

DISCLOSURE

In compliance with ACCME Standards for Commercial Support of CME activities...

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We have no relevant financial relationships to disclose.


OBJECTIVES

- Defining and understanding a critical incident.
- Understanding and implementing Critical Incident Stress Management (CISM).
- Utilization and implementation of the SAFER-R model.
- Understand how to report an incident to ATs Care and to the National Center for Catastrophic Sports Injury Research (NCCSIR).



WHAT IS A CRITICAL INCIDENT?

■ Any event, which has the ability to overwhelm the usually effective coping skills of an individual or individuals.



■ Sudden and unusual events, can escalate a strong emotional effect even on well-trained professionals.

HEADLINES IN NEW YORK



CJ M
WEST PO
JUN

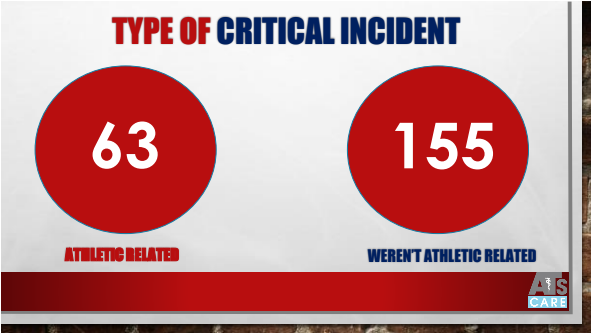
Missa Marchese
ham Wading River
June 2019

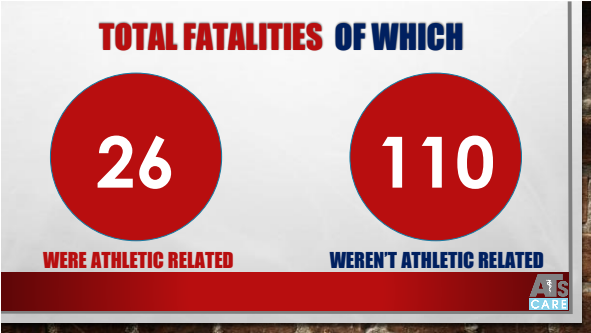
Quarterbacking Crisis Control

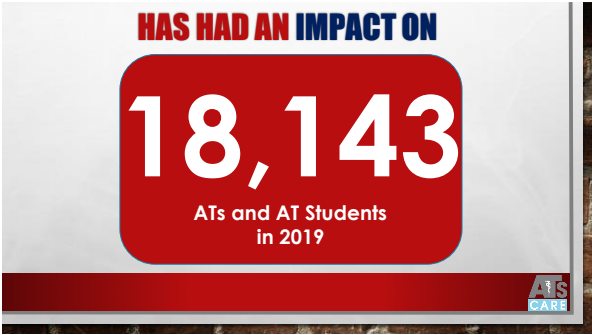
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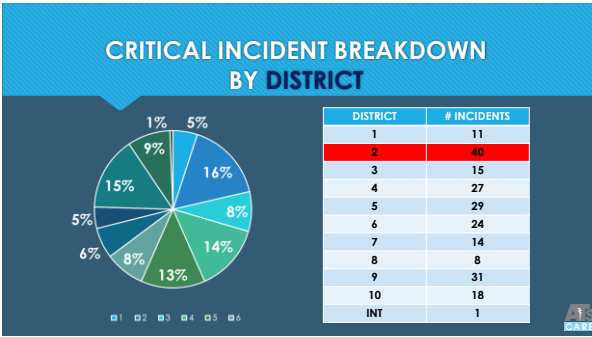
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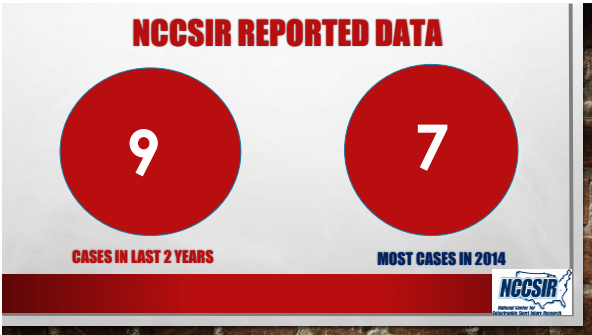


