

Wayne State University

Frontline Strong Together Project, FST-5

Funded by

The State of Michigan

Group and Individual Incident Response Team Member Training for First Responders

Use the Sign-up Link to register and receive Frontline Strong Together Funding for the Training
A minimum of 10 first responders is required to conduct a course.

(Non-first responders are not covered by the Grant Funding.)

Once the required 10 first responders register for a training session it will open to non-first responders to attend.

Non-first responders registering for trainings and will be charged a registration fee of \$100.00 on the first day of the training unless they are a member of a MCRA Registered Team that provides support for First Responders.)

Location	Dates	Sign-up Link
Bloomfield Township Police Department 1153 Exeter Rd. Bloomfield Hills, Michigan 48302	August 15, 16, & 17 2022	https://forms.wayne.edu/62a8ddb624c/
Shelby Township Fire Department Station # 1 6345 23 Mile Road, Shelby Twp. MI 48316	September 7, 8, & 9, 2022	https://forms.wayne.edu/62bb0b4c4de92

Future Training Dates Sponsored by the Frontline Strong Together Project
will be released and
are dependent on MDHHS funding

For More Information contact: Patricia Dixon at dq6546@wayne.edu



FRONTLINE
STRONG
TOGETHER



Fire Police EMS Dispatch Corrections

Assisting Individuals in Crisis and Group Crisis Intervention Training

Course Description:

This 3-day course combines ALL of the content of ICISF's Assisting Individuals in Crisis & Group Crisis Intervention courses.

Crisis Intervention is NOT psychotherapy; rather, it is a specialized acute emergency mental health intervention which requires specialized training. As physical first aid is to surgery, crisis intervention is to psychotherapy. Thus, crisis intervention is sometimes called "emotional first aid". Designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum, this course will prepare participants to understand a wide range of crisis intervention services for both the individual and for groups. Fundamentals of Critical Incident Stress Management (CISM) will be outlined, and participants will leave with the knowledge and tools to provide several group crisis interventions, specifically demobilizations, defusing and the Critical Incident Stress Debriefing (CISD). The need for appropriate follow-up services and referrals, when necessary, will also be discussed.

This course is designed for anyone in the fields of Business & Industry Crisis Intervention, Disaster Response, Education, Emergency Services, Employee Assistance, Healthcare, Homeland Security, Mental Health, Military, Spiritual Care, and Traumatic Stress.

Program Highlights:

- Psychological crisis and psychological crisis intervention
- Resistance, resiliency, recovery continuum
- Critical incident stress management
- Evidence-based practice
- Basic crisis communication techniques
- Common psychological and behavioral crisis reactions
- Putative and empirically derived mechanisms
- SAFER-Revised model
- Suicide intervention
- Relevant research findings
- Large group crisis interventions
- Small group crisis interventions
- Adverse outcome associated with crisis intervention
- Critical Incident Stress Debriefing (CISD)

Course Objectives

- 1) Understand the natures & definitions of a psychological crisis and psychological crisis intervention.
- 2) Understand key issues and findings of evidence-based, and evidence-informed practice as it relates to psychological crisis intervention.
- 3) Understand the resistance, resiliency, recovery continuum.
- 4) Understand the nature and definition of critical incident stress management and its role as a continuum of care.
- 5) Practice basic crisis communication techniques.
- 6) Be familiar with common psychological and behavioral crisis reactions, including empirically derived predictors of posttraumatic stress disorder.

