

10 CISM INTERVENTIONS

(see Everly & Mitchell, 2017)

INTERVENTION	TARGET GROUP(S)	TIMING	GOALS
<p>1. Pre-event Strategic Planning.</p> <p>Resilient Leadership</p>	Anticipated target groups.	Pre-event.	Anticipatory guidance. Build resistance. Foster cohesion.
2. Surveillance. Assessment.	Those directly & indirectly affected by impact.	Impact, Heroic, Honeymoon, Disillusionment	Assessment and Triage
3. Individual. Crisis Intervention, (SAFER-R – PFA, RAPID PFA, ICARE PFA) as needed.	Individuals as needed.	Impact, Heroic, Honeymoon, Disillusionment, Recovery, Anniversary, Reconstruction.	Screening. Assessment, Stabilization, Mitigation, Facilitation of access to further care, as need. Foster hope.
<p>4. Demobilization/RITS</p> <p>Respite Centers.</p>	Emergency personnel. Rescue and Recovery personnel.	<p>One-tine end of shift or deployment.</p> <p>Ongoing.</p>	<p>Psychological decompression.</p> <p>Screening. Assessment, Ease transition.</p>
5. CMBriefing	Large or small groups or responders or civilians (Town Hall Meetings).	Impact, Heroic, Honeymoon, Disillusionment, Recovery,	Provide information/ guidance. Control rumors. Engender hope.

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6. Defusing	Small homogeneous groups.	Disillusionment. Acute post incident. During on-going incidents Can be repeated.	Mitigate acute distress. Platform for screening.
7. CISD	Small homogeneous groups	Disillusionment. Post incident.	“Psychological closure.” Enhance resilience.
8. Family CISM	Families of responders.	Impact, Heroic, Honeymoon, Disillusionment, Recovery, Anniversary, Reconstruction.	Screening. Assessment, Stabilization, Mitigation, Facilitation of access to further care, as need. Foster hope, resilience.
9. Pastoral Crisis Intervention	Any directly or indirectly impacted groups.	Impact, Heroic, Honeymoon, Disillusionment, Recovery, Anniversary, Reconstruction.	Screening. Assessment, Stabilization, Mitigation, Facilitation of access to further care, as need. Foster hope, resilience.
10. Leadership Consultation	Policy makers. Frontline leadership	Impact, Heroic, Honeymoon	Provide guidance on creating an organizational