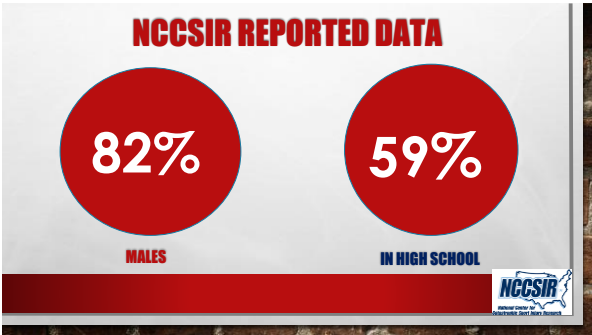


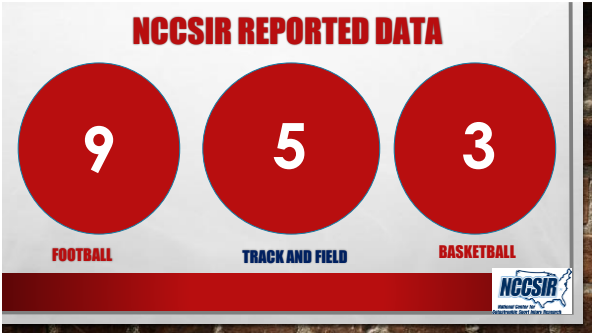


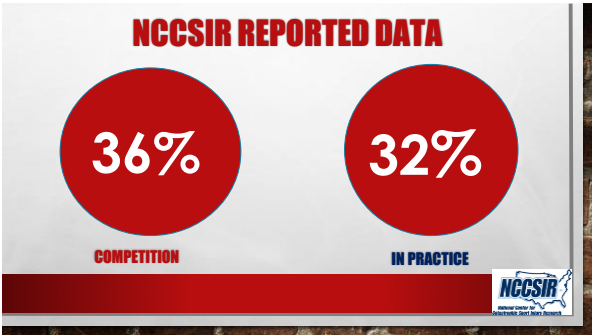


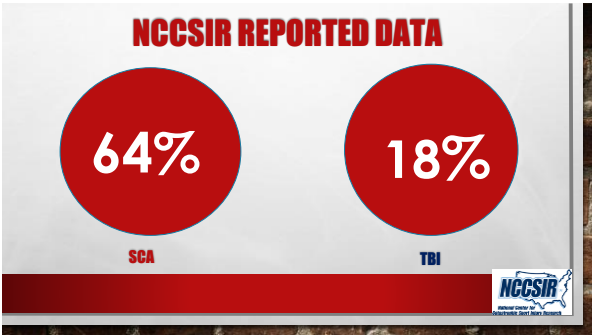


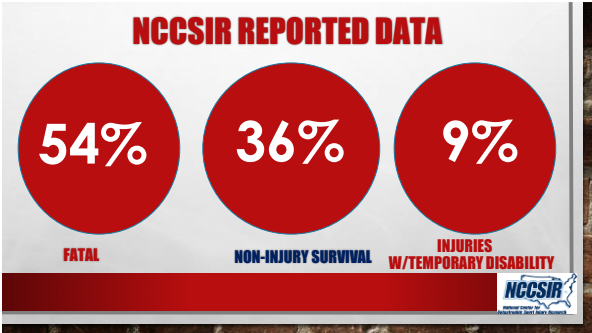












CRITICAL INCIDENT STRESS MANAGEMENT (CISM)

A COMPREHENSIVE, PHASE-SENSITIVE, AND INTEGRATED, MULTI-COMPONENT APPROACH TO CRISIS/DISASTER INTERVENTION.