Assisting Individuals in Crisis and Group Crisis Intervention Training

- 7) Understand the putative and empirically derived mechanisms of action in psychological crisis intervention.
- 8) Understand and discuss the risks of iatrogenic “harm” associated with psychological crisis intervention and will further discuss how to reduce those risks.
- 9) Understand how the SAFER-Revised model may be altered for suicide intervention.
- 10) Understand and discuss the risks of iatrogenic “harm” associated with psychological crisis intervention and will further discuss how to reduce those risks.
- 11) Understand and discuss the ethical implications, risks and obligations of providing group and individual crisis response services
- 12) Define key crisis terms such as “critical incident,” “crisis,” and “crisis intervention.”
- 13) Define key stress management terms such as “stress,” traumatic stress,” and “Critical Incident Stress Management (CISM).”
- 14) Explain role of the comprehensive, integrated, systematic, and multi-component crisis intervention system, known as “Critical Incident Stress Management (CISM).
- 15) Understand the nature of “resistance,” “resiliency,” and “recovery” in the field of CISM.
- 16) List components of a CISM program to conduct group crisis intervention sessions.
- 17) Briefly describe the five elements of CISM’s strategic planning formula.
- 18) Explain the differences between informational and interactive group crisis intervention procedures.
- 20) Practice by participation in role-play scenarios, the Informational Group Crisis Interventions such as a) Rest, Information, and Transition Services (RITS) and b) Crisis Management Briefing (CMB).
- 21) Practice by participation in role-play scenarios, the Interactive Group Crisis Intervention such as a) Debriefing and b) Critical Incident Stress Debriefing (CISD).

Model Grin Training Schedule

Assisting Individuals & Group Crisis – Day 1	Assisting Individuals & Group Crisis – Day 2	Assisting Individuals & Group Crisis – Day 3
<p>8:00 am - 10:00 am (2.0 CEs)</p> <ul style="list-style-type: none"> • Introduction • Crisis Intervention and Critical Incident Stress Management: Key Terms and Concepts <p>BREAK 10:00 am – 10:15 am</p> <p>10:15 am - 12:00 pm (1.75 CEs)</p> <ul style="list-style-type: none"> • Psychological and Behavioral Reactions to Stressors <p>LUNCH 12:00 pm – 1:00 pm</p> <p>1:00 pm - 2:30 pm (1.5 CEs)</p> <ul style="list-style-type: none"> • Psychological and Behavioral Reactions to Stressors <p>BREAK 2:30 pm – 2:45 pm</p> <p>2:45 pm - 4:30 pm (1.75 CEs)</p> <ul style="list-style-type: none"> • Strategic Planning in Crisis Intervention and Critical Incident Stress Management 	<p>8:00 am - 10:00 am (2.0 CEs)</p> <ul style="list-style-type: none"> • SAFER-Revised (R) Model of Individual Crisis Intervention: Review • SAFER-(R) Practice Exercise <p>BREAK 10:00 am – 10:15 am</p> <p>10:15 am - 12:00 pm (1.75 CEs)</p> <ul style="list-style-type: none"> • SAFER-Revised (R) Model of Individual Crisis Intervention for Suicide: Review • SAFER-(R) for Suicide Practice Exercise <p>LUNCH 12:00 pm – 1:00 pm</p> <p>1:00 pm - 2:30 pm (1.5 CEs)</p> <ul style="list-style-type: none"> • Informational Groups: Review <p>BREAK 2:30 pm – 2:45 pm</p> <p>2:45 pm - 4:30 pm (1.75 CEs)</p> <ul style="list-style-type: none"> • Informational Groups: Practice 	<p>8:00 am - 10:00 am (2.0 CEs)</p> <ul style="list-style-type: none"> • Interactional Group: Review Defusing <p>BREAK 10:00 am – 10:15 am</p> <p>10:15 am - 12:00 pm (1.75 CEs)</p> <ul style="list-style-type: none"> • Interactional Group: Practice Defusing <p>LUNCH 12:00 pm – 1:00 pm</p> <p>1:00 pm - 2:30 pm (1.5 CEs)</p> <ul style="list-style-type: none"> • Interactional Group: Review Debriefing <p>BREAK 2:30 pm – 2:45 pm</p> <p>2:45 pm - 4:30 pm (1.75 CEs)</p> <ul style="list-style-type: none"> • Informational Groups: Practice Debriefing • Questions/ Evaluations/ Certificates