



WYO CISM NET

A Newsletter for Critical Incident Responders in Wyoming

August, 2007

UPCOMING EVENTS

There are still places available in the upcoming CISM trainings in Rock Springs August 27-30. Courses being offered are: Group Crisis Intervention (8/27-8/28); Strategic Response to Crisis (8/27-8/28); and Advanced Group Crisis Intervention (8/29-8/30). All three courses will begin at 8:30 AM until 5:00 PM each day at Western Wyoming College. To register for these courses, go to the online brochure <http://www.rmrinstitute.org/CISM-2007.pdf> Scroll down to the registration form. Please print a copy, fill it in and mail along with payment to the address listed. Please call 307-399-4818 with any questions.

- 8:30-5:00 Mon & Tues Aug. 27th & 28th – CISM: Group Crisis Intervention - Room 1405
- 8:30-5:00 Mon & Tues 27th & 28th - "Capstone" Strategic Response to Crisis - Room 1406
- 8:30-5:00 Wed & Thurs Aug. 29th & 30th Advanced Group CISM Room 1006
available for all offered courses at the following site:
<http://www.rmrinstitute.org/cism-pay-2007.html> . Please call 307-399-4818 with questions.

PayPal sites are

Rocky Mountain Region Disaster Mental Health Institute **The Sixth Annual Disaster Mental Health Conference** **"From Crisis to Recovery:** **Resilience and Strategic Planning For the Future"**

November 8 - 10, 2007

The Historic Plains Hotel
Cheyenne, Wyoming

Pre-conference CISM Workshops are scheduled November 6-7, 2007
(See Brochure for details)

The brochure and registration information and forms are online at:
<http://www.rmrinstitute.org/Cheyenne-Conference-2007.pdf>

Call: 307-399-4818 if any questions

Beat the Best Deal deadline (September 15, 2007) for most economic registration fees.

When calling the Plains Hotel for special rates, call: **866-2PLAINS** and ask for the "**National Disaster**" rate for individual sleeping room needs. Sleeping room accommodations to fit your needs from November 7 - 10, 2007 at \$60 for single occupancy and \$70 for double occupancy. Suites and parlours will be available to the group at \$79 for single or double occupancy. See brochure for more details - also for transportation, car rentals, airlines serving the area and links about the Cheyenne area. This promises to be a very exciting and informative conference again this year. It will be an opportunity to meet many people in the field of Disaster Mental Health and First Responder professions and to develop and expand networks. Besides the pre-conference CISM trainings, there will be presentations and mini-workshops by presenters from other parts of the US and from London, England. Table Top Discussions on a number of topics will also occur each day. It is a great opportunity to hear from and personally interact with colleagues from other areas. For those needing to take the Incident Command (IC100) and National Incident Management System (NIMS700)

courses, these will also be offered at the conference. Besides the opportunity for networking on training and update areas, there will also be a number of social events in the evenings. Thus far, there will be a Reception for attendees and presenters on Thursday evening and a Dinner/Banquet on Friday evening. Lunches will be provided each day. Be sure to take advantage of the **BEST DEAL** registration rates by registering prior to September 15. I look forward to seeing you there. Please disseminate and spread the information about the conference and pre-conference workshops to friends and colleagues.

NEW PAYMENT METHODS FOR TRAININGS AND CONFERENCE

Beginning with the Annual Conference in Cheyenne this November, there will be two ways that you will be able to pay registration fees online:

- Paypal will continue to be available as an option.
- In addition, Google Checkout will be available. Take a look at this for the conference at: <https://checkout.google.com/view/buy?o=shoppingcart&shoppingcart=405011137869351>
- Both sites are secure and accept Visa, Mastercard, American Express, Discover.
- The next step, hopefully available for the 2008 trainings, etc., will be to provide for registration online using fillable forms.

TEAM UPDATES

SWEETWATER ASSIST CISM TEAM – ROCK SPRINGS sweetwater_assist@yahoo.com Meetings are ALWAYS 3rd Tues of the month, 5:30, @ RSPD. Lyle Armstrong gave a brief lecture on the "INCIDENT COMMAND" system. He explained what it is, why it is important, and also how it applies to us. He told us how Incident Command and Emergency Management in crisis, go hand in hand. You can take on-line NIMS (National Incident Command System) + IC training by going to the FEMA website: (www.training.fema.gov/emweb/IS/is700.asp) He recommended starting with the IS-700 course. The course takes about 2-3 hours and has a certificate at the completion. STEVE KOURBELAS from the Rock Springs Fire Dept was welcomed. "Steveo" said he has been to several debriefings and feels that they helped and are an asset to the members of the Department. He is also connected with a local Ambulance service (SW MEDICS) and thinks the information can help in that area also. Randy talked about the upcoming ICISF Conference in Denver, August 9th-12th. It was also brought up that Traci from WWCC was not at the meeting this month, as she was attending CISM:When Disaster Strikes in Casper. We will look forward to hearing about that class from her next month. Randy put in a plug for the 6th Annual Rocky Mtn. Region Disaster Mental Health Conference, Nov. 8th-10th in Cheyenne, @ Plains Hotel and discussed OUR upcoming trainings @ WWCC on Aug 27th - 30th. He hoped that we all have been registering and spreading the word to get good attendance at these 3 classes we are offering. He explained how it is important to our team to get new people involved and trained, to keep the team growing and fresh. DON'T FORGET "WYO CISM.NET" FOR ALL YOUR UPDATED INFORMATION AND TRAINING NEEDS. NEXT MEETING of the team will be Tues Aug 21st 2007 5:30pm @ RSPD Training Room.

