

Orchard Farm Fire Protection District Standard Operating Procedure

Division: 300 **Occupational Safety And Health**
Section: 302 **Health**
Subject: 302.01 **Critical Incident Stress Debriefing**



Supersedes: N/A

Approved By: 

Date: 04/23/2013

Date Last Reviewed: N/A

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PURPOSE:

To define the need and purpose of the critical incident stress debriefing program

RESPONSIBILITY:

All District Personnel

PROCEDURES:

As part of the Districts commitment to the welfare of its members and their families, a program has been made available to assist in dealing with stress causing situations.

In the course of their duties District members may be subject to critical incidents or traumatic events that cause powerful emotional reactions. Critical Incident Stress Debriefing (CISD) is a short-term psychological helping-process that helps people deal with their trauma one incident at a time, by allowing them to talk about the incident when it happens without judgment or criticism.

CISD can be accessed individually or as a group where members will meet with a trained counselor to discuss a traumatic event in a non-threatening and structured manner. All participants shall keep information that is shared in the CISD as confidential. Under no circumstances will information be discussed with those outside the group unless directed by the counselor conducting the session.

Chief Officers may require members or groups of members to attend CISD if it is felt to be in the best interest of the individuals. Incidents where CISD may be required include, but are not limited to:

- Line of duty deaths
- Suicide of a colleague
- Serious work related injury
- Multi-casualty / disaster / terrorism incidents
- Events with a high degree of threat to the personnel
- Significant events involving children

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- Events in which the victim is known to the personnel
- Events with excessive media interest
- Events that are prolonged and end with a negative outcome
- Any significantly powerful, overwhelming distressing event

CISD is provided by to us free of charge by:

The Greater St. Louis Region Critical Incident Stress Management Association

<http://www.stlcism.org/index.html>

FOR ACTIVATION CALL 636-394-2212

DEFINITIONS:

Critical Incident Stress (CIS):

Critical incident stress is stress caused by an event outside the range of usual human experience, which has the potential to easily overcome a person's normal ability to cope with stress, and may produce a negative psychological response in a person who was involved in or witnessed such an incident. CIS can cause physical, mental, emotional, and/or behavioral issues and affects 87% of all law enforcement, firefighters, and EMS workers during their career.