

CRITICAL INCIDENT STRESS MANAGEMENT (CISM)

(Everlie & Mitchell, 1997, 1999; Everly & Langlieb, 2003, Everly & Mitchell, 2017)

- A comprehensive, phase sensitive, and integrated multi-component planning system for crisis/disaster intervention.
- The most widely used disaster mental health continuum in the world
Adopted by United Nations in 2007 for use with its field personnel.
- **CISM is a way of packaging and delivering peer support.**

Crisis Intervention Tools

- **One-on-One Peer Support**
- Crisis Management Briefing
- **SAFER-R Model**
- Defusing*
- Debriefing
- Working with Mental Health Professionals (clinicians)
- **Referrals**
- **Communication Techniques**

