

Washington Critical Incident Stress Management Network's Annual Conference

Please reserve September 25-28, 2008 to join us at the Yakima Clarion Hotel for our conference. This year, we are offering the ICISF **Group Crisis Intervention; Individual Crisis Intervention and Peer Support; Families and CISM: Developing a Comprehensive Program; From Trauma to Addictions; Strategic Response to Crisis; and TEAM: Team Evolution** and

Management courses on Thursday and Friday. Whether you'd like to tackle some basic or advanced topics in CISM or review the latest CISM information, please join us.

The Education Committee has scheduled several speakers to present on a variety of topics on the weekend. See the schedule below for a tentative schedule of conference events.



September 27-28, 2008 General Conference Session – Tentative Schedule

“Take Care of Yourself so You Can Help Others”

Saturday, September 27, 2008

- 7:00 Registration
- 8:00 Welcome: President Felix Moran
- 8:15 Turning Stress Into Positive Energy – JoAnn Nai-Che
- 10:15 Break
- 10:30 CISM at Metro Transit – King County Metro Team
- OR
- The Comeback of the Things We Say – Vaughn Donaldson
- 12:00 Lunch – buffet provided by WA CISM Network
- 1:00 General Membership Meeting
- 1:30 Spiritual Beliefs and CISM – Michael Hoover
- OR
- Line of Duty Death – Strategic Planning Workshop – Paul Jockimo
- 3:00 Break
- 3:15 CISM Under Attack: What Can We Learn? – Patricia Tritt
- OR
- The Impact of Disasters on First Responders and Civilians – Anne Balboni

Sunday, September 28, 2008

- 7:00 Registration Check-in
- 8:00 Fun & Games: Laughter is Great Medicine – Michael Hoover
- 9:30 Break
- 9:45 When Caring is Not Enough – Paul Jockimo
- OR
- Team TLC – Patricia Tritt
- 11:15 Follow-Up General Meeting - elections
- 12:00 Lunch - buffet provided by WA CISM Network
- 1:00 Combat Stress: Serving Our Nation's Defenders and Their Families – Dave Thomason
- OR
- Who Depends On You? Preparedness Begins At Home – Mary Schoenfeldt
- 2:00 Break
- 2:15 Celebrate the Significance of Peers – Anne Balboni

Registration fee must be **PAID** by August 10, 2008 to receive the early registration rate.

Pre-Conference September 25-26, 2008 (Thursday and Friday)

IMPORTANT NOTE: Once a two-day class has begun on Thursday, you may not switch to another class.

**Group Crisis Intervention (Previously known as Basic)
September 25 & 26, 2008**

Taught by Michael Hoover

The CISM: Group Crisis Intervention training program is designed to present the core elements of a comprehensive, systematic and multicomponent crisis intervention curriculum. The two day course prepares participants to understand a wide range of crisis intervention services including pre and post incident crisis education, significant other support services, on-scene support services, crisis intervention for individuals, demobilizations after large scale traumatic incidents, small group defusings and the group intervention known as Critical Incident Stress Debriefing (CISD). The CISM: Group Crisis Intervention course specifically prepares participants to provide several of these interventions, specifically demobilizations, defusings and the CISD. The need for appropriate follow up services and referrals when necessary is also described. Considerable evidence gathered to date strongly supports the multicomponent crisis intervention strategy, which is discussed in this course. The CISM: Group Crisis Intervention course is designed to specifically teach crisis intervention and Emergency Mental Health skills such as demobilizations, defusing, and CISD. At the completion of this course, participants will be able to: Define stress, CIS, and PTSD; List the 10 basic interventions of CISM; and Define and describe in detail the CISM group processes of Demobilizations, Defusings, and Debriefings. (14 Contact Hours; 14 CE Credits for Psychologists; 14 PDHs for EAPs; 14 CE Hours for Calif. MFTs & LCSWs; OR 1.4 general CEUs from UMBC)* Completion of The CISM: Group Crisis Intervention class and receipt of a certificate indicating full attendance (14 Contact Hours) qualifies as a CORE class in ICISF's Certificate of Specialized Training Program.

