

HERE TO HELP YOU:

Law Enforcement

Fire/EMS/Dispatch

Corrections officers

Doctors, Nurses, Hospital staff

Emergency Operations Coordinators

Other: Not just for First Responders

Life guards

Schools, Teachers, Staff

Other ...



For more information contact:

CBRAC Executive Director 361-960-2871

CISM Committee Chair 512-290-3036

CISM Team members here today are:

Name: _____

Phone # _____

Name: _____

Phone # _____

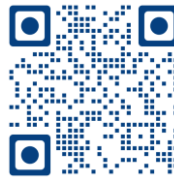
Name: _____

Phone # _____

**Thank you for contacting the Coastal Bend
Regional Critical Incident Stress Management
(CISM) Team**

at

<https://cbrac.org/about/committees/critical-incident-stress-management/>

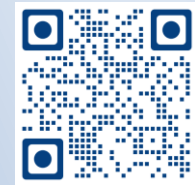


Scan to activate our team.

Building Resilience Together

Coastal Bend Regional CISM TEAM C-CRITICAL I-INCIDENT S-STRESS M-MANAGEMENT

Sponsored by CBRAC.org



Scan to activate our team.



Coastal Bend Regional CISM Team

**Sponsored by: Coastal Bend Regional
Advisory Council (CBRAC)** P.O. Box 18460
Corpus Christi, Texas 78480 **CBRAC.org**

**Recognized by: International Critical Incident
Stress Foundation (icisf.org).** The ICISF model
is accepted as the most effective standard of
care for organizations.

Our Team: CB-CISM registration # 2042
is a volunteer group of personnel formally
recognized and operates under established
policies, having received specialized CISM
training, assembled by the CISM Coordinator,
identified as the Coastal Bend CISM.

Invest in your employees and the entire department benefits:

We will respond to many events in our career
including dozens of deaths, assaults, traffic
accidents, child abuse and other too terrible
for the nightly news. Over time, these events
build up and take their toll. Continual
exposure to traumatic events **will** affect us in
our careers and it is important for us to go
home whole after every shift.

The Goal of CISM is to build resilience in
individuals who encounter a critical incident
during their particular job or assignment on
which they are tasked. Helping employees
heal and build resistance through education
and active intervention.

Building Resilience Together

When to activate our team 24-72 hours post incident

TERRIBLE TENS NEED CISM:

- LINE OF DUTY DEATH
- SERIOUS LINE OF DUTY INJURY TO
YOURSELF OR COLLEAGUE
- SUICIDE OF A COLLEAGUE
- DEATH OR SERIOUS INJURY OF A CHILD
- EXTENDED RESCUE OR FAILED RESCUE
- MCI/DISASTER/TERRORISM INCIDENT
- EVENTS WITH HIGH DEGREE OF THREAT
TO PERSONNEL
- EVENT WHERE VICTIM IS KNOWN TO
PERSONNEL
- EVENTS WITH EXCESSIVE MEDIA
COVERAGE AND SOCIAL MEDIA
- ANY SIGNIFICANTLY POWERFUL
OVERWHELMING EVENT
- OTHER: WHEN YOU FEEL THE NEED FOR
THE CISM TEAM



Scan to **ACTIVATE** our team.

Once activated, the **Coastal Bend CISM Team**
will come to you, provide the appropriate
intervention. This will take approximately one
hour to perform the necessary steps to help
relieve stress due to trauma, teach coping skills
and advise further care, if needed. **CISM is
strictly confidential!**

Survival Skills for the First Responder Family /Work/ Life/ Balance

- Use the Critical Incident Stress Management
(CISM) that is provided.
- Talk to a peer trained in Group and individual
crisis intervention.
- Call your supervisor, get help today.
- Exercise Well, Eat Well and Sleep Well
- Talk to your friend, family, or support
person. Start a journal.
- Vent emotions naturally and in a healthy
way, cry, scream, be sad or frustrated etc.
- Pet Therapy, learn meditation.

Local Professional Help:

Erin Easley, LPC 361-695-0527 tele-health
Richard Reitmann, LPC 361-203-4469
Dr. Mary Ann T Gansle, PHD 361-445-4080

Other Resources: Confidential Hotlines:

Safe Call Now -24/7 for all first responders
1-206-459-3020
Staffed by first responders

U. S Law Enforcement & Family Only
1-800-267-5463

Fire strong: 1-844-525-3473

Veterans Crisis line 1-800-273-8255 press 1

988 suicide & Crisis lifeline

988lifeline.org call or text 988

<https://www.codegreencampaign.org/resources/>