



Fire Rescue Support exists to support fire rescue personnel before, during and after the call

CISM Monthly Training

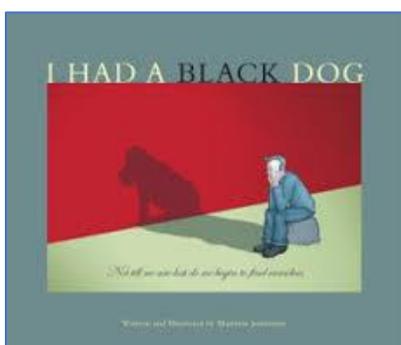


Each month we'll discuss a topic relative to crisis intervention. We hope this will serve as a refresher for those who have been trained, as well as something to create interest for those who have not.

The Stigma of Mental Health

We are talking and hearing more and more about mental health issues in the fire service these days. Slowly leaving is the “suck it up, buttercup” mentality. We now realize that there are some concerns associated with the work we do.

One of these issues is depression which affects more than 15 million American adults, or about 6.7 percent of the U.S. population age 18 and older in a given year. However, even with this prevalence, there is still a strong stigma attached to depression, as there is with mental health issues in general.



Click the image above to watch a great video that helps demystify depression and create the setting for open conversations.

Fire Chaplain Training

Chaplain LaCognata will present “The Fire Chaplaincy” from 1:00pm - 5:00pm on Monday, June 5, 2017 at Church on the Rock in Melbourne (4028 S. Babcock Street). This class will focus on a variety of aspects of what it means to be a chaplain in the fire service.

The role of the chaplain is “serving those who serve”. This workshop will explore the responsibilities of the fire chaplain as they support fire rescue personnel before, during, and after the call. This course is open to current chaplains, as well as those considering involvement as a chaplain in the future. This would also be the perfect opportunity for a department exploring the chaplaincy to find out what it is all about.

Email Joe to register (joe@firerescuesupport.com). There is no cost for this class.

CISM Training



“Assisting Individual in Crisis” and “Group Crisis Intervention” are the two core crisis intervention courses taught through the International Critical Incident Stress Foundation (www.icisf.org). We are offering these courses at a variety of locations throughout the state of Florida. [Click here](#) for more information and to register. Contact us if your agency is interested in hosting this training.



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The Power of AND CISM AND Peer Support

I believe Peer Support is a great philosophy. That is, the idea of peers supporting peers is strong. Who better than a firefighter to know the struggles and concerns of another firefighter? Who better than a firefighter to know how to cope with the challenges of the job? But Peer Support seems limited to identifying those with challenges and making sure they get the help they need. I believe CISM goes further.

CISM goes beyond by providing real solutions to help mitigate the acute stressor most concerning the person involved. CISM offers tangible assistance via education in the areas of stress management, effective coping mechanisms and problem solving. In fact, here are some of the ways CISM goes beyond Peer Support...

- Peer Support identifies; CISM assists
- Peer Support is the bridge to other resources; CISM is one of those resources
- Peer Support seems limited to working with individuals; CISM is useful for individuals and groups

Unfortunately, CISM is viewed by some as a narrowly-focused, single resource for a group dealing with a major incident. But this is only one of the CISM tools called the Critical Incident Stress Debriefing. There are four other tools that are part of the overall CISM umbrella. The tool most frequently used is an individual intervention using the SAFER model. CISM has gotten a bad rap over the years because of this limited understanding.

The CISM SAFER model is a very robust intervention technique. Through this model, the interventionist is able to provide specific help to those in need. While referring someone who needs additional assistance is one outcome of the SAFER model, it is also possible that the person in need is able to move forward with some basic assistance from the crisis interventionist.

Finally, CISM training provides insight into “why” we do what we do. CISM training gives background and presents underlying research and rationale.

While some have chosen to pit Peer Support against CISM, I don't see any conflict between the two. In fact, I believe they come together in a local-based crisis intervention team. This kind of team brings CISM skills and tools along with the relational strength of Peer Support.



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Thank you!

Thanks for your partnership with Fire Rescue Support. Because of you, we have the opportunity to support fire rescue personnel before, during and after the call. Visit www.firerescuesupport.com for more information or to donate. You can also find us on Facebook and Instagram. And please don't hesitate to contact me if I can be of assistance personally or professionally. You can reach me at 352-425-1643 or joe@firerescuesupport.com.

