

When to call...

During or after an incident where the potential for critical incident stress may occur or has already occurred.

Even though the event may be over, a person may now be experiencing or may experience later, some strong physical, psychological behavioral or spiritual reactions to the traumatic event. No one is immune from these reactions. It can be common to experience some of these symptoms.

Common symptoms of critical incident stress:

- fatigue
- upset stomach
- nausea
- confusion
- poor attention
- disturbed thinking
- difficulty making decisions
- disturbed sleep
- guilt
- denial
- feeling overwhelmed
- anger/irritable
- grief
- fear
- nightmares
- panic
- emotional shock

Stark County CISM access is available

**24 hours a day
7 days a week**

Call Coleman Crisis at

330-452-6000

and ask for Stark CISM

There is no charge for any CISM intervention. Funding for Stark County CISM is provided by *Stark County Mental Health & Addiction Recovery*.



Committed to Caring



StarkMHAR.org/CISM



The Stark County Critical Incident Stress Management Team

Assistance for stress reaction from a traumatic event or critical incident.

*Serving first responders and
the community!*

FREE 24-HOUR EMERGENCY ACCESS

Call Coleman Crisis at

330-452-6000



What is a critical incident?

A critical incident is any event, often sudden or unexpected, that can cause significant distress and overwhelms a person's typical coping abilities.

Examples of critical incidents can include:

- natural disasters
- human-made disasters
- serious injury or death of a person
- multi-victim incidents
- fires
- industry accidents
- victim of a crime
- shooting
- any powerful or traumatic event

What is critical incident stress?

Critical incident stress refers to the broad range of responses that occur after a stressful experience. After a critical incident, one may experience strong emotional or physical reactions immediately after the incident. Sometimes these reactions can also occur a few hours, days, or even weeks later.

About Us

The Stark County Critical Incident Stress Management Team is made up of trained professionals from the mental health and emergency service professions.

Mission

The mission of the Stark County Critical Incident Stress Management Team is to minimize the potentially harmful stress related symptoms associated with critical incidents.

Goals

The goal of receiving CISM services are to:

- Promote effective responses to stressful events.
- Reduce harmful effects following a critical incident by working with those impacted soon after the event.
- Accelerate the healing process.

Available Services

Services available from the Stark County CISM Team are **FREE** and can be accessed by calling Coleman Crisis at 330-452-6000. Services can be provided to any community member or first responder.

Defusing Session

A session held with a small group of people relatively soon after a critical incident.

Demobilization

A brief stress management intervention immediately after a critical incident. Provides basic education to personnel serving as first responders as they are released from the scene of an emergency. Serves as decompression and reminder to meet basic needs.

Individual Interventions

One-on-one intervention referred to as emotional first aid and differs from therapy. Individual interventions can occur after a critical incident or whenever requested.

Follow Up/Referral

Connect individuals with additional services and/or resources as necessary because of a critical incident.

*CISM services ensure strict confidentiality as governed by state law.

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