

CISM Team Minutes
June 13, 2005

In Attendance:

- Ralph Worley
- Dawn Linton
- Don Swope
- Robert McKinley
- Randy Garner
- Carole Martin
- John Gleason
- Tina Rice
- Hershel Kreis
- Ralph Carrington
- Ellen Vest

Excused:

- Jeff Hammack
- Phyllis Hammock
- Herbert Hammock
- Jim Murphy
- Denise Hammond
- Greg Fleming

The meeting began at 1900 hours and the reading of the minutes from March were waived do to their unavailability. A review of the agenda for that meeting served as a reminder for what needed to be covered under Old Business during this meeting. Our new members Tina Rice and Randy Garner were introduced.

State Committee Report:

John Gleason reported that the legislative movement to mandate CISM is going well and extended to Phil Hamilton through Ralph the Committee's sincerest gratitude for his help with the CISM Mandate.

Next year is the 20th anniversary of Virginia's CISM program and big plans are being made to include as many of the original team members from around Virginia.

Ellen reported that more money is freeing up from the state to the council office which has allowed the purchase of the CISM flip-charts sent out in the past quarter and the purchase of \$100 of training audio-visual programs. Liz Martin, the Chair of the state CISM Committee has encouraged in the inclusion of Council budgets next year, money to send team members to the annual Virginia CISM Conference.

She also reported that documentation (much like what PEMS Dir. Don Wilson already does) will be required to access the money budgeted from the state. The reports from the state committee go back to the Governor's Advisory Board and the report is that they are pleased and that PEMS is consistent at getting reports in.

John reported that the Post Critical Incident Stress (PCIS) mini-conferences funded by a federal grant have been going well. The grant was for \$800,000 and they are hoping to renew it this coming year. These conferences are held in northern Virginia and are ministering to the needs of those who responded on 9/11. The use of EMDR (Eye Movement and Desensitization Processing) has reportedly done very well in helping those with PTSD in these sessions.

The 2005 Virginia CISM Conference went well. Team members Hershel Kreis, John Gleason and Ellen Vest attended. John and Hershel the two day Suicide Intervention, Postvention and Prevention class which is one of the core requirements for ICISF specialty certification. There are very few instructors for this class and it is rarely offered. Hershel and Ellen also attended the one day Suicide Gatekeeper class on how to quickly recognize suicide potential and how to intervene.

Ellen attended a session taught by Vicki Taylor on what is working and what is not in crisis intervention. This goes with what Virginia's Medical Director, Carol Gilbert, MD, challenged the state committee with to research and evaluate what we are doing as teams around Virginia. Much more emphasis is being placed on the total management aspect of CISM than on debriefings themselves. It was recommended that far more defusings take place and the need for formal debriefings will be less.

Old Business:

The CISM Baskets that were not funded under the RSAF grant will be purchased as needed. These are to give to new fire chiefs, sheriffs, and police chiefs when they come into office. These will include a book about stress in their particular field, information on how to activate the CISM team, information on stress, and some candy.

We discussed further the need to become a more proactive team. Our team inactivity over the past 6 months is not indicative of the need for CISM.

The Team Retreat is on hold pending location and scheduling.

New Business:

PEMS is offering to spend \$125 for the chaplains on our team to attend the Pastoral Crisis Intervention Class in York County this coming weekend. Don Swope and Robert McKinley will be attending. Ellen reported that there are very few instructors for this class and that is why we have not offered it here at PEMS.

Ellen brought up for consideration the PEMS CISM Team becoming an ICISF Team. In the past this was not feasible because ICISF required their own training. It is now recognizing training that occurred before ICISF existed. The discussion ensued concerning a need for that recognition. Once consideration is for recognition with the military. Another consideration is the opportunity for deployment. Only two other Virginia teams are ICISF teams as well: TEMS and REMS. Ralph suggested that Ellen research this and provide a brief summary to the team members for review. It was also suggested that the leaders of the other teams be asked about the pros and cons of involvement with ICISF.

Ellen showed the new training/public relations purchases.

- Managing Stress Threats: A Comprehensive Approach (DVD) *Team Training*
- Managing Stress Threats: a Comprehensive and Multi-Tactic Crisis Intervention Approach to Managing Traumatic Stress (PPT) *Classroom Use*
- Key Points Conversation: Parts I and II (Video) *Presentation for Dept. heads.*

These will be available for team members to use for training and PR.

Team Report:

May 5th a Debriefing was done in James City County post a pediatric death. This was handled by Faith Smagalski, Dawn Linton, and new team member Charlie Stayton.

- 3 EMS providers
- 3 Fire Firefighters
- 1 Telecommunicator

Training:

Dawn Linton presented a teaching on Line of Duty Death and Suicide in Law Enforcement. A handout was provided on police officer suicide. Included in her lesson was an explanation of the Crisis Management Briefing as a way to disseminate information to the public after a large scale event.

For the Good of the Order:

Ellen shared about her mission trip to Uganda as a part of a team that trained 136 pastors and church leaders in counseling skills, communication, stress management, crisis intervention and the Crisis Management Briefing.

Meeting Adjourned at 2110.

Next Meeting: September 12, 2005.