

## **PARTICIPANT HANDOUT CRITICAL INCIDENT STRESS DEBRIEFING**

You have been asked to participate in a Critical Incident Stress Debriefing. This type of meeting has been developed to assist people manage and to prepare for possible stressful reactions following critical incidents or traumatic experiences.

People often differ widely in their responses to critical or traumatic events. You do not have to be experiencing any particular difficulty to benefit from this meeting. It has been shown that debriefings, like the one you will attend, often help prevent effects of stress such as painful feelings or memories. Some people may feel more like talking than others. There are no specific expectations for you.

This meeting is confidential. No notes are kept. Only people affected by the incident and peer support members will be present. The CISM Team consists of Civil Air Patrol members who are trained in peer support and have valuable information to offer to you.

Confidentiality is binding not only for the Team Members who are here to assist you, but for all participants as well. To breach that confidentiality is to violate the trust of all who are present. Please do not discuss the reactions of the participants of the meeting.

The main part of the debriefing consists of a discussion of the critical incident that has taken place and the impact of the incident on you. The purpose of the meeting is to give you an opportunity for support, understanding and learning. The team's objective is to help you validate what you went through and to ventilate some of the intense reactions you may still be experiencing.

You will also learn about normal stress reactions people experience after a traumatic event to help prepare you for possible future reactions you may experience. You may experience some, several, or none of the reactions described for varying periods of time.

At the end of the Debriefing Meeting, you may have additional questions or comments. If there are any questions or information beyond what the debriefing team can offer, you will be referred to other resources which may be of help to you.

If you have additional questions after the debriefing, please notify the Team Leader and s/he will arrange any referral deemed necessary, or requested.

**THANK YOU FOR YOUR PARTICIPATION.**