



## Arrowhead Critical Incident Stress Management (CISM) Team

The Head of the Lakes CISM Program is now known as **Arrowhead CISM Team**. We continue to offer, at no charge, stress debriefings and defusings in addition to training sessions in pre-incident resiliency and stress management skills. In 2015 we are celebrating 25 years of support to emergency responders.

We serve the eight county Region of NE Minnesota and Douglas County, Wisconsin. The 45 individuals on our volunteer Team have a wide range of experience including mental health, EMS, fire service, rescue, hospital, law enforcement and dispatch.

Throughout our 25 years we have served our region's public safety and patient care providers with the following mission: enhancing the ability of emergency personnel to recover from emotionally high-risk responses and difficult events in their communities. Thank you for partnering with us in the past to provide support for those who risk themselves to make our communities safer.

At this time, please consider making a donation to support the **Arrowhead CISM Team**. Help us to assure the continued care of our emergency personnel, addressing their emotional health, and accelerating their recovery from over-whelming events and situations.

For additional information, contact us through Arrowhead EMS Association at [218-726-0070](tel:218-726-0070) (Or 800-247-1283 MN only) or at [www.arrowheadems.com](http://www.arrowheadems.com). Requests for educational sessions can be made by e-mail at: [cism@arrowheadems.com](mailto:cism@arrowheadems.com).

Sincerely,

**Arrowhead CISM Team**

March 2015

***Important to Note** - The phone number to request our Team following an event has changed. The new number is a 24-hour direct line to St. Louis County Communications. They will put the requesting agency in touch with an on-call coordinator from the Arrowhead CISM Team: **218-625-3581***

Please make your tax deductible donations payable to:

**Arrowhead EMS Association / CISM Team**

4219 Enterprise Circle

Duluth, MN 55811-5719

*For donations via credit card, please call the AEMSA office directly: 218-726-0070*