



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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