CAMPBELL COUNTY CISM TEAM – GILLETTE The Campbell County team enjoyed a team picnic at Gordon Harper's place as part of their team-building. Bob Rudichar, Scott Lindblom, and Robin Voight attended the *CISM in Healthcare Settings* course in Casper in July. Gordon Harper attended both the *CISM: When Disaster Strikes and Domestic Terrorism and Weapons of Mass Destruction: A CISM Perspective* courses in Casper. Gordon will be teaching the *CISM: Stress Management for the Trauma Provider* course Pre-Annual Conference in Cheyenne, November 6-7 at the Plains Hotel. Bob Rudichar will be teaching the *Pastoral Crisis Intervention* course at the same time and place. David King, Campbell County Emergency Manager and team member will present both the Incident Command (IC100) and National Incident Management System (NIMS700) courses at the Annual Conference on November 8th and 9th respectively.

FREMONT COUNTY CISM TEAM – RIVERTON The Fremont County Team is sponsoring the *CISM: Suicide Prevention, Intervention, and Postvention* course in Riverton November 2nd - 3rd at Central Wyoming Community College. The Holiday Inn has a block of rooms at a special rate of \$49 per night. Rooms must be reserved by October 19th in order to get that rate. People should indicate that they are attending the CISM Conference at Central Wyoming College. The Holiday Inn is located at 900 E. Sunset Dr. at the corner of Sunset Dr. and Federal Blvd. on the north end of town, about half a mile south of WalMart. Phone is: 307-856-8100 or 877-857-4834.

CASPER CISM – CASPER July 13-14 Casper hosted the *CISM in Healthcare Settings* course taught by Patricia Tritt. July 17-20 they also hosted *CISM: When Disaster Strikes and Domestic Terrorism and Weapons of Mass Destruction: A CISM Perspective* courses, both taught by Doug Mitchell from ICISF. For those attending it was a very informative and rewarding experience. Many thanks to Marty Thone MS, PhD, Division Director, Health Education Division, Casper - Natrona County Health Department and his able staff for use of their Conference Room to do the training. Thanks also to Stewart Anderson, Casper/Natrona County Emergency Manager and Theresa Simpson, Deputy Emergency Manager for setting up breaks and refreshments for the training. Also, true to his word, Stew came through with no fires this year and all went smoothly. Doug Mitchell did help respond to an incident at the pool at the Holiday Inn. The Manager of the Holiday Inn expressed thanks and Doug enjoyed a nice Prime Rib dinner for his efforts.

WSH and UINTA CISM TEAMS – Evanston Pamela Fuller, PhD will be teaching the *CISM: Group Crisis Intervention* course in Rock Springs August 27-28.

PSYCHOLOGICAL FIRST AID

Nearly every survivor of mass violence, critical incidents or disasters experiences stress-related reactions in the immediate aftermath. Most recover. The emotional and psychological impact of disasters is not easily absorbed, and survivors may benefit from some immediate psychological support even under the best of conditions. However, it is no simple task to determine who should deliver what kind of support to whom and at what time. Disasters and wars are so dangerous and disruptive that it would be absurd to address people's psychological needs when their very lives are threatened. Moreover, even after the imminent threats have subsided, there continue to be imperative survival needs that must be given the utmost priority. Therefore, if immediate psychosocial support is to be supplied at all, it will most likely require an informal method of delivery that fits seamlessly with the provision of the most essential services (e.g., medical, nutritional, and sanitation) and must neither conflict with the priorities of the humanitarian operations or the cultural values of the beneficiaries.

Psychological First Aid (PFA) consists of a systematic set of helping actions aimed at reducing initial post-trauma distress and supporting short- and long-term adaptive functioning. Designed as an initial component of a comprehensive disaster/trauma response, PFA is constructed around eight core actions: contact and engagement, safety and comfort, stabilization, information gathering, practical assistance, connection with social supports, information on coping support, and linkage with collaborative services. PFA for children and adolescents focuses on these same core actions, with modifications to make them developmentally appropriate.

