

# INDIVIDUAL CRISIS INTERVENTION



An INDIVIDUAL CRISIS INTERVENTION Stress Management Session is conducted in an attempt to reduce stressors, encourage adaptive coping, and to help foster support and communication of emergency service personnel.

For an INDIVIDUAL CRISIS INTERVENTION Stress Management Session to be covered by the protections of the Nebraska CISM Statutes, the Nebraska CISM Team must be appropriately activated in accordance with the Nebraska CISM Regulations and Administrative Policies and Procedures. Appropriate activation of the Nebraska CISM Team occurs when an emergency service personnel contacts his/her respective Nebraska State Patrol office to request Nebraska CISM services.

An INDIVIDUAL CRISIS INTERVENTION is provided by one qualified Nebraska CISM Team member, as approved by the corresponding Regional Clinical Director, to one emergency service personnel.

The Nebraska CISM Team member conducting the INDIVIDUAL CRISIS INTERVENTION may guide the intervention using the "SAFER-Revised" Model of Crisis Intervention. Using this method will include the following steps:

## SAFER-R Model

- Stabilization
  - Introduction
  - Meet basic needs
  - Reduce stressors
- Acknowledge the Crisis
  - Event
  - Reactions to the Event
    - What is happening with you at this moment?
    - What is the worst part right now?
    - What will help you right now?
- Facilitate Understanding
  - Frame reactions as normal
  - Reinforce cognitive processing
- Encourage Effective Coping
  - Assess ability to function
  - Explore and identify coping skills
  - Develop plan for immediate use
- Restore/Referral if Necessary
  - Identify resources
  - Assess function - speech, emotion, appearance, alertness