

What is a Critical Incident?

Any high-stress event that impacts responders, including:

- Line-of-duty death or injury
- Death of a child or colleague
- Multiple casualties
- Suicide of a team member
- Media scrutiny
- Preventable or traumatic outcomes

Request CISM:

- After a critical event
- When team members show signs of distress

HOW TO REQUEST HELP 24/7



LANCASTER COUNTY DISPATCH



(717) 664-1190 or (800) 691-3473



lancastercism@gmail.com



CISM Team of Lancaster
PO Box 219
Manheim, PA 17545

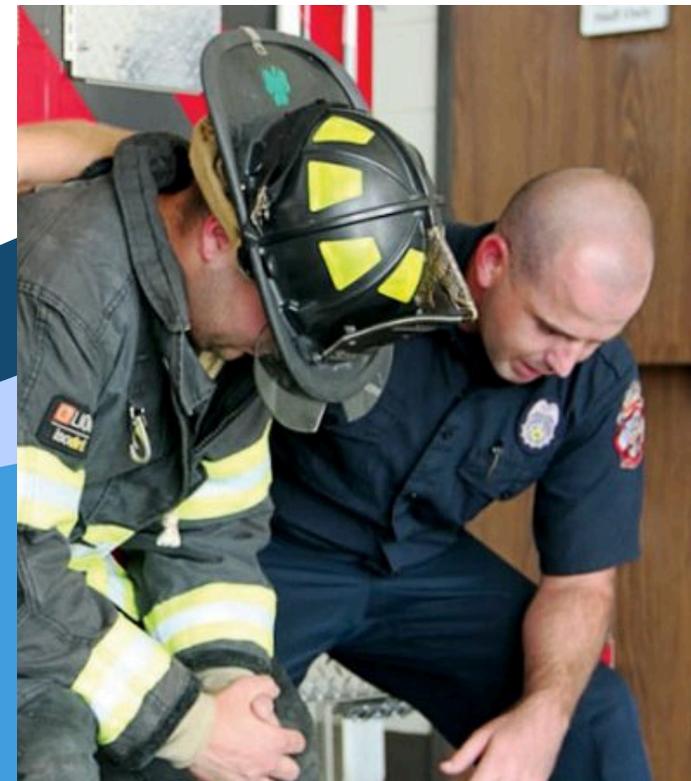
CLINICAL DIRECTOR:
KENNETH M. RALPH, PH.D.
For more information, please email
lancastercism@gmail.com

LANCASTER COUNTY CISM TEAM



CRITICAL INCIDENT STRESS MANAGEMENT

Supporting emergency personnel through crisis recovery.



Common Signs of Critical Incident Stress...

- **Emotional:** Grief, anxiety, irritability, hopelessness.
- **Cognitive:** Poor concentration, intrusive thoughts, memory issues.
- **Behavioral:** Withdrawal, insomnia, appetite changes, increased substance use.
- **Physical:** Fatigue, nausea, chills, shortness of breath.
- **Spiritual:** Anger at God, crisis of faith, loss of connection.

OUR SERVICES

- On-Scene Support
Support and monitor stress reactions during or immediately after incidents.
- Defusing (Same Day)
Brief group discussion –helps responders decompress before going home.
- Debriefing (24-72 Hours Later)
Group session to process the event. We encourage all involved to attend, even those less affected. Your perspective may help others.
- 1-on-1 Support
Private conversations with peer or clinical team members to normalize reactions and reduce symptoms.



OUR MISSION

- Help 1st responders understand that their reactions to critical incidents are common.
- Minimize emotional, physical, and work-life impact of critical incident stress.
- Promote resilience and mutual support among emergency responders.