

Critical Incident Stress Management (CISM), formerly, formerly referred to as the Mitchell Model, is a crisis intervention program developed for emergency responders, containing multiple interventions, which was developed by the founders of the International Critical Incident Stress Management Foundation (ICISF).

- CISM ***is not*** psychotherapy; rather, it is a program that teaches first responders to get thru the traumatic event.
- CISM is all about helping healthy first responders remain healthy and functioning after a traumatic event.
- CISM is provided by trained first responders for first responders.
- CISM is **free** and **confidential**.

Some of the events that may be considered traumatic for first responders:

- Serious line of duty injury
- Line of duty death
- Suicide of a colleague
- Events involving high levels of media coverage
- Events involving children
- Prolonged events (example, IKE's aftermath)
- Events in which errors have occurred
- Events in which an injustice may have occurred (example, child abuse case)

It's never too late for CISM, but the sooner the intervention occurs the better the outcome. If you have any questions about CISM or think you may need an intervention for yourself, your partner, or your team/force/group please call

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