

Critical Incident Stress Management (CISM)

- Chad Libby- Director Dauphin County Probation Services

- Audrey Fortna- Chief Lebanon County Probation Services

- Rebecca Arnold- Probation Officer Dauphin County Probation Services

What is a Critical Incident??

- Critical incidents are traumatic events that cause powerful emotional reactions in people who are exposed to those events which pushes them past their ability to handle stress.
- Some examples include:
 - Line of duty deaths
 - Suicide of a colleague
 - Serious work related injury
 - Multi-casualty / disaster / terrorism incidents
 - Events with a high degree of threat to the personnel
 - Significant events involving children or family
 - Events in which the victim is known to the personnel
 - Events with excessive media interest
 - Events that are prolonged and end with a negative outcome
 - Any significantly powerful, overwhelming distressing event

The program is peer-driven and the people giving the treatment may come from all walks of life, but most are first responders (Police, Fire, EMSs) or work in the mental health field.

All interventions are **strictly confidential**, the only caveat to this is if the person doing the intervention determines that the person being helped is a danger to themselves or to others



The emphasis is always on keeping people safe and returning them quickly to more normal levels of functioning. Normal is different for everyone, and it is not easy to quantify. Critical incidents raise stress levels dramatically in a short period of time and after treatment a new normal is established, however, it is always higher than the old level. The purpose of the intervention process is to establish or set the new normal stress levels as low as possible.

*“Helping ordinary people cope
with extraordinary events.”*

Critical Incident Stress Management is designed to help people deal with their trauma one incident at a time, by allowing them to talk about the incident when it happens without judgment or criticism.



The International
Critical Incident Stress
Foundation (ICISF)



Critical Incident Group Defusing

Defusing is provided within an 8-hour time frame after the traumatic experience. Occasionally an extraordinary powerful event may occur (i.e., death of a child), and this may necessitate the expansion of the time up to 12 hours.

The defusing will be ineffective if too much time has elapsed from the end of the traumatic exposure. If too much time has past, immediately plan for a Critical Incident Stress Debriefing (CISD).

ICISF strongly encourages the use of the defusing process when it is appropriate. Defusing has the distinct advantage of being applied very soon after the traumatic event when the group members emotional guards are down, and their needs are high.

A defusing is an opportunity to observe the symptoms of distress and make some decisions as to whether or not a debriefing is going to be required. If the personnel appear to have unfinished business, very intense reactions to the traumatic situation, or suppressed reactions when a stronger reaction would be typical, these conditions suggest that a CISD would be helpful.





Critical Incident Group Debriefing (CISD)

- Can happen days, weeks, or months after an incident
- It keeps people who experienced the event together
- It will last 1-2 hours with between 2-20 people
- It gives a voice to the experience and helps them see that the event is what could be causing symptoms

Peer to Peer



Checking in on a person

Listening

Confidential

It is meant to be short term

Help them understand the effects of trauma

Some other
trainings
offered by
ICISF:

Suicide

Resilience

Incident Command

NIMS (National Incident Management System)

Disaster Outreach

Psychological First Aid

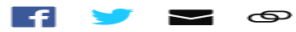
Why CISM? Law Enforcement Suicides:

- According to the Blue H.E.L.P organization:
 - In 2022 there were 105 suicides nationwide
 - 88 were police, 5 corrections officers, 11 were firefighters, and 1 dispatcher
 - In Pennsylvania there has only been 1 law enforcement officer death so far this year
- There were 632 law enforcement deaths across the nation in 2021, nearly 25% of those were self-inflicted.
 - Suicides ranked second among law enforcement deaths last year.
 - If you take out the number of deaths related to COVID-19, suicides would be the cause of 49% of law enforcement deaths.
 - “Cops are killing themselves at about two and a half times the rate the bad guys are killing us and that that’s concerning that should really put a lot of flags up for most law enforcement agencies,” said Dr. Tim Faulk, Alabama Law Enforcement Alliance for Peer Support (ALLEAP) Clinical Director.
 - Faulk says an officer involved in a high stress event has a 70% chance of suicide following the next incident if they do not seek any intervention.

March 31, 2022

1 officer killed, 2 others wounded during response to domestic incident in Lebanon, Pennsylvania

By Rob Frehse and Jennifer Henderson, CNN
Updated 6:18 PM EDT, Fri April 1, 2022



DA: Gunman opened fire at first opportunity

The officers were shot on March 31 while responding to a call on Forest Street.

Lt. William Lebo, a 40-year veteran who was just one month from retirement, was killed in the shooting. The other two officers were wounded.

At Thursday's news conference Graf released more information about what happened during the deadly exchange of gunfire between the officers and the gunman, who authorities have identified as [Travis Shaud](#), 34. Shaud was killed in the shootout.

"At his first opportunity, Shaud fired upon the officers. Police returned fire; Shaud was pronounced dead on scene," a statement from the DA's office said. "Lt. William Lebo sustained multiple gunshot wounds from Shaud's attack. While responding officers attempted life-saving measures, the Lieutenant's injuries proved too great. Lieutenant Lebo gave his life in the line of duty on March 31. Shaud struck two additional city officers with gunfire. Both officers were rushed to the hospital and received emergency medical care. Each officer remains stable and continues in his recovery at this time."



