

REMS CRITICAL INCIDENT STRESS MANAGEMENT TEAM

Membership Meeting Minutes

March 11, 2019

Members Present: Sharon Allen (Winston), Chris Brown, Patricia Copeland, Julian Crolet, Vivian Delts, Dale Dickinson, Pat FitzGerald, Bob Eves, Chris Jett, Denny Kelly, Lori Knowles, Jonathan Lang, Melissa Lindsay, Rob Maddox, Kate Matikonis, Andrew Milliken, Barbara Morrison, Bob Morrison (Astra), Tatiana Pedroza-Woofter, Paul Peterson, Lynn Platt, Kelsey Rideout, James Vitaletti, Michelle Wright - Guest: Jaime Wright (Fauquier Sheriff's Office)

New Business:

- Update on Tania Glenn training - two awareness level sessions on the April 17 - 0800-1100 or 1300-1600 - the training is free, but anyone that would like to come needs to pre-register (there is a link on the announcement to do this), as we are limited to 110 attendees for each session. April 18 from 8-4; please remember the second day is open to REMS CISM Team personnel only. It will also be free, will be held at REMS, and Kelsey is working on getting lunch provided for the training
- Brotherhood on Wheels Suicide Prevention Motorcycle Ride - in partnership with the American Foundation for Suicide Prevention are planning a suicide awareness ride on June 22, 2019 - they will end at Classic Iron on 4907 Jefferson Davis Hwy, Fredericksburg, VA 22408 - they would the team participation at the end of the ride to help raise awareness for suicide prevention. Kelsey will be distributing more information as the events gets closer
- Please remember that the REMS CISM Team is different than your departments "Peer-to-Peer" team - only REMS CISM Team members can go on team call-outs
- Thank you to everyone who came out and supported Chief Brooks' Viewing and Funeral - it was very much appreciated by Spotsylvania County. Thank you to Kate Matikonis for assisting another LEO department with a request for assistance - the feedback I received from that department was one of extreme gratitude for making the process so simply and the response so quick and effective
- Pete Shoars one of our long time Chaplains, has resigned from the team due to health issues, if you see him, please take the time to thank him for his service to the team. We will miss you!

Old Business:

- Patricia Copeland, Lynn Platt, Chris Brown and Jayne Toellner attended a two day ASIST (Applied Suicide Intervention Skills Training) class put on by the American Foundation for Suicide Prevention
- Thank you to Vivian Delts and Margot Moser for their hard work and assistance in getting the business plan done
- Lynn Platt did research on shirts - Heartland Embroidery in Stafford. Setup fee \$85.00 - **(if anyone wants to get shirts done - the setup fee was paid)** and \$5-7 per shirt and \$3-4 for baseball caps and yes they do items brought into them; Jonathan & Co. setup fee \$85.00 and it's \$15.00 per shirt and the same they will handle items brought in - discussion regarding coming up with own team logo - Chris Jett and Lori Knowles will research on having artwork done.
- Request for training assistance from Roanoke, VA and Ocean City, MD
- K.C. Peterson will handling the training assistance request from Ms. Ginger Toman, CISM coordinator for the Commonwealth Center for Children & Adolescents in Staunton, VA

New Members:

- Kate Matikonis (Spotsylvania Sheriff's Office)
- Vivian Delts (REMS)
- Elizabeth Bartman (Spotsylvania F&R)

Out Reach:

- Chris Jett taught at the Virginia Fire Rescue Conference (02/20-02/25), Virginia Beach

- Stafford Volunteer Academy - 15 (Jett)
- Spotsylvania Fire & Rescue Career Academy - 31 (Jett)
- CIT Training (CISM) - 19 (03/05) (Wright)

Call-Outs:

- [REDACTED]

Training:

- Spotsylvania Fire & Rescue- 03/09, 03/10 & 03/16 - (ICISF) Suicide Awareness Training
- EMSAT video - watched the OEMS EMSAT video for February - which was the video that the team participated in January

Next Meeting: May 13, 2019

**Trisha Copeland
Team Coordinator
REMS CISM Team**