



WYO CISM NET

A Newsletter for Critical Incident Responders in Wyoming

February, 2007

CISM UPDATES

- Along with the core courses on CISM, we will also require the basic FEMA Incident Command courses (ICS 100,200; NIMS 700,800) as part of our certification process. These courses will also be required for all in order to be deployed.
- The Capstone course for CISM is "Strategic Response to Crisis". This is a course that puts it all together in that it provides exercises for attendees to apply what they have learned in the other courses. In order to take this course, you must have had at least the Individual and initial Group courses. However, it is recommended that you have also had the Advanced Group and Suicide Prevention courses as well. The Strategic course assumes that you have a good grounding and knowledge of CISM as a strategic approach and the various tactical interventions (e.g. debriefing, defusing, family, Crisis Management Briefing, etc.).
- Question for your consideration: Is PTSD the only longer term reaction the responders might encounter due to a very tragic, traumatic event? What other responses might be likely? HINT: Review your material and information in the Group and/or Individual manuals. Bring up this as a discussion in Team meeting and ask your clinical coordinator to address the topic.
- The ICISF World Congress is taking place in Baltimore, MD February 14-18. A report on this will be included in next month's newsletter. George Doherty is chairing a group there on Rural CISM in America.
- When responding to incidents, focus should initially be on the first two of Maslow's hierarchy of needs: Survival and Security.
- CISM approach is one of psychological first aid. It differs from psychotherapy in that it is distinguished by PROXIMITY – IMMEDIACY – EXPECTANCY(PIE).
- 5 T's of Strategic Planning: Themes (includes Threats) – Targets – Type- Timing – Team. For further information, review under 6 T's in your Group manual. It is under 6 T's there, but has been changed to 5 as Threats are now part of Themes.
- WYO CISM NET - Access to the WYO CISM NET group on the web requires a Google Account. If you don't have a Google Account set up yet, you'll first need to create an account before you can access the group. You can create an account at: <http://www.google.com/accounts/NewAccount?service=groups2&dEM=georgewdoherty%40yahoo.com&continue=http%3A%2F%2Fgroups-beta.google.com%2Fgroup%2Fwyo-cism-net%3Fhl%3Den> Also to sign on after you get your gmail account, go to: <http://groups-beta.google.com/group/wyo-cism-net> Look around the info and links there. To read and/or post, click on the discussion, files, pages, etc. links located on the right side. If you have any problems, lcall 307-399-4818. Look forward to your participation in the group and I hope that you will find it informative and useful and a good networking tool. Please set up a

short profile so other members know a little about you. To become a group member, you must also be invited. Send request to gwdoherty@gmail.com The group, WYO CISM NET, has access to the newsletter, allows you to post and respond to discussions and questions by group members, and contains the training brochure(s) and other information. The opening link about adult site was put in as a precaution because of the sometimes possible traumatic or graphic discussions that may occur. Sorry, no "adult" cartoons!

TEAM UPDATES

Stuff From Gillette: Campbell County CISM Team - Bob Rudichar, Team Coordinator

We've been dealing with new people coming in that have not been employed in their field of expertise very long and/or who have not been in the community for any length of time. As we consider them for team membership, we've been concerned about taking someone onboard before they have proven their commitment either to the community or their jobs. Along with this is the concern about investing time/resources into their training, not knowing if they will be sticking around. We decided to have them go through a waiting period (6 months) before finalizing their reception into the team, as does the fire department. The problem is that if we wait too long, we'll lose them to something else! This past Monday, I suggested accepting them into the team and have a 6-month period from within. They can cover their own training expenses, have an opportunity to settle in with the team members, and receive ongoing in-house training and exposure to the CISM strategy. At the conclusion of that time frame, they can be recommended to come off probation and received into the team. We could also reimburse for the courses they may have taken. If we don't have them on the inside, we've just wasted 6 months of valuable exposure/training time. What are other teams doing in this regard? Any ideas would be appreciated. ACTIVITIES IN JANUARY INCLUDED: Received a retired law enforcement officer with past CISM training and experience into team membership; Team conducted 1 debriefing (.took some trainees along); Planning to host Advanced Group and Pastoral Crisis Intervention workshops in February; We combined our strategic planning and our training Mondays into one. We now meet on the first Monday for 2 hours; Working on incorporation and registration with the Wyoming CISM Network.

Sweetwater ASSIST CISM TEAM Randy Hanson, Team Peer Coordinator

We watched a video, "Carl & Carlie's Story", a video put out by WDOT on a drunk driving incident that happened in Green River a couple years ago, involving a Sweetwater county dispatcher, a Wyoming Highway Patrol, and their daughters DUI Death. It was a terrible and tragic thing. But if it would have happened today, our team probably would be called. Would we (You) be ready to handle something like this???? We discussed the monthly newsletter @ wyo.cism.net, put on by George Doherty and Rocky Mountain Disaster Mental Health Institute. We think if we have someone assigned to put an article in to them monthly, it would give our team some more statewide recognition and maybe inspire other teams in the state to follow suit.

