

**REMS CRITICAL INCIDENT STRESS MANAGEMENT TEAM
Membership Minutes**

July 9, 2018

Members Present: Allen (Winston), Boyd, Brown, Burrell, Copeland, Crolet, Dickinson, FitzGerald, Gibbons, Jett, Lindsay, Leitz, Maddox, Morrison, Morrison (Astra), Woofter, Peterson, Platt, Rideout, Wright

New Business:

- Kelsey Rideout - MCI - discussed the MCI that Fredericksburg is having in October, and would like a CISM component present
- Kelsey Rideout - Membership - discussed the SOP changes and the membership requirements that one must maintain - the membership list is being purged

Old Business:

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

New Members:

Andrew Milliken Stafford County

Out Reach:

- 05/23 - MWH (Leitz, Chaplin Maddox & Brown, Allen (Winston), Morrison's (Astra)) meeting at Mary Washington Hospital
- 05/26 - Lake of the Woods Safety Day (Copeland)
- 06/15 - Spotsylvania Regional Hospital (Leitz)

[REDACTED]

Training:

- K-Love Classes - 06/26-06/29
- Advanced Group - 07/07-07/08

Membership & Training Meeting: September 10, 2018

Trisha Copeland
Team Coordinator

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

September 10, 2018

Members Present: Allen, Brown, Copeland, Crolet, Dickinson, FitzGerald, Gibbons, Knowles, Lang, Little, Milliken, Morrison, B., Morrison, R. (Astra), Pedroza-Wofter, Peterson, Platt, Rideout, Taylor, Thompson, Toellner, Wright

New Business:

- Kelsey Rideout - MCI - discussed the MCI that Fredericksburg is having in October, and would like a CISM component present
- Kelsey Rideout - Membership - discussed the SOP changes and the membership requirements that one must maintain - the membership list is being purged - SOP's were approved by REMS at their August Board Meeting
- Walk of the Darkness - American Foundation for Suicide Prevention - October 6, 2018 at 10:00 am at Old Mill Park in Fredericksburg - the team is raising money - so please get your organizations to donate

Old Business:

- Carolyn Graham passed away last month, she was one of our Mental Health providers - Greg and I went to her Celebration of Life on August 25 at Lake of the Woods
- I have been working on the business plan for the team

New Members:

Denny Kelly - Stafford County
Andrew Milliken - Stafford County
Iris Franklin - Stafford County

Out Reach:

- 07/19 - Spotsylvania Recruit Class - 24 (Jett)

Call-Outs:

- [REDACTED]

Training:

- OEMS Symposium - 11/07-11/11 - Advanced Group Crisis Intervention

Next Meeting: November 12, 2018

Trisha Copeland
Team Coordinator

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

December 10, 2018

Members Present: Allen, Brown, Burrell, Copeland, Crolet, Delts, FitzGerald, Jett, Kelly , Leitz, Lindsay, Maddox, Milliken Peterson, Peterson, (KC), Rideout, Tollner, Vitaletti

New Business:

- Kelsey Rideout - Membership
- Kelsey Rideout - Training with Tania Glenn - discussion regarding bringing Tania Glen in to do training with the region
- Request from OEMS to do EMSAT on Mental Health - discussion regarding what kind of scenario to use - start with an incident, do a brief CMB, followed by one on ones and a defusing/debriefing
- Lynn Platts did research on shirts - Heartland Embroidery in Stafford. Setup fee \$65.00 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 Laurie Knowles will research having artwork done

Old Business:

- Kelsey Rideout - MCI - how did it go in October, and did you have any CISM component show up? MCI went well, Sharon and Winston were at MWH
- Walk of the Darkness - American Foundation for Suicide Prevention - October 6, 2018 - we raised about \$1,500 (Copeland, Toellner, Delts)

New Members:

- K.C. Peterson (Chaplain, KLove)

Out Reach:

- 09/25 - CIT Training - 18 (Wright)
- 11/27 - CIT Training - 17 (Wright)

Call-Outs:

- [REDACTED]

Training:

- OEMS Symposium - 11/07-11/11 - Advanced Group Crisis Intervention
- Spotsylvania - 11/17 & 18 - Assisting Individuals in Crisis
- Spotsylvania - 12/8 & 9 - Assisting Individuals in Crisis
- Spotsylvania - 01/26 & 27 - Assisting Individuals in Crisis

- REMS - 02/25 - CE Recert. Class

Next Meeting: January 14, 2018

Trisha Copeland
Team Coordinator

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**

REMS CRITICAL INCIDENT STRESS MANAGEMENT TEAM

Membership Meeting Minutes

May 13, 2019

Present: Sharon Allen, Elizabeth Bartman, Debra Boyd, Patricia Copeland, Julien Crolet, Lisa Davis, Vivian Delts, Dale Dickinson, Kristel DiGravio-Ferguson, Pat Fitzgerald, Chris Jett, Denny Kelly, Lori Knowles, Jonathan Lang, Greg Leitz, Kate Matikonis, Barbara Morrison, Bob Morrison, Tatiana Pedroza-Woofter, Paul Peterson, Kelsey Rideout, Michelle Wright

Guests: Kevin Mills and Craig Bodette (Hanover Fire & Rescue)

New Business:

- 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 - around 2:00 pm - they would like team members there - they will have tents and food trucks, please let Kelsey know if anyone will be attending
- On Saturday, May 4th, Lori Knowles and I attended the 5K Walk for Mental Health Wellness. Had the opportunity to talk to some Mental Health professionals regarding the team (Mental Health American of Fredericksburg)
- Turn on Your Lights for “We Remember” - Friday, May 17 at 9:00 p.m. - please send us your photo - remscismteam@yahoo.com & FBHA at info@ffbha.org
- Congratulations to Leah Burrell for receiving her Master’s Degree in Mental Health last week
- Anyone interested in participating in the Lip Sync Challenge? So, far Lori Knowles, Jayne Toellner and Greg Leitz are game!
- SafeTALK - Codi Ruyts from American Foundation for Suicide Prevention - would like to know if anyone is interested in a SafeTALK class - safeTALK is a half-day alertness training that prepares anyone 15 or older, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don’t truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST - members said they were interested - so I will find out when Codi can teach
- The membership with ICISF has been updated for the next year
- Virginia Office of EMS has renewed our accreditation for another 3 years

Old Business:

- Kelsey update everyone on how Tania Glenn’s classes went, and that they are considering bringing her back
- 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 - they will have to pay themselves)** 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
- 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; also if anyone asks you to “speak” to their lawyer - remember . . . you cannot . . . ever!

New Members:

- Elizabeth Bartman (Spotsylvania)

- Kristel DiGravio-Ferguson (Spotsylvania Sheriff)
- Shannon Sullivan (VSP)

Call-Outs:

- 

Training:

- Hanover Fire and EMS - Kevin Mills and Craig Bodette gave a presentation on how Hanover Fire & Rescue handled their LODD last November; and how their Peer Team functions.

Next Meeting: July 8, 2019

**Trisha Copeland
Team Coordinator
REMS CISM Team**