

Washington Critical Incident Stress Management Network's Annual Conference

Please reserve September 23-26, 2010 to join us at the Red Lion Yakima Center Hotel for our conference. This year, we are offering the ICISF **Group Crisis Intervention; Individual Crisis Intervention and Peer Support; Grief Following Trauma; Line of Duty Death Preparing the Best for the Worst; and Suicide Prevention, Intervention, and Postvention** courses on Thursday and Friday. In addition, we are offering the **Green Cross class**

Field Traumatology 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 23-26, 2010 General Conference Session – Tentative Schedule

Saturday, September 25, 2010

- 7:00 Registration
- 8:00 Welcome: President Kenni Braaten
- 8:30 Resistance and Resilience in a Changing World – Patricia Tritt
- 10:00 Break
- 10:15 Code of Behavior and Characteristics for Crisis Responders – Patricia Tritt
OR
- 10:15 Beyond the Console – Paul Jockimo
- 12:00 Lunch – buffet provided by WA CISM Network
- 1:00 General Membership Meeting
- 1:30 CISM & Families – Terrie Cobb
OR
- 1:30 Critical Incident Stress Management in Native American Communities – Bruce Ramsay

Sunday, September 26, 2010

- 7:00 Registration Check-in
- 8:00 Compassion Fatigue: Risks and Rewards of Working with Traumatized People – Dr. Daniel Casey & Mary Schoenfeldt
- 9:30 Break
- 9:45 Current Suicide Trends – Dr. Daniel Clark
OR
- CISM in Department of Corrections – Tom Foley and Brenda McKinney
- 11:15 Follow-Up General Meeting - voting
- 12:00 Lunch - buffet provided by WA CISM Network
- 1:00 Follow-Up General Meeting – voting results
- 1:30 Children and Trauma – Nathan Ray
OR
- Behind the Badge – Gayle Frink-Schulz

Pre-Conference September 23-24, 2010 (Thursday and Friday)

RED LION HOTEL YAKIMA CENTER
607 E YAKIMA AVE
YAKIMA WA 98901
(509) 248-5900 or 1-800-RedLion

A limited number of rooms have been reserved at a special discounted rate of \$70.00 (single occupancy) plus tax for conference attendees. These rooms will be released September 1, 2010.

DIRECTIONS: FROM I-82. exit 33B or exit 33; get in lane marked Yakima Ave. Located 3 blocks on the right hand side of Yakima Ave.

Field Traumatology – Green Cross Academy Class September 23 & 24, 2010 – 2 DAY COURSE

Would you know how to support a victim of a disaster? Would you know when you yourself or a team member is suffering from “Compassion Fatigue”? Do you know the difference between Disaster Mental Health, CISM and Therapy? This 2 day class will answer those and many more questions.

Taught by Dr. Daniel Casey & Mary Schoenfeldt

Course Objectives and Content:

- History of Traumatology
- The continuum of stress responses and the cause of trauma
- Identify the risk factors for PTSD
- The impact of trauma on families, co-workers and other relationships
- Identify the phases of recovery from trauma
- Identify the role of spirituality in trauma response and recovery
- Understand the key concepts of field traumatology
- Understand the appropriate interventions and principals of disaster mental health, CISM and disaster stress management
- Understand psychological first aid and it's use, plus defusing and debriefing protocols and the appropriate use of each
- Function within the post disaster incident command system
- Assess the impact of trauma work on the caregiver and identify symptoms of burnout and compassion fatigue
- Apply prevention and self care strategies to facilitate professional effectiveness

Non Traditional First Responders (like Animal Control, Search and Rescue) and Volunteers (like CERT, RACES and MRC members) are often placed in a position of direct interaction with those who are emotionally impacted by sudden, unexpected events. Come learn how to help.

Group Crisis Intervention (Previously known as Basic) ICISF Class September 23 & 24, 2010 – 2 DAY COURSE Taught by Bruce Ramsay

Designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum, the Group Crisis Intervention course will prepare participants to understand a wide range of crisis intervention services. 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, defusings 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

- Relevant research findings
- Relevant recommendations for practice
- Incident assessment

- Strategic intervention planning
 - “Resistance, resilience, recovery” continuum
 - Large group crisis interventions
 - Small group crisis interventions
 - Adverse outcome associated with crisis intervention
 - Reducing risks
 - Critical Incident Stress Debriefing (CISD)
- Completion of “Group Crisis Intervention” and receipt of a certificate indicating full attendance (14 Contact Hours) qualifies as a class in ICISF’s Certificate of Specialized Training Program**

Individual Crisis Intervention and Peer Support ICISF Class September 23 & 24, 2010 – 2 DAY COURSE Taught by Terrie Cobb

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”. This program is designed for teach participants the fundamentals of, and a specific protocol for, individual crisis intervention.

This course is designed for anyone who desires to increase their knowledge of individual (one-on-one) crisis intervention techniques 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
- Risks of iatrogenic “harm”

Completion of “Individual Crisis Intervention and Peer Support” and receipt of a certificate indicating full attendance (13 Contact Hours) qualifies as a class in ICISF’s Certificate of Specialized Training Program.

Grief Following Trauma ICISF Class September 23 & 24, 2010 – 2 DAY COURSE Taught by Patricia Tritt

In the course of one’s career, it is inevitable that professionals will encounter traumatic death and loss issues both personally and professionally. Professionals often feel ill prepared to provide effective care throughout the grief process. This course will cover key grief and loss concepts relating to trauma and traumatic death. Participants will increase their knowledge of how trauma impacts the grief process and will gain skills for evaluating and supporting persons who have experienced traumatic death and loss.

This course is designed for anyone who works with people who experience grief and loss following a traumatic event.

