

MEMO

TO: All Personnel
MEMO: 15-003
FROM: Battalion Chief Brian J. Helmick *BH*
Effective Date: 02/01/15
DATE: February 3, 2015
SUBJECT: ****Update**** ECCFPD's Critical Incident Stress Management (CISM) Program 02-2015

Background

East Contra Costa Fire Protection District is in the process of establishing a Critical Incident Stress Management (CISM) Program. CISM programs are endorsed by the IAFF and have been found to be beneficial to the mental health of emergency personnel across the nation. This program will be designed to protect the mental and emotional welfare of ECCFPD's personnel prior, during, and after stressful incidents. As we are all aware, over the course of our careers we will all face stressful calls that maybe difficult let go of. Although individually we all have our own ways of coping with such incidents the CISM program will offer additional support so individuals don't have to go through the processes alone. The success of any CISM program is dependent upon district members' participation.

In 2014 three (3) Memos were developed to begin to define ECCFPD's CISM Program:

- 1. MEMO 14-042 "Introduction to ECCFPD's Critical Incident Stress Management (CISM) Program"**
Seeking at six (6) individuals that would like to be trained as a Peer Support Member.
- 2. MEMO 14-043 "Review of DRAFT SOP 13-1 "Critical Incident Stress Management Program (CISM)"**
The MEMO:
 1. Defined and established a DRAFT Critical Incident Stress Management (CISM) Program.
 2. Provided DRAFT guidelines for the utilization of the CISM program
- 3. MEMO 14-053 Update ECCFPD's Critical Incident Stress Management (CISM) Program**

Defined that the district had six personnel interested to become peer support members. Over the dates of **June 27-July 2, 2014**, a Mental Health Specialist interviewed all six (6) of the applicants

The approved personnel continued through CISM training in the Month of January over three (3) days, **January 20, 21, and 21, 2015 at Station 93.**

The following personnel have successfully completed the individual and group CISM training and are part of the ECCFPD CISM Team:

- Captain Steve Carter
- Captain Brandon Earhart
- Captain Robert Ruddick
- Engineer Lance Brashier
- Engineer Mark Rezac
- Battalion Chief Brian Helmick

In the month of February 2015, all District Personnel will be provided training on the ECCFPD CISM Program. The training will cover and will be delivered on the following days:

Topics:

- Introduce the ECCFPD Critical Incident Stress Management (CISM) Program
 1. Introduce the Peer Support Team, SOP, Supporting Docs as follows
(All docs are stored in the Target Safety file center)
 2. *SOP 13-1*
 3. *CCE CISM Team Brochure*
 4. *CCE CISM Peer Agreement*
 5. *CCE CISM PEER Support Intro Training 02-2015*
 6. *MHN- Your Employee Assistance Program*
- Discuss the CISM Peer Support Statement of Understanding
- Introduce the Death & Dying Checklist for the community
- Introduce the CISM Team Brochure
- Educate about Firefighter Suicide Prevention (see attached)

Dates: (Training will be held in assigned stations)

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| • Thursday | 12C | Session 1-1000-1200 & Session 2-1300-1500 |
| • Sunday | 15A | Session 1-1000-1200 & Session 2-1300-1500 |
| • Saturday | 21A | Session 3-1000-1200 & Session 4-1300-1500 |
| • Sunday | 22B | Session 1-1000-1200 & Session 2-1300-1500 |
| • Wednesday | 25C | Session 3-1000-1200 & Session 4-1300-1500 |
| • Saturday | 28B | Session 3-1000-1200 & Session 4-1300-1500 |

Thank you for your continued effort and please let me know if you have any recommendations for any of the attached documents or the CISM program itself.