Day 1 :(8:30 a.m. - 5:00 p.m.)

- General, cumulative, critical incident stress and PTSD
- High risk populations: emergency services, military, other
- 'Critical Incidents' - death, injury, threat, terror, etc.
- Critical Incident Stress Management (CISM) fundamentals
- Core intervention tactics
- Demobilization
- Defusing of small groups

Day 2:(8:30 a.m. - 5:00 p.m.)

- Defusing Demonstration
- Essentials of group intervention, Critical Incident Stress Debriefing (CISD)
- Assessing the need for CISD
- Factors which enhance CISD success
- Question / Answer

**Individual Crisis Intervention and Peer Support
September 25 & 26, 2008**

Taught by Vaughn Donaldson

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." Crisis interventions

are typically done individually (one-on-one) or in groups. This program is designed to teach participants the fundamentals of, and a specific protocol for, individual intervention. The audience for this class includes both emergency services, military, and business/industrial peer support personnel without formal training in mental health, as well as mental health professionals, who desire to increase their knowledge of individual (one-on-one) crisis intervention techniques.(13 Contact Hours) Please note that this is a two day class. The topics listed below will be covered over the course of two days.

Day 1:(8:30 a.m. - 4:30 p.m.)

- The concept of CISM as a comprehensive crisis intervention program
- The role of the individual crisis intervention in the comprehensive CISM program
- Terms and concepts relevant to the study of crisis, traumatic stress and crisis intervention
- Differential utilities of selected crisis communication techniques
- Demonstration of selected crisis communication techniques
- Psychological reactions to crisis and trauma
- SAFER protocol for individual crisis intervention and it's role in comprehensive CISM
- Demonstration of the use of SAFER protocol for individual crisis intervention
- Review of common problems encountered while working with individuals in crisis

Day 2:(8:30 a.m. - 4:30 p.m.)

See the Day 1 list of topics. Day 2 will continue where Day 1 finished.

**Families & CISM: Developing a Comprehensive Program
September 25 & 26, 2008**

Taught by Thérèse Cobb, MSW, BCETS

How do CISM teams, emergency service professionals, agencies, and organizations provide critical incident stress management (CISM) services for families? Families are clearly identified as the vicarious victims of the tragedy and trauma that emergency workers and high-risk professionals experience on a daily basis. The extraordinary impact of critical incident stress (CIS) and secondary traumatic stress upon these family systems has been devastating to the integrity of the family.

Learn to identify the specific criteria for family response. This course will give CISM practitioners the tools they need to develop comprehensive programming for proactive, reactive and CISM maintenance for family services. Included will be an outline of agency protocols and LODD management criteria, suggestions and discussion of pre-incident education, and an overview of the unique needs of children. Families and CISM will also include demonstrations of the methodology of family intervention and the family debriefing models.

This course is vital for CISM teams, emergency service professionals, their spouses, significant others, families, organizational leaders, mental health professionals and clergy to establish and maintain an essential family component to CISM network systems. Upon completion of this course, participants will be able to: Define the CISM continuum for family support services; Identify and demonstrate the specific

criteria for a family response; List the development protocol for support services to families; Define the proactive versus reactive approach, to include agency protocols and LODD management; Demonstrate the family debriefing intervention models. (14 Contact Hours; 14 CE Credits for Psychologists; OR 1.4 General CEUs from UMBC)

Day 1:(8:30 am - 5:00 pm)

- Portrait of Emergency Service and High Risk Professional Families
- Understanding the Unique Stress / Stressors for Families
- The Family Continuum of CISM
- Rationale for CISM Services to Families
- Multi-Dimensional Programming
- Development of Family Support Services
- Spousal Academies/Auxiliaries/Support Organizations

Day 2:(8:30 am - 5:00 pm)

- Specific CISM Applications with Families
- Components for Line of Duty Death Application
- Special Considerations for Children's Reactions to Trauma
- Defining Peer Support Strategies
- CISM Team Response and Services
- Family Debriefing Models
- Demonstration Family Debriefing