PFA is akin to the concept of physical first aid. First aid refers to preliminary physical care provided by members of the general population, not by medical professionals. In minor cases of physical injury, first aid may suffice to provide the care an individual needs for recovery. There is often no need for follow-up with a medical professional. Similarly, PFA is basic "grassroots" psychological support provided for family, friends, neighbors, and colleagues by members of the general population, not by mental health professionals. Just as physical first aid can be used for injuries ranging from minor scratches to serious wounds, PFA can be used to provide psychological support for experiences ranging from minor stressors in daily life to traumatic events. Just as physical first aid teaches participants how to know when an injury requires professional medical attention, PFA teaches providers when and how to make referrals for professional mental health care.

The principles of psychological first aid are an evidence-informed approach to providing early intervention after disaster. Early intervention after disaster is both a social and health necessity. The need for mental health intervention is substantial and increases as time passes post-disaster. Much of today's psychological trauma can be identified as resulting from sudden and seemingly random events, and particularly from events that involve the loss of human life. Due to the often overwhelming and ongoing nature of disasters and the recovery efforts they necessitate, building competency in a variety of intervention techniques and prioritizing assessment and education is essential for effective response. Experts agree that most people will recover from the effects of a disaster with little or no formal psychological intervention. Providing well-planned and targeted psychological first aid may help many access coping skills and resources more quickly and may also allow disaster mental health providers to identify populations or individuals at greater risk for developing distressing psychosocial issues. In doing so, these individuals may be linked with the resources they need to ensure better outcomes. Different populations benefit from a variety of approaches applied at different stages of disaster response and recovery.

The role of mental health clinicians in the aftermath of disaster and terrorism is growing in importance. Assessment and treatment of acute responses to traumatic stress has received much attention since September 11, 2001. Those events underscore the value of having a trained and ready mental health workforce. Training in psychological first aid, crisis intervention, and early interventions may well become a part of graduate and postgraduate training in clinical programs in psychology, psychiatry, and social work. The scope and the depth of the psychological impact coming from such events warrants such an investment of time and resources. Coordinated efforts that cross geographic, political, and social lines would be welcome additions to societal efforts to understand the impact of mass violence and to provide the best possible interventions directed at recovery. It is clear that most survivors of traumatic events are resilient and do recover. However, a significant minority of survivors may endure prolonged periods of distress. It is for these people that interventions should be developed with the hope of minimizing the impact of trauma exposure, limiting disability and dysfunction, and maximizing optimal emotional recovery.

Go to this site (Psychological First Aid in a Crisis) for further information about Psychological First Aid.
http://www.samhsa.gov/SAMHSA_News/VolumeXV_3/article10.htm

The following is a combination video/powerpoint presentation on Psychological First Aid (about 20 minutes). It is a good introduction and can be used as a discussion starter at team meetings
<http://mentalhealth.samhsa.gov/samhsadr/presentation3.htm>

CERTIFICATION: Certification Applications and test will be available September 1, 2007.

CURRENT CISM TEAMS IN WYOMING The following Teams are organized and available for responses within the state:

- **WSH CISM Team – Wyoming Registered Team**
Peer Coordinator: Jeremy Hill
Mental Health Coordinator: Pamela R. Fuller, PhD
CONTACT: 307-789-3464 Ext. O
- **Uinta CISM Team – Wyoming Registered Team**
Peer Coordinator: Sgt. Dennis Hutchinson, Uinta County Sheriff's Office
Mental Health Coordinator: Pamela R. Fuller, PhD
CONTACT: 307-789-3464 Ext. O
- **Snowy Range CISM Team - National Registered Team**
Peer Coordinator: Dave Smith
Mental Health Coordinator: George W. Doherty, Rocky Mountain Region Disaster Mental Health Institute
CONTACT: 800-821-3711 Email: rockymountain@mail2emergency.com
- **Sweetwater ASSIST CISM Team – Wyoming Registered Team**
Peer Coordinator: Sgt Randy Hanson, Rock Springs Police Department
Mental Health Coordinator: Michael Bauer, S.W. Counseling
CONTACT: Ph: 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: Ph: 307- 857-3604 Email – jerryev@trib.com
- **Campbell County CISM Team**
Coordinator: Bob Rudichar rudichabw@ccmh.net
Peer Coordinator: Charlie Messenheimer
Mental Health Coordinator: Robin Voigt
CONTACT: 307-685-1067 (Press 8 at opening message)
- **Southeast Wyoming CISM Team**
Coordinators: Sandra Jacquez and Dori Clark
CONTACT: 307-637-6525 or, during business hours 307-637-6507 or 307-633-4756
- **Sheridan CISM**
Administrative Coordinators: Michelle Cunningham & Jennifer Shassetz at Sheridan Police Dept.
CONTACT: 307-672-2413
- **Casper CISM Current**
Coordinators: Lt. Stewart Anderson & Theresa Simpson
CONTACT: 307-235-9205