



# **Critical Incident Stress Management (CISM)**

# WHAT IS CISM?

- A comprehensive, organized approach for dealing with potentially harmful aspects of stress for emergency responders
- Designed to reduce the potentially harmful aspects of exposure to traumatic stress, mitigate the effects that do occur, and assist with recovery.



# MISSION OF EPA'S CISM TEAM

- To provide timely and efficient support & assistance to EPA's OSCs regarding day-to-day stress experienced in their jobs.
- To provide timely and efficient support & assistance to EPA's OSCs and **Response Support Corp** involved in responding to major emergencies and disasters.



# About the Team

- **All volunteers**
- **Mixture of OSCs, other staff, and mental health professionals**



# Common Immediate Stress Reaction

- Tension
- Fatigue
- Sleep Disturbances
- Diet
- Nausea
- Recurring Memories
- Negative Feels
- Interpersonal Problems

Find a friend  
or support  
group to talk  
to about the  
incident



# What you can do to manage the stress.

- Moderate your intake of caffeine
- Avoid alcohol or other depressants
- Avoid changes in your daily routine

# What you can do to manage the stress.

- Do not make any significant life altering decisions for at least 30 days
- Try to find time, to do something you enjoy
- If the symptoms of stress do not lessen, seek additional assistance



# ITS IMPORTANT TO TAKE OF YOURSELF

If you need assistance in the field or in the office.....look to your R6 CISM Team or a friend.

# ANY QUESTIONS?

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