■ **SIX CORE ELEMENTS:**

1. Strategic Planning
2. Assessment/Triage
3. Individual Crisis Intervention
4. Informational Group Crisis Intervention
5. Interactional Group Intervention
6. Fostering Personal and Community Resilience

(Everly & Mitchell, 2008, 2013)

SIX CORE ELEMENTS OF CISM

1. **STRATEGIC PLANNING**

■ Formulate a process:

- A. **Identify a target**
 - ✓ The athlete, coach, manager, athletic trainer, etc.
- B. **Identify the type of incident**
 - ✓ Injury or illness to individual themselves
 - ✓ OR to a family member, friend, teammate, etc.
- C. **Timing of the incident**
 - ✓ Time of season (Athletic and Calendar), year of education, etc.
- D. **Identify the theme of the incident**
 - ✓ Acute or chronic

(Mitchel, 2008)

SIX CORE ELEMENTS OF CISM

2. ASSESSMENT/TRIAGE

■ What is the psychological and behavioral reactions in the wake of the critical incident?

■ Am I concerned...

1. the individual may harm himself/herself?

2. the individual may harm others?

3. the individual is being harmed by someone else?

4. Did the individual make verbal or physical threats?

5. Is the individual exhibiting unusual ideas or disturbing thoughts that may or may not be due to substance use?

6. Does the individual have access to a weapon?

7. Is there potential for danger or harm in the future?

(Reichel, 2006)

(Everly, 2017)

SIX CORE ELEMENTS OF CISM

3. INDIVIDUAL CRISIS INTERVENTION

One on One intervention
(Psychological First Aid)

Essential element in the CISM approach

■ Remain calm

✓ Maintain calm body language and tone of voice.

■ Listen to the individual

✓ Allow him/her to express his/her thoughts. Provide him/her the opportunity to be heard.

✓ It's OK to have a moment of silence between you and the individual.

■ Avoid judging the individual

✓ Provide positive support.

■ Keep yourself safe

✓ Do not attempt to intervene if there is eminent threat of harm or violence.

(Everly, 2013)

SIX CORE ELEMENTS OF CISM

3. INDIVIDUAL CRISIS INTERVENTION (CONT..)

■ Keep others safe

✓ Keep a safe distance between the individual in distress and others in the area.

■ Alert designated school officials and/or colleagues

✓ Availability during the day (i.e. CMO, school counselor/nurse, school administrator, security/supervisor, etc.)

✓ Have the school contact the individual's parents or emergency contact.

■ Follow campus and department protocols and policies

(Everly, 2013)

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SIX CORE ELEMENTS OF CISM

3. **INDIVIDUAL CRISIS INTERVENTION (CONT..)**

If the individual seems volatile or disruptive, get help from a co-worker or other adult. Do not leave the individual alone, but do not put yourself in harm's way if he/she tries to leave.

- If you call 911, provide the following information:
 1. Individual's name and contact information.
 2. Physical description of the individual (i.e. height, weight, hair and eye color, clothing, etc.).
 3. Description of the situation and assistance needed.
 4. Exact location of the individual.
 5. If individual leaves the area or refuses assistance, note direction in which he/she leaves

(Everly, 2013)

SIX CORE ELEMENTS OF CISM

4. **INFORMATIONAL GROUP CRISIS INTERVENTION**

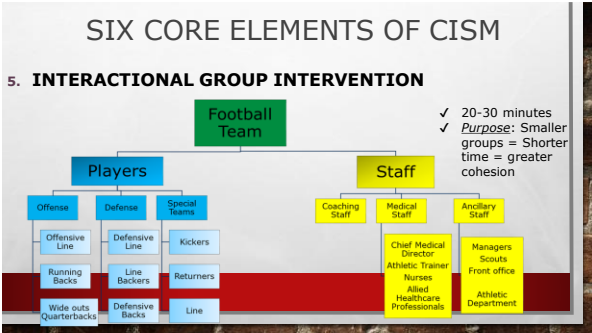
- Form a meeting area that can facilitate:
 - ✓ Social support
 - ✓ Mitigate dysfunctional rumors
 - ✓ Provide functional empowering information
- May be done within hours of the crisis event and repeated as often as necessary.
- Large or small groups

