

PIO SUMMIT-DEALING WITH DEATH AND HOW TO COPE AND TALK ABOUT IT

CRISIS SUPPORT TEAM

Mission Statement-to provide emergency response to any group to help minimize the harmful effects of job stress, specifically in crisis or emergency situations. Would be there to potentially reduce stress related symptoms. Established to help support fire, EMS, rescue, law enforcement, health care and mental health.

PROBLEM STATEMENT

CRITICAL INCIDENT-DEFINITION- defined by Dr. Jeffrey Mitchell as "any situation faced by personnel that causes them to experience unusually strong emotional reactions which have the potential to interfere with their ability to function. All that is necessary is that the incident, regardless of the type, generated unusually strong feelings."

EXAMPLES OF INCIDENTS

- death of personnel
- serious line of duty or workplace injury
- suicide
- mass casualty
- police shooting
- incidents that attract excessive media coverage
- serious injury or death of civilian resulting from emergency services operation

CRITICAL INCIDENT

There to help provide education regarding critical incident stress.

Definition- any event which has the potential to elicit a crisis response,

Crisis is defined as a response to an event where psychological homeostasis is disrupted, usual coping methods have failed, and evidence of distress and functional impairment.

Working toward crisis intervention is first aid of the psychic.

TYPES OF INTERVENTION

- Pre-incident education on how to make contact to provide support
- On scene support services. May have one on one exhibiting signs of obvious distress
- Defusing - Done in small groups. Done shortly after the incident before personnel leave the workplace.
- Critical Incident Stress Debriefing- do this within 72 hours of the incident to talk about the incident.

COMMON STRESS REACTIONS

- Physical- fatigue, dizziness, chest pain, headaches, nausea
- Cognitive-confusion, nightmares, blaming someone
- Emotional-fear, guilt, panic, denial, outbursts
- Behavioral- withdrawal, inability to rest, loss or gain in weight, increased alcohol consumption

THING TO DO TO HELP COPE WITH THIS NEW STRESS

- Have appropriate physical activity
- Keep busy
- Talk to people
- Do not numb the pain with alcohol or drugs
- Do things that make yourself feel good
- Do not try to fight recurring thought, dreams, or flashbacks. All are normal and they will decrease.
- Eat well balanced and regular meals.