Police had initially responded to the home on the 1100 block of Forest Street after Shaud's stepfather reported that Shaud had broken into his home. Before entering, police talked to family members to learn the layout of the home, according to the DA.

"Lieutenant Lebo and other officers approached the residence's rear door. Lieutenant Lebo carried a police shield, drew his firearm, and announce police presence. He asked Shaud to show himself and come to the rear door. Three other officers stood behind Lieutenant Lebo. Shaud initially approached police but concealed his hands. He refused all police commands to show his hands, grabbed a loaded handgun and fired three rounds at police. His shots struck Lieutenant Lebo and Officer Derek Underkoffler. Neither man had the ability to defend himself or fire upon the suspect. Neither man possessed the ability to fend off the immediate evil he faced that day," a statement from the DA's office said.

The other officers took cover and returned fire. Graf said while Shaud was hit, he "continued with a hail of gunfire."

Officials said Shaud fired at least seven shots at the officers. They also said body camera video showed Shaud continued to shoot at the officers even after they were wounded.

Lebanon County Probation

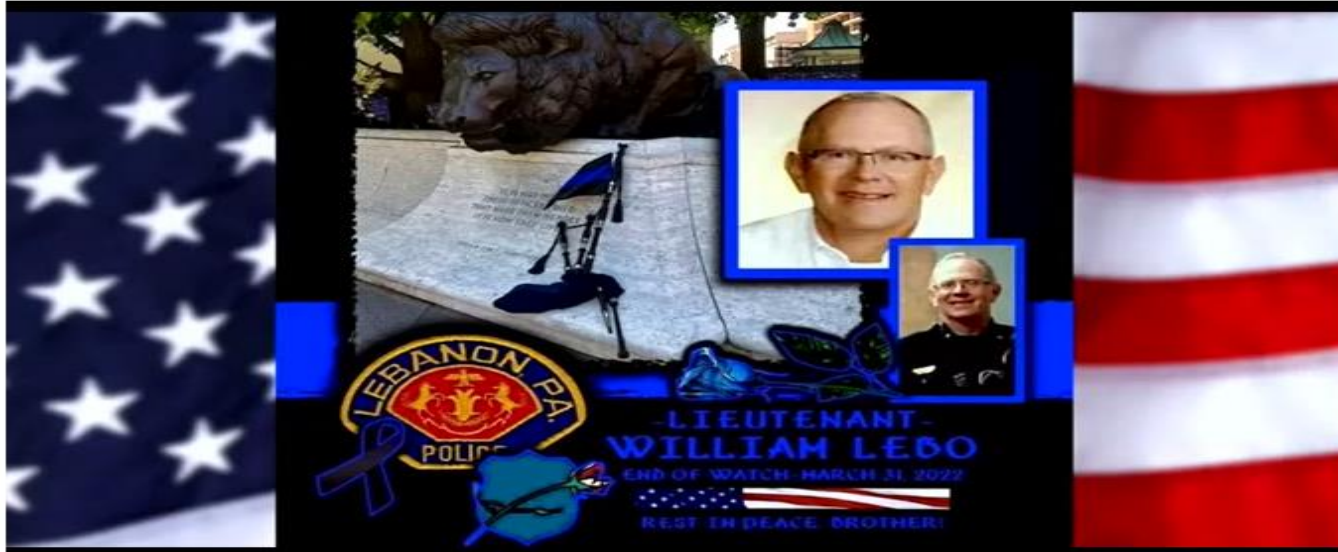
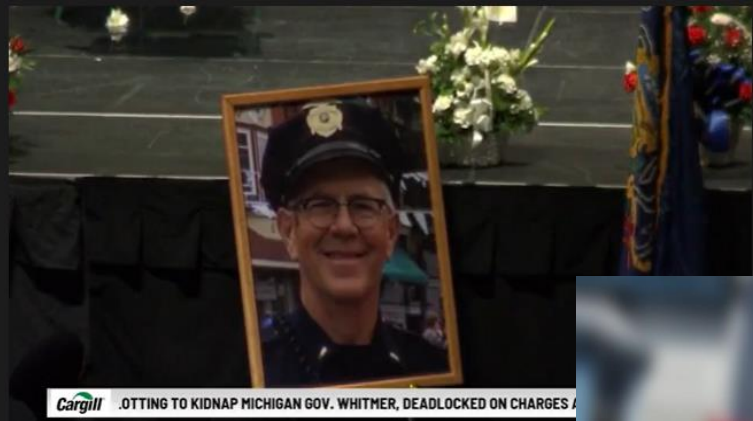
- Room clearing Training at Ft Indiantown Gap that day
- Just returned to the office
- Call came across the radio
- They ran to help!!!

April 8, 2022

STATE NEWS

Lt. William Lebo remembered during Celebration of Life

by: [George Stockburger](#)
Posted: Apr 8, 2022 / 07:32 AM EDT
Updated: Apr 8, 2022 / 05:10 PM EDT



April 8, 2022



Follow Through

Texts/calls to check in

Connected with them at the funeral

Dauphin County has 3 officers that just transferred over from Lebanon County. We checked in on them too.



© 2009 Paul Combs
ArtStudioSeven.com

IF ONLY IT WAS THIS OBVIOUS...