These are just some of the incidents for which CISM has provided support and assistance:

- Employee death
- Employee illness
- Employee injury on or off the job
- Assault on employee
- Loss of a loved one
- Loss of property (fire/accident)
- Work stress
- Family problems
- Help for first responders to inmate suicide, attempted suicide, death in custody

Team members have received training in individual and group crisis intervention which is endorsed by the International Critical Incident Stress Foundation.

Members of the Critical Incident Stress Management Team are here to help you in your time of need. Please don't hesitate to call or contact any member of the team if you need help or just someone to talk to.

ALL CONTACTS WITH CISM ARE COMPLETELY CONFIDENTIAL.

Helping DOCR employees recover from traumatic incidents and build resilience in the face of correctional stress.
IF YOU EXPERIENCE A TRAUMATIC EVENT

Even after the event is over, you may experience some strong physical or emotional reactions. It is completely normal for these reactions to occur and they may appear within hours or sometimes not until days or weeks later. Having someone to talk to about the event and your reactions can be very helpful to your recovery. Below are listed some common signs and symptoms of a stress reaction.

PHYSICAL SYMPTOMS: *

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Fatigue</th>
<th>Headache</th>
<th>Chest pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shortness of breath</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nausea/vomiting</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Muscle tremors</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increased heart rate</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Changes in appetite</td>
<td>Disrupted sleep</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Any of these may indicate a need for medical attention. When in doubt, call your doctor.

EMOTIONAL/BEHAVIORAL SYMPTOMS:

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Guilt</th>
<th>Irritability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anxiety/Panic</td>
<td>Agitation</td>
<td></td>
</tr>
<tr>
<td>Social withdrawal</td>
<td>Intense anger</td>
<td></td>
</tr>
<tr>
<td>Increased alcohol consumption</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

STRATEGIES:

Exercise, especially within the first 24-48 hours
Get plenty of rest.
Eat well and stay hydrated.
Limit caffeine and alcohol intake.

STRATEGIES:

Understand that you are having a normal reaction to an abnormal situation. Be kind to yourself.
Spend time with and talk to others. Encourage them just to listen without offering advice.
Don’t make any major life decisions or changes.

STRATEGIES:

Don’t try to fight the nightmares, flashbacks and intrusive thoughts. They are normal and will decrease over time.
Contact EAP for help at 1-855-350-1750 or online at guidanceresources.com