAM Membership Meeting

May 14, 2018

Present: Allen, Brown, Copeland, Crolet, Dickinson, Eves, FitzGerald, Hammond, Jett, Knowles, Lindsay, Morrison, B., Morrison, R., Pedroza-Woofers, Rideout, Toellner

New Business:

- Jim Chandler, TEMS Executive Director passed away May 4th
- MWH reached out for an overview of what we do - May 23 - Greg Leitz
- Invited to Lake of the Woods EMS Day - May 26th - 12:00 - 3:00
- National EMS Memorial is May 18-20 - Gaylord National Resort and Convention Center at National Harbor
- Screening of Suicide: The Ripple Effect - Regal Theatre in Fredericksburg- May 21st 7:30
- Public · Hosted by Be Well Rappahannock
- K-Love Crisis Classes in Jun 2 2018

Fredericksburg	VA	6/26/2018	6/27/2018	AIND	Register
Fredericksburg	VA	6/26/2018	6/28/2018	GRIN	Register
Fredericksburg	VA	6/28/2018	6/29/2018	SRC	Register

AIND - Advanced Assisting Individuals in Crisis

GRIN - Group and Individual Crisis Intervention

SRC - Strategic Response to Crisis

- Baltimore Regional Conference (ICISF) - May 28-June 1

Old Business:

- I have been working on the business plan for the team

New Members:

No New Members

Call-Outs:

- 4/21 - Colonial Beach - MWH ER - Pediatric Code - (4) Copeland
- 4/22 - Colonial Beach (PEMS) - Pediatric Code - Defusing (10); Rideout, Taylor, Toellner, Allen (Winston)

Out Reach:

- 5/7 - Stafford Recruit Academy 12 - Jett (21)
- 5/8 - Fredericksburg F&R - Kelsey Rideout - (15)

Training: Sharon Allen spoke about the Therapy Dog program

Membership & Training Meeting: July 9, 2018

Trisha Copeland
Team Coordinator