



CHRISTIAN CHAPLAINS  
& COACHING



Workshop Title  
3 Pillars of Ministry Plus  
Critical Incident Stress Management Training

Presented by  
Christian Chaplains & Coaching and Lake CISM

James Kirkland and Fuzzy Lake

**GOD OUR  
PROVIDER**

Phil 4:19 And my God will meet all your needs according to his riches in glory in Christ Jesus.

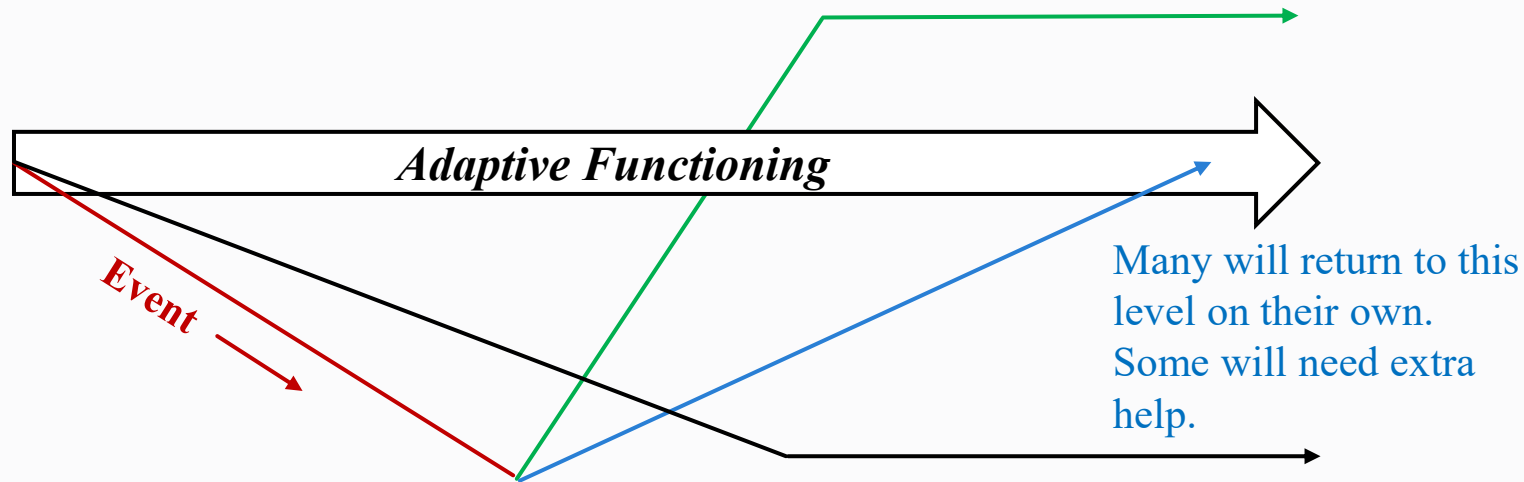
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# Critical Incident Stress Management in New Applications

What does that mean to you?

Fuzzy Lake, MDiv

With pre-incident planning and teaching, it is possible to build resistance and resilience to traumatic events.

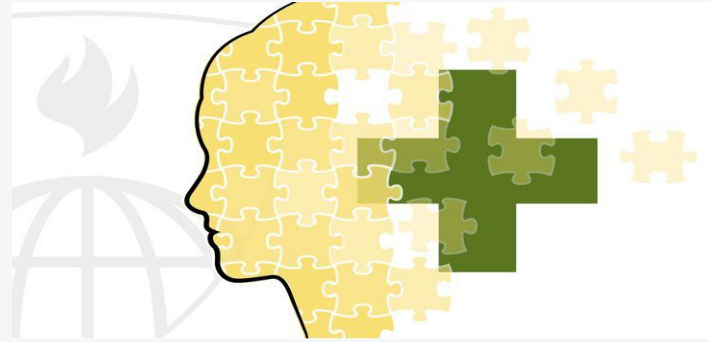


Many will return to this level on their own.  
Some will need extra help.

Normal Functioning is lessened.  
PTS  
(Post Traumatic Stress)

Cumulative Stress causes us to think this is normal.

# What is it?



*Psychological First Aid* may be defined as a compassionate and supportive presence designed to

- 1) stabilize acute distress
- 2) mitigate acute distress (instill hope), and
- 3) facilitate access to continued mental health care, if indicated.

PFA is a subset of Psychological Crisis Intervention.

(adapted from Everly and Flynn, IJEMH, 2005)

# Important!

Crisis intervention targets the \_\_\_**Response**\_\_\_,  
not the \_\_\_**Event**\_\_\_, per se.

Thus, crisis intervention and disaster mental health interventions must be predicated upon assessment of need.

The amount of the crisis, or the amount of the effect from the crisis,  
is subjective.

Started out in 1983 with first responders only. Now we use it to deal  
with not only first responders, but those in recovery, people who are  
grieving, and what we lovingly call, “Last Responders”.

No reason this approach could not be tailored to every aspect of the  
prison chaplain continuum.

# Helpful Concepts

- ✓ 15 minute rule
- ✓ 3 contact rule
- ✓ WAIT (S)
- ✓ 30 Minute Rule (FL)

CISM uses peers to help peers work through their symptoms associated with stressful events.

We find a very large percentage of those taking the class to learn more about CISM, when being surveyed 2 years later, are doing better in post class life.

Then Lake Cism has developed another intervention that was born out of the need of having something that would help alleviate the cumulative stressors of the everyday job.

Thus the H.E.L.P.S. in Crisis, or (Helping Everyone Learn Practical Solutions in Crisis) was born.

H.E.L.P.S. in Crisis is an intervention that can be done with one person or a group up to eight people walks them through the PFA of the everyday stressor.

Usually takes less than 20 minutes and can be done multiple times a day or week for multiple events.

For more information, check out  
training opportunities at

<https://lakecism.com/ccc/>



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