From Trauma to Addictions September 25 & 26, 2008

Taught by: Paul Jockimo

This course explores the relationship between exposure to trauma and addiction. Those individuals that work in the "helping professions" are statistically at a greater risk for developing addictions. The use of alcohol, drugs and other activities as a means of self-medicating overwhelming job-related stress and chronic exposure to emotionally charged events is often common place. Personality traits and the human culture of "helpers" are reviewed, as well as issues of enabling and family dynamics. Good critical incident stress management MUST include an addictions component which addresses these dangers, and gives you the tools necessary to address these dependencies. Recovery for the "addict" family, community, and the workplace are also addressed.

Upon completion, participants will be able to:

- Discuss how the body and brain adjust to the adrenaline rush during a trauma
- Use their knowledge of interview techniques and general evaluations to effectively work with a peer experiencing addiction problems
- Describe the relationship between addictions, suicide, abuse of sick time, and the cost to family, employees and community
- List the many types of addictions and be able to recognize them.

(14 contact hours; 14 CE Credits for Psychologists; 14 PDHs for EAPs; 14 CE Hours for Calif. MFTs & LCSWs; OR 1.4 general CEUs from UMBC)

Completion of From Trauma to Addictions class and receipt of a certificate indicating full attendance (14 contact hours) qualifies as a SPECIALTY class in Workplace and Industrial Applications Specialty in ICISF's Certificate of Specialized Training Program

Day 1:(8:30 am - 5:00 pm)

- Addictions Issues of Concern
- Generalized Adaptation Syndrome
- Symptoms of PTSD, Alcoholism and Addictions
- Extremes of Human Stress • Assessing Incidents

Day 2:(8:30 am - 5:00 pm)

- Impact of Alcoholism Addictions
- Cost of Addiction
- Addiction and Suicide
- Enabling, Jackpots & Co-Dependency
- Belief Systems and Recovery
- Roads to Living Clean and Sober
- Living with Someone in Recovery

Strategic Response to Crisis September 25 & 26, 2008

Taught by: Anne Balboni PsyD, EMT I/C

Knowing what sequence of crisis intervention processes to use for which individuals or groups, at what times, and under what circumstances is crucial to all effective early intervention programs. The course will present essential information for the assessment of both crisis situations and the effects of critical incidents on people involved in those situations. Participants will learn to create an effective plan of action to assist those in crisis. Strategic planning and tactical decision making are emphasized, as are rationales for choosing one set of crisis intervention processes over another. Participants will complete a series of exercises designed to sharpen their assessment and crisis planning skills. This course builds confidence that crisis interventionists will make the right choices of interventions for the populations they are assisting under specific circumstances.

At the conclusion of this course, participants will be able to: Define strategic planning as it applies to crisis intervention; Outline the elements of the National Incident Management System and relate those elements to crisis intervention; Describe a comprehensive, integrated, systematic and multi-component crisis intervention program; Participate actively in a planning process designed to assist the participants in assessing target populations and in determining the type, timing and resources necessary to assist large numbers of people involved in a crisis; and Choose from a list the most important crisis intervention tactics to apply in a simulated complicated or large scale crisis event.

(14 Contact Hours; 14 CE Credits for Psychologists; 14 PDHs for EAPs; 14 CE Hours for Calif. MFTs & LCSWs; 14 Contact Hours for National Certified Addiction Counselors; OR 1.4 general CEUs from UMBC; Profession specific CEUs pending approval for Nurses. Please call ICISF for more details)*

Day 1:(8:30 a.m. - 5:00 p.m.)

- Crisis Intervention Strategy
- What is Strategic Planning?
- Elements of Effective Planning
- Steps in Developing the Plan
- Task Analysis

Day 2:(8:30 a.m. - 5:00 p.m.)

