



# Critical Incident Stress Management For Industry

## What

Peer support is emotional and practical support between two people who share a common experience. A Peer Supporter has lived through that similar experience and is trained to support others. CISM is more than just response - it builds proactive resiliency to help keep healthy people healthy.

**RESISTANCE - RESILIENCE - RECOVERY**

## Why

The Critical Incident Stress Management (CISM) framework plays a vital role in the mental health continuum through peer-to-peer interactions. SDMAP has opted to become a member of the **Alberta Critical Incident Peer Network (ACIPN)** as it is grounded in evidence and overseen by a Clinical Director. Numerous heavy industry entities and our collaborating municipal fire services are also affiliated with ACIPN.

## Who

CISM is currently targeted at a specific audience within heavy industry as they have unique needs and experiences. They are also at higher risk for psychological harm due to the nature of emergency response:

- **Full time industrial firefighters**
- **Operators on industrial brigade teams**
- **Incident Management Teams / EOC members**

## Why Mutual Aid?

Shared resources and expertise across multiple agencies create a more comprehensive support network, enabling quicker responses to critical incidents, reducing stigma, and ensures uniform care for personnel. Managing CISM within mutual aid enhances the program's effectiveness. **CISM resourcing aligns with the purpose and current service offerings within industrial mutual aid.**

## How

A CISM Steering Committee was established to work through the implementation process. Once operational, **SDMAP and ACIPN will provide administrative support** to the program for ongoing sustainability.

## When

Initial Team CISM Training:

- **December 2, 3, 9 and 10th, 2024**
- Team completes continuous education online on a routine basis (approx. one hour every six weeks)



# Critical Incident Stress Management For Industry



## Member Benefits



### Supports Existing Mental Health Programs

Peers become champions, advocates, and support navigators to link those in need to additional support offered by individual organizations such as EAP. CISM fills the gap on the mental health support continuum. "CISM for Leaders" orientation is available to bridge CISM into existing corporate programs.



### Protect Our Greatest Asset: People

CISM programs provide structured support to reduce long-term psychological effects of traumatic incidents.



### Program Managed by Mutual Aid with Ongoing Support from ACIPN

Sharing responsibility across the mutual aid group ensures the program's long-term viability. Protocols are developed and managed jointly with ACIPN, ensuring cost efficiencies and relevance.



### Mutual Aid Value-Add Service

A new service as part of existing mutual aid fees. Running the program through mutual aid allows for shared costs, personnel, and expertise, making it more cost-effective and accessible to all members.



### Cost Effective

Through mutual aid, initial training costs are shared. Membership in ACIPN is free, and additional services can be added if desired.



### Internal Compliance with ERP

Numerous industries prioritize mental health in their ERPs to effectively address the psychological impacts of emergencies. CISM programs build resilient workforces and help manage stress and recovery from critical incidents, ensuring compliance with internal requirements.



### Organizational Neutrality

Using CISM in a mutual aid group promotes neutrality, provides external support, reduces internal pressures, protects confidentiality, and aligns with the peer-to-peer model, which is an international gold standard.