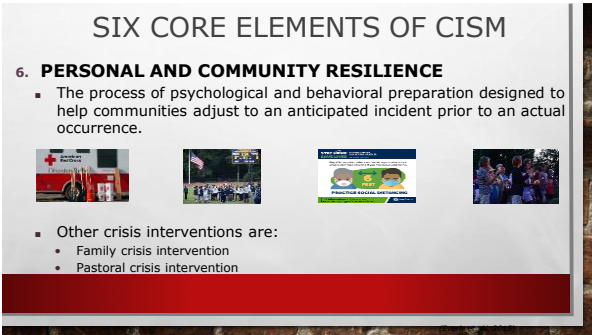
SIX CORE ELEMENTS OF CISM

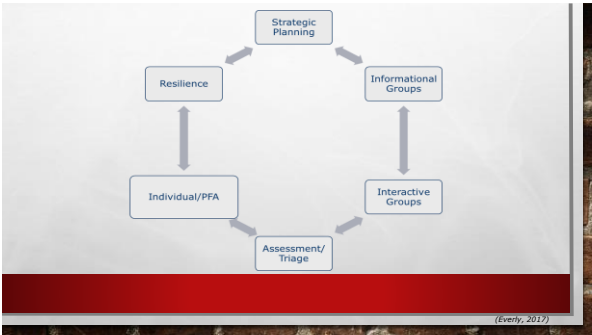
5. **INTERACTIONAL GROUP INTERVENTION**

- Defusing
 - ✓ 20-30 minutes at length
 - ✓ 3 phase semi-structured small group discussions
 - ✓ Small group of <20 individuals
 - ✓ Conducted within 12 hours of a critical incident
 - ✓ *Purpose:* Smaller groups = Shorter time = greater cohesion

(Mitchell, 2008)
(Mitchel & Everly 1993)






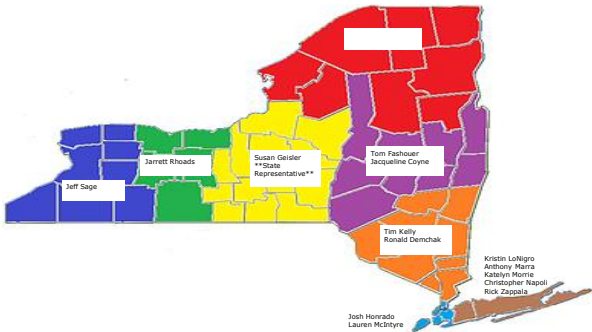


REPORTING TO NATA ATs Cares


- Add in information about the critical incident.
- Click on the submit button
- Katie Scott will then send the incident to the state leader. The appropriate ATs Cares team member will then reach out to the AT involved with the reported case.

Submit







Catastrophic Injury & Illness Reporting in 3 Easy Steps



National Center for Catastrophic Sport Injury Research



1) Go to sportinjuryreport.org

2) Click the orange box

3) Select a role from the drop-down box and complete the form

Quarterbacking Crisis Control

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You can also access the report form at our website

Website:
nccsir.unc.edu

kkucera@email.unc.edu

nccsir.unc.edu

919-843-8357




IT TAKES A VILLAGE TO OVERCOME AN INCIDENT!

- PEERS ARE HERE TO HELP!
- SPEAK TO YOUR ASSOCIATION REGARDING PEER-PEER SUPPORT GROUPS!



THANK YOU!



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