- Planning Exercises
- Planning Models
- Application of Tactical Components
- Discussion/Guidance

TEAM: Team Evolution and Management September 25 & 26, 2008

Taught by Patricia Tritt, RN, MA

Crisis intervention and critical incident stress management strategies and interventions can only be effectively delivered through a well-organized and orchestrated crisis response team. Team development and management skills are critical to the effective functioning of a crisis response team. This session will explore: leadership and management strategies; team development activities; team evolution considerations; preventative maintenance; learning from the past; and how to help teams remain healthy.

This course is designed for anyone in a team leadership position or who aspires to contribute to the organization or continued development of a crisis support, CISM, or peer support team. The program is essential to the development and maintenance of these programs.

Program Highlights:

- Framework for an effective CISM Team
- Appropriate policies and procedures for CISM Team operation
- Two management theories and the characteristics of each
- Steps in team development
- Key skills for successful leadership
- Methods to keep teams healthy
- Minimum standards for training of team members
- Barriers to team development
- Group dynamics that affect team operation
- Difficult team maintenance issues

*Two-Day Course: 8:30 a.m. – 4:30 p.m. 13 Contact Hours; 13 CE Credits for Psychologists; 13 PDHs for EAPs; 13 CE Hours for Calif. MFTs & LCSWs; 13 Contact Hours for National Certified Addiction Counselors; OR 1.3 General CEUs from UMBC**

Completion of "TEAM: Team Evolution and Management" and receipt of a certificate indicating full attendance (13 Contact Hours) qualifies as a class in ICISF's Certificate of Specialized Training Program.

Continuing Education:

Participants at courses taught outside of the confines of an ICISF-sponsored conference, such as the WA CISM Network Conference, taught by an ICISF approved instructor, will receive an ICISF Certificate of Attendance that proffers general (not profession-specific) Continuing Education Units (CEUs) from UMBC. ICISF is not able to extend the approvals it has received for the awarding of profession-specific CE to trainings that are outside of its control.

All ICISF attendance certificates are distributed on-site at the completion of each class to participants whose attendance has been verified by checking in at the Conference Registration Desk before 11:00 am daily. ICISF Certificates of Attendance will be distributed on the final day of each course.

NOTE: ICISF certificates of attendance are not proof of profession specific CE/Contact Hours.

REGISTRATION CANCELLATION POLICY

Refunds can be made only if requested in writing. A 75% refund will be provided only for registrants who send a cancellation notice postmarked no later than September 11, 2008. One person may substitute for another who is unable to attend on the condition that a letter from the original registrant authorizing the substitution accompanies the new registrant. In the event the Washington CISM Network finds it necessary to cancel a course because of insufficient registration or other reasons beyond our control, notice will be given to all registrants as soon as possible and a complete refund of registration fees paid will be given to all registrants affected. Refunds are paid in U.S. funds. Refunds will be postmarked by November 1, 2008. WA CISM Network also reserves the right to make instructor changes as necessary without prior notification.

Friends of Bill W. Meetings

There will be Friends of Bill W. meetings held Thursday evening and Saturday evening from 5:15 to 6:15. These will be Closed Topic meetings, open to anyone belonging to a 12 Step program. The location of these meetings will be posted at the conference.

Saturday Evening Entertainment

Saturday evening our own Board Member Esther Hankerson and her band "***Sister Ray***" will be performing for our enjoyment. Please plan on joining us for an evening of entertainment. More information will be posted and available during the conference.

Conference 2008 Registration
Washington CISM Network Annual Conference
September 25-28, 2008