Program Highlights

- Characteristics of trauma
- Clinical implications of grief

- Primary needs of victims
- What helps and what hurts
- Types of traumatic events
- Traumatic grief and grief reactions
- Death notification
- Applications of the SAFER model
- Supporting grieving people
- Personal self-care plan

Completion of “Grief Following Trauma” and receipt of a certificate indicating full attendance (14 Contact Hours) qualifies as a class in ICISF’s Certificate of Specialized Training Program

Line of Duty Death: Preparing the Best for the Worst ICISF Class September 23 & 24, 2010 – 2 DAY COURSE

Taught by Paul Jockimo

One of the toughest situations to face is the line of duty death. The administrative and logistical aspects of a LODD are often overwhelming to those individuals and agencies that are ill prepared. This course will address many of those issues as well as give special attention to pre-incident planning and proper follow-up services.

This interactive class has been designed to prepare Emergency Service providers, military personnel, school administrators, municipal officials as well as CISM teams who may need to address a Line of Duty Death.

Program Highlights

- Emotional and psychological impact of LODD
- Critical injury in the line of duty
- Line of duty death or injury notifications
- Additional resources for agencies/professions
- Administrative and logistical action plans
- Debriefing steps of a line-of-duty death process
- Stages of grief
- Cultural differences
- Care for the organization and the surviving family
- CISM components after a line of duty death/injury

Completion of “Line of Duty Death: Preparing the Best for the Worst” and receipt of a certificate indicating full attendance (13 Contact Hours) qualifies as a class in ICISF’s Certificate of Specialized Training Program.

Suicide Prevention, Intervention, and Postvention ICISF Class September 23 & 24, 2010 – 2 DAY COURSE

Taught by Daniel W. Clark, Ph.D.

Why do people kill themselves? How do I ask someone if they are feeling suicidal? What do I do if they say they ARE suicidal? How do I deal with the strong emotions suicide generates? This course will provide answers for these and other questions many of crisis interventionists have about suicide. It will provide participants with basic information about suicide as well as help participants develop practical skills for prevention, intervention and postvention. Small group role plays will allow participants to apply the suggested techniques as they are learned.

This course is open to anyone who wishes to learn more about intervening across the suicide spectrum. Professionals from 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 may all benefit.

Program Highlights

- Common myths about suicide
- Risk factors for suicidal behavior
- Frequent motivations for suicide
- Problem solving methods
- Effective intervention strategies
- Elements of effective postvention
- Elements of survivor grief
- Community referral sources
- “Mini-lecture” on suicide
- Feelings and reactions of suicide survivors

Completion of “Suicide Prevention, Intervention and Postvention” and receipt of a certificate indicating full attendance (14 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, 2010. 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, 2010. WA CISM Network also reserves the right to make instructor changes as necessary without prior notification.

Conference 2010 Registration
Washington CISM Network Annual Conference
September 23-26, 2010

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**	Nonmember
Group Crisis Intervention (formerly known as Basic)	September 23-24	\$240.00	\$275.00
CISM: Individual Crisis Intervention & Peer Support	September 23-24	\$240.00	\$275.00
Grief Following Trauma	September 23-24	\$240.00	\$275.00
Line of Duty Death: Preparing the Best for the Worst	September 23-24	\$240.00	\$275.00
Suicide Prevention, Intervention & Postvention	September 23-24	\$240.00	\$275.00
Field Traumatology	September 23-24	\$240.00	\$275.00
Annual Conference Only	September 25-26	\$240.00	\$275.00
Annual Conference AND Group CISM	September 23-26	\$340.00	\$375.00
Annual Conference AND Individual Crisis Intervention & Peer Support	September 23-26	\$340.00	\$375.00
Annual Conference AND Grief Following Trauma	September 23-26	\$340.00	\$375.00
Annual Conference AND Line of Duty Death	September 23-26	\$340.00	\$375.00
Annual Conference AND Suicide Prevention, Intervention & Postvention	September 23-26	\$340.00	\$375.00
Annual Conference AND Field Traumatology	September 23-26	\$340.00	\$375.00

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

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, c/o Sue Knopes, 1615 Prospect Ave NE, Olympia, WA 98506 or fax to (360) 943-9087.

Thank you for your interest in the WA CISM Network. If you have questions or concerns, please email Sue Knopes at sknopes@hotmail.com or call (360) 943-9087.



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

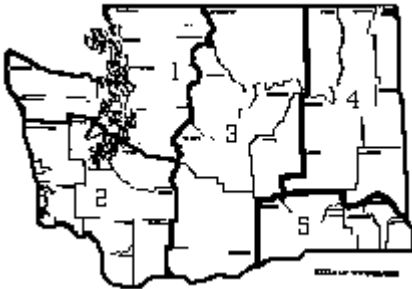
Form must be signed by applicant and mailed to WA CISM Network, 2103 Harrison Ave NW #2425, Olympia WA 98502

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 Pam Selz	(360) 710-4557
Zone 3 Bill Hunt, Jr.	(509) 929-2911
Zone 4 Kristie Gow	(509) 869-8542
Zone 5 Karen Shreve	(509) 760-1973

Your Board officers are:

President, Kenni Braaten	(360) 388-5354
Pres.-elect, Ron Renken	(509) 750-7308
Secretary, Barb Arnett	(509) 710-6039
Treasurer, Brian Carlson	(509) 899-1677
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
Tammy Hewlett	(509) 750-7940
Crickette Bonner	(206) 684-9263
Esther Hankerson	(206) 909-9874
Judi Wheeler	(509) 972-0761

The Board has positions open for elections at this year's Annual Conference. Please contact Ron Renken, President-Elect & Nominations Coordinator, at rrenken@co.grant.wa.us 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 gkbraaten@comcast.net 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.