

Nebraska CISM Team
Defusing Notes
(Maximum time is 30 minutes)

Introduction

- Self / Team Members
- Need to put event in context
- Summarize event then talk about possible effects
- Everybody belongs here
- Speak only for self
- Be around at end of session
- Emphasis on confidentiality
- May run debriefing depending on unit feeling in 24 to 48 hours

Exploration

- Name job & what happened (quickly each person)

Information / Teaching

- Abnormal event may create natural reactions
- Don't fight stress
- Give time
- Diet / stimulant be careful
- Work / Rest / Play
- Help is available
- Seek support and help of others
- Maintain routine
- Be available for debriefing if O.I.C. (Incident) recommends
- Final assurance
- Tie-up & answer questions
- Confidentiality

Nebraska CISM Team
Defusing Notes
(Maximum time is 30 minutes)

Introduction

- Self / Team Members
- Need to put event in context
- Summarize event then talk about possible effects
- Everybody belongs here
- Speak only for self
- Be around at end of session
- Emphasis on confidentiality
- May run debriefing depending on unit feeling in 24 to 48 hours

Exploration

- Name job & what happened (quickly each person)

Information / Teaching

- Abnormal event may create natural reactions
- Don't fight stress
- Give time
- Diet / stimulant be careful
- Work / Rest / Play
- Help is available
- Seek support and help of others
- Maintain routine
- Be available for debriefing if O.I.C. (Incident) recommends
- Final assurance
- Tie-up & answer questions
- Confidentiality

Nebraska CISM Team Peer Support / SAFER Model

S - Stabilize

- Remove person in crisis from stressor
- “Need a break”
- “Need information”

A - Acknowledge

- What is happening with you at this moment?
- What is the worst part right now?
- What will help you right now?

F - Facilitate

- Assist in identifying nature of crisis
- Reinforce cognitive processing
- Frame reactions as normal

E - Encourage

- Assess ability to function
- Explore and identify coping skill
- Develop plan for immediate use

R - Restore

- Identify resources
- Assess function—speech, emotion, appearance, and alertness

On Scene

1. Respond only when activated by CISM Team
2. Dress for the environment
3. Wear CISM Team ID Badge
4. Report to Command & identify yourself
5. Go to area requested—consider rehab & observe
6. Report any special needs to CISM Team Leader
7. Alert Command or designee of any concern
8. Notify on-duty Team Coordinator
9. DO NOT become a part of the scene or speak to media

Nebraska CISM Team Peer Support / SAFER Model

S - Stabilize

- Remove person in crisis from stressor
- “Need a break”
- “Need information”

A - Acknowledge

- What is happening with you at this moment?
- What is the worst part right now?
- What will help you right now?

F - Facilitate

- Assist in identifying nature of crisis
- Reinforce cognitive processing
- Frame reactions as normal

E - Encourage

- Assess ability to function
- Explore and identify coping skill
- Develop plan for immediate use

R - Restore

- Identify resources
- Assess function—speech, emotion, appearance, and alertness

On Scene

1. Respond only when activated by CISM Team
2. Dress for the environment
3. Wear CISM Team ID Badge
4. Report to Command & identify yourself
5. Go to area requested—consider rehab & observe
6. Report any special needs to CISM Team Leader
7. Alert Command or designee of any concern
8. Notify on-duty Team Coordinator
9. DO NOT become a part of the scene or speak to media