1. Please print your registration information:

Name: _____
 Daytime Phone: _____
 Email: _____

Member #: _____
 Address: _____
 City, State, Zip: _____

2. Please **CIRCLE** your class choice (**only one**) and registration fee below:

Course Please see previous cancellation policy in brochure	Date	Member** Price before/after August 10	Nonmember Price before/after August 10
Group Crisis Intervention (formerly known as Basic)	September 25-26	\$220/\$245	\$235/\$260
CISM: Individual Crisis Intervention & Peer Support	September 25-26	\$220/\$245	\$235/\$260
Families & CISM: Developing a Comprehensive Program	September 25-26	\$220/\$245	\$235/\$260
From Trauma to Addiction	September 25-26	\$220/\$245	\$235/\$260
Strategic Response to Crisis	September 25-26	\$220/\$245	\$235/\$260
TEAM – Team Evolution and Management	September 25-26	\$220/\$245	\$235/\$260
Annual Conference Only	September 27-28	\$220/\$245	\$235/\$260
Annual Conference AND Group CISM	September 25-28	\$305/\$345	\$320/\$360
Annual Conference AND Individual Crisis Intervention & Peer Support	September 25-28	\$305/\$345	\$320/\$360
Annual Conference AND Families & CISM	September 25-28	\$305/\$345	\$320/\$360
Annual Conference AND From Trauma to Addictions	September 25-28	\$305/\$345	\$320/\$360
Annual Conference AND Strategic Response to Crisis	September 25-28	\$305/\$345	\$320/\$360
Annual Conference AND TEAM: Team Evolution & Management	September 25-28	\$305/\$345	\$320/\$360

**** Membership in WA CISM Network is free. Member Number or member application must accompany registration to be eligible for Member Price.**

PAYMENT MUST BE RECEIVED BY AUGUST 10 TO RECEIVE EARLY REGISTRATION RATE

CHECK ENCLOSED, payable to WA CISM Network VISA MASTERCARD

NAME AS IT APPEARS ON CREDIT CARD: _____
 CREDIT CARD NUMBER: _____ Exp. Date: _____
 SIGNATURE: _____

Lunch for registered attendees is provided by the WA CISM Network. Lunch is buffet style – no special meals are available. We do need to provide the hotel with a lunch count that is as accurate as possible. **Please indicate below the days you are planning to eat lunch with us.** If someone is joining you for lunch, you may purchase a ticket that morning.

Lunch Self	Thursday Yes/No	Friday Yes/No	Saturday Yes/No	Sunday Yes/No
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Please send registration and check or credit card information (payable to **Washington CISM Network**) to **WA CISM Network, 2103 Harrison Avenue NW #2425, Olympia, WA 98502-2607** or fax to **(360) 943-9087**.

Thank you for your interest in the WA CISM Network. If you have questions or concerns, please email Felix Moran at garda_600@wavecable.com or call (360) 840-0099.



WA CISM Network Membership Application

Mission Statement: To provide a network for Critical Incident Stress Management (CISM) teams in the State of Washington (and such other geographic areas as the Board may select) through planning, training, and informational exchange for the purpose of enhancing CISM for emergency services personnel.

Name

Address

City

State

Zip code:

Home Telephone (with area code)

Work Telephone (with area code)

Cell Phone (with area code)

Fax (with area code)

E-mail address

PRIMARY OCCUPATION (Please Check ALL THAT APPLY):

- | | | | |
|--|--|---------------------------------------|--|
| <input type="checkbox"/> Administrators | <input type="checkbox"/> Disaster Assistance Personnel | <input type="checkbox"/> Military | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Business & Industry | <input type="checkbox"/> EMS | <input type="checkbox"/> Nurse | <input type="checkbox"/> Other |
| <input type="checkbox"/> Clergy | <input type="checkbox"/> EAP Staff | <input type="checkbox"/> Psychologist | |
| <input type="checkbox"/> Communications | <input type="checkbox"/> Fire Service | <input type="checkbox"/> Physician | |
| <input type="checkbox"/> Counselor | <input type="checkbox"/> Law Enforcement | <input type="checkbox"/> School Staff | |

Department Name

Other

Explain:

How are you associated with CISM in Washington State?

MEMBER OF TEAM: Yes No

If Yes, Please Provide Team Name:

What resources do you bring to our organization that will assist in achieving our mission, i.e., experience, teaching, fundraising/financial, networking, computer skills, etc.?

Explain:

Member Signature

Date

Form must be signed by applicant and mailed to WA CISM Network, 2103 Harrison Ave NW #2425, Olympia WA 98502

The WA CISM Network

The mission of the Washington CISM Network is to provide a resource network for Critical Incident Stress Management teams throughout the state of Washington. Our goal is to enhance Critical Incident Stress Management for emergency services personnel and others through cooperative planning, training, and information exchange.

