

File Hills Qu'Appelle Community

C *risis* ***I*** *ntervention* ***S*** *tress* ***M*** *anagement* ***T*** *eam*

WHO ARE WE?

The FHQ Community Crisis Intervention Stress Management (CISM) Team was formed in response to a request from the File Hills Qu'Appelle First Nations in 2001.

The team is comprised of volunteers from the File Hills Qu'Appelle Tribal Council and the FHQ First Nations. Members from each of the FHQ Tribal Council First Nations are encouraged to be trained to become part of the team.

Training sessions began in February of 2002. The CISM training received by the team is recognized internationally and is on-going.

WHAT IS CRISIS INTERVENTION STRESS MANAGEMENT?

CISM is a form of psychological "first aid".

The general principles of CISM followed by the team are to alleviate the acute emotional distress of victims, to restore independent functioning and to prevent or ease the aftermath of psychological trauma and Post Traumatic Stress Disorder.

- * Intervene Immediately
- * Stabilize
- * Facilitate Understanding
- * Focus on Problem Solving
- * Encourage Self-reliance

- * Referrals to other service providers

WHAT IS A CRITICAL INCIDENT?

Critical incidents are sudden, unexpected, often life-threatening time-limited, traumatic events that may overwhelm an individual's ability to react appropriately to the situation. Frequently, extreme critical incident stressors may result in personal crisis, traumatic stress and even Post Traumatic Stress Disorder.

HOW DO I ACCESS SERVICES?

The CISM Team responds to referrals made by RCMP, Tribal Police Service, First Nation Leadership, First Nation School Authorities and Family consensus.

The CISM Team is available to respond when a critical incident and/or disaster occurs that affects individuals, families or communities.