

Critical Incident Stress

Every Zone within Mountain Division has at least one trained and qualified Critical Incident Stress Debriefing (CISD).

Should you require (or think you may require) debriefing services please do not hesitate to contact any CISD, your Patrol Leader or Zone President.

What is a critical incident?

Serious accident or fatality

What is critical incident stress?

Normal emotional or physical feelings following an abnormal situation

What is Critical Incident Stress Management?

CISM is a form of crisis intervention involving group interaction. The aim of CISM is to reduce psychological casualties following a critical incident. We all react to stress in our own way and are effective in dealing with most stress. However some situations, or critical incidents, impact us to the extent that we are unable to function either professionally or personally. Through the process of Critical Incident Stress Management, personnel are provided with a tool to assist in alleviating the overwhelming emotional feeling and physical symptoms.

What are some signs & symptoms?

Flashbacks (often in slow motion)
Nightmares/intrusive images of the incident
Re-experiencing the event
Feeling burned out
Fear of retaliation
Irritability/anger
Crying spells/grief/sadness
Sorrow and guilt feelings
Increased use of alcohol, tobacco, and other drugs

Withdrawal/loss of interest
Sleep disturbances
Memory disturbances
Concentration difficulties
Chest pains
Headaches
Appetite disturbances
Family or marital problems

What can you do to reduce critical incident stress?

During the incident:

Be active
Do deep breathing
Make positive self-statements:
"I'm doing fine."
"I have the skills to handle this."
If possible, eat frequently/small amounts/nutritious food

Following the incident:

Do physical exercise, within 24 hours
Eat well and nutritiously
Avoid sugar, caffeine & alcohol
Get rest
Maintain a normal schedule
Avoid boredom
Talk about your feelings
Feel comfortable in consulting a C.I.S.M. Team Member

Critical Incident Stress Management Team

C.I.S.M. background/training
Experience with C.I.S.M.
Many years of experience with the C.S.P.S.
Desire to help fellow patrollers

Our purpose....

To provide a follow-up support group subsequent to a serious accident or fatality
To help patrollers cope with and understand their emotional behaviour and feelings
To help find professional counselling when necessary
To assist the patrol in any manner deemed necessary

How can we help you?

Respond to calls from the Patrol Leader or patroller(s)
Arrange to meet only those directly involved
Hold a completely confidential debriefing
Offer guidance and assistance