We have created a statewide mutual aid network and mobilization list. When a major incident which exhausts local resources occurs, such as hurricanes, wildfires, terrorist attacks, etc., teams on the mobilization list have pledged to respond and assist the local teams. Other events which might trigger a network response include incidents which may overwhelm a local CISM team, such as a line of duty death or the death of a team member, prolonged incidents, or requests for mutual aid from areas without a CISM team.

The State is divided into five major zones, each with its own Zone representative.



The Zone representatives are:

Zone 1	Terry Ferguson	(425) 238-6900
Zone 2	Dave Thomason	(360) 720-1809
Zone 3	Bill Hunt, Jr.	(509) 929-2911
Zone 4	Kristie Gow	(509) 869-8542
Zone 5	Mike Cobb	(509) 942-7362

Your Board officers are:

President, Felix Moran	(360) 840-0099
Pres.-elect, Kenni Braaten	(360) 388-6354
Secretary,	
Treasurer, Don Kelly	(360) 770-9950
Education Coordinator, Sue Knopes	(360) 943-9087

In addition, the Board has six Member-At-Large positions. These Board members may live in any Zone. They act as a resource for local CISM teams plus assist the Board in developing and implementing WA CISM Network objectives and practices.

Current Member-at-Large members are:

Mary Schoenfeldt	(360) 659-2271
Edward Madura	(425) 879-1708
Ron Renken	(509) 750-7308
Crickette Bonner	(206) 684-9263
Roger Rudikoff	(425) 327-6911
Esther Hankerson	(206) 909-9874

The Board has positions open for elections at this year's Annual Conference. Please contact Kenni Braaten, President-Elect & Nominations Coordinator, at gkbraaten@comcast.net or your Zone Representative or any Board Member if you are interested in running for a position.

If you are not a member of the Network, please consider submitting the enclosed application. **Membership is free and entitles you to a discount on conference registration.** In order to be in accordance with the by-laws, only registered members may vote at the meeting. All are welcome to attend.

Visit our WA CISM Network web page (www.wacismnetwork.org) for the latest on what is happening in the Network. Annual Conference information will be updated as necessary. Your Board members are also listed on our Web site, as well as useful links and additional training information.

Tim Ross Humanitarian Award

In the honor of unselfish acts and leadership by the late Tim Ross, WA CISM Network President (2002-2003), the Washington Critical Incident Stress Management Network Advisory Board has established the Tim Ross Humanitarian Award to recognize an individual or individuals who have exemplified the mission of the Washington State CISM-Net. The individual(s) must have made an outstanding contribution of significance to the improvement, promotion, development and/or progress of humanitarian acts of psychological support to emergency services personnel. To nominate an individual, please send correspondence to TRoss.Memorial@gmail.com stating why you think the person should be considered for this award.

This award will be presented annually at the Washington CISM-Net Conference based upon applications received the prior year. The recipient will receive a plaque and a tuition scholarship to the WA CISM Network Conference for the following year. More information may be obtained at our website: www.wacismnetwork.org.

Conference Hotel Information:

YAKIMA CLARION HOTEL & CONFERENCE CENTER
1507 NORTH FIRST STREET
YAKIMA, WA 98901
(509) 248-7850 or 1-800-896-7966

A limited number of rooms have been reserved at a special discounted rate of \$60.00 plus tax each standard room or \$75.00 plus tax for double for conference attendees. These rooms will be released August 24, 2008. Please call the hotel directly to reserve a room at (509) 248-7850 or 1-800-896-7966 by August 24, 2008.
<http://yakimaclarion.com/>.



Conference 2008
WA CISM Network
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Turning Stress into Positive Energy

CISM at King County Metro Transit

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Fun & Games: Laughter is Great Medicine

When Caring is Not Enough

Celebrate the Significance of Peers

Combat Stress: Serving Our Nation's Defenders and Their Families

For more information, contact
Felix Moran

garda.600@wavecable.com or call (360) 840-0099.

www.wacismnetwork.org
(NEW WEB PAGE)