DEBRIEFING THE DEBRIEFERS: This past month there was a bad accident on I-80 where a 7 month old child died in an auto accident. Jim Wamsley from the Co. Fire Dist. contacted us and requested a debriefing. Randy Hanson was the administrator, Steve Sorenson was our mental health professional. (his first). It was a good debrief. 10-15 members from the Fire Dist. and VASE Ambulance service attended. Even a civilian who was involved came! We also contacted and invited WHP, the SO dispatcher, and the hospital ER personnel. People from these places also expressed a desire for the debriefing, as it was a very emotional and traumatic event, and most involved were having some problems coping with the event. Some discussion was brought up at our meeting to consider inviting the Tow Service operators to these debriefings , as sometimes they are involved, but overlooked.

UPCOMING TRAINING

The Institute will be providing CISM Workshops at various locations around Wyoming again this year. These workshops will include the core courses as well as specialty courses. It is important for those interested in these trainings to register as soon as possible. There are limited numbers of slots available for each of them. This is especially true for the Capstone course on Strategic Response to Crisis as well as other specialty courses. Due to limited instructor availabilities, specialty courses will be offered only once during the year. Instructors for these specialty courses come from other parts of the country and their fees are higher and also include travel (air, hotel, meal expenses).

Courses, Dates, and Locations: These will be updated and posted as they are set. For current updates, check the WYO-CISM-NET site.

Core Courses:

- CISM: Group Crisis Intervention
- CISM: Advanced Group Crisis Intervention
- CISM: Suicide Prevention, Intervention, and Postvention

Capstone Course:

- CISM: Strategic Response to Crisis

Specialty Courses:

- CISM in the Healthcare Setting
- CISM: Pastoral Crisis Intervention
- CISM: When Disaster Strikes
- Stress Management for the Trauma Provider

Early Bird registrations for workshops will have cutoff dates 10 days prior to the course start dates. Also, due to the fact that we have to order adequate numbers of required materials from ICISF prior to course dates, the cutoff for all registrations will be 2 days prior to the course dates. Course certificates must be printed with names, etc. prior to the course. This adds additional costs. If you register for a course and must cancel your registration, this must be done at least five days prior to the course date to avoid a fee charge. If received after that deadline, a fee of \$50 will be charged and the remainder of the course fee refunded. An alternative would be to register for the same course at a future date. In such a case, the participant must inform the Institute within 24 hours of the course date. Notifications can be made by email, snail mail, or phone contact, but must be received prior to above-stated deadlines to avoid being charged the \$50 fee.

February 23-24, 2007 – Gillette, WY Cost: \$75 per participant Funded in part by: HRSA Bioterrorism Hospital Preparedness Program Wyoming Department of Health Office of Emergency Medical Services

Payment by credit card with registration can be made online through a secure PayPal site by going to: <http://www.angelfire.com/biz7/rmrinstitute/Gillette-pay.html>

CISM: Advanced Crisis Intervention
CISM: Pastoral Crisis Intervention
Location: Campbell County Memorial Hospital

Brochure is available at:
<http://www.rmrinstitute.org/cism-Gillette-2007.pdf>

CURRENT CISM TEAMS IN WYOMING

The following Teams are organized and available for responses within the state:

- **Sweetwater ASSIST CISM Team** – Registered Team
Peer Coordinator: Sgt Randy Hanson, Rock Springs Police Department
Mental Health Coordinator: Michael Bauer, S.W. Counseling
CONTACT: Phone – 307 – 352-1575
Email – randy_hanson@rswy.net
- **Fremont County CISM Team**
Peer Coordinator: Sgt Jerry Evagelatos, Sheriff's Department
Mental Health Coordinator: Alice Nichol, Central Wyoming Community College
CONTACT: Phone – 307- 857-3604 Email – jerryev@trib.com
- **Snowy Range CISM Team** National Registered Team
Peer Coordinator: Sgt Dave Smith, Laramie Police Department
Mental Health Coordinator: George W. Doherty, Rocky Mountain Region Disaster Mental Health Institute
CONTACT: Phone – 800-821-3711 Email – rockymountain@mail2emergency.com
- **Campbell County CISM Team**
Coordinator: Bob Rudichar
Peer Coordinator: Charlie Messenheimer
Mental Health Coordinator: Dale Oedekoven
CONTACT: 307-685-1067 (Press 8 at opening message)

The following are teams that are in the beginning stages of development and organization:

- **CASPER CISM**
Current CONTACT: Lt. Stewart Anderson and Theresa Simpson
Phone: 307-235-9205
- **CHEYENNE CISM**
Current CONTACT: Sandra Jacquez, Tina Henderson and Dori Clark
Administrative Coordinators Phone: 307-637-6507

Additional Teams are also being considered in Evanston and Sheridan.

There is a form that we are asking each team to complete in order to be registered within the state. If you already have this form, please complete and mail back to the Institute (Box 786, Laramie, WY 82073-0786) as soon as possible. If you do not have the form or need one, please contact us **(307-399-4818)**. It is important to have each team registered in order to provide accurate and timely information to potential users statewide.

HAPPY VALENTINES DAY!