

Association of Minnesota CISM Programs

MN-CISM: Critical Incident Stress Management for Emergency Service Providers

Contact Information Updated: Jan. 2025

Central MN CISM Program

24 hours: **800-556-4911** (direct service requests only)

Program information & education requests: 320-259-3948

Counties Served: Cass, Wadena, Crow Wing, Todd, Morrison, Mille Lacs, Kanabec, Pine, Stearns, Benton, Wright

Arrowhead CISM Team

24 hours: **218-625-3581** (direct service requests only)

Program information & education requests: 800-247-1283 or 218-726-0070 (AEMSA)

www.arrowheadems.com/programs-projects/arrowhead-cism/

Counties Served: St. Louis, Carlton, Lake, Cook, Aitkin, Itasca, Koochiching, Douglas in WI

Metro CISM Team

24 hours: **612-347-5710** (direct service requests only)

Program information & education requests: 612-207-1130

www.metrocism.org

Counties Served: Hennepin, Ramsey, Washington, Isanti, Chisago, Carver, Scott, Dakota, Sherburne, Anoka

South Central MN EMS CISM Team

24 hours: **507-526-6180** (direct service requests only)

Program information & education requests: 507-257-3224

Counties Served: Sibley, Nicollet, Brown, Le Sueur, Blue Earth, Waseca, Faribault, Martin, Watonwan

Southeastern MN CISM Program

24 hours: **800-237-6822** (direct service requests only)

Program information & education requests: 800-850-3397

Counties Served: Rice, Goodhue, Wabasha, Steele, Dodge, Olmsted, Winona, Freeborn, Mower, Fillmore, Houston

Southwest MN CISM Program

24 hours: **507-537-7666** (direct service requests only)

Program information & education requests: 507-537-9677

Counties Served: Big Stone, Swift, Kandiyohi, Meeker, Chippewa, Lac qui Parle, Yellow Medicine, Renville, McLeod, Lincoln, Lyon, Redwood, Pipestone, Rock, Cottonwood, Murray, Jackson, Nobles

NW MN - Polk County CISM Team (Based in Polk County Sh. Dept.)

24 hours: **218-281-0431**

Counties Served: Polk. May also serve Kittson, Roseau, Lake of the Woods, Marshall, Beltrami, Pennington, Red Lake, Clearwater, Mahnommen, Norman, Hubbard

North Central - Beltrami/Bemidji

24 Hour: contact number pending

Program Information and Education requests: 218-407-0596

Counties Served: Beltrami, Clearwater, Hubbard, Roseau

West Central CISM Team

24 hours: **218-347-1699**

Counties Served: Becker, Clay, Wilkin, Otter Tail, Grant, Douglas, Traverse, Stevens, Pope

Note: *Types of CISM services available from each team, as well as populations served, may vary. For more specific information, contact the team or program listed for your response area.*

MN CISM Mission: To provide support and networking opportunities for Minnesota's peer-based regional and local volunteer critical incident stress management (CISM) teams and to promote and encourage statewide availability of services which support emergency service and public safety personnel, both volunteer and paid, in managing difficult responses and career related stressors.

The Role of CISM Teams:

Emergency service personnel encounter situations and events that are stressful and hazardous to their physical and emotional health. They can be routinely exposed to human tragedy, are required to make life and death decisions, and their own safety can be compromised at any time while protecting their community.

For the most part, they are able to cope with these circumstances and move on to the next response, often not recognizing or addressing the impact on them personally. They may dismiss these stressors as just part of the job they signed on for. Yet some difficult events may produce strong reactions that impair the ability to function normally on the job or at home. As a result, healthy coping skills coaching or support from others may be needed. Using a variety of services, CISM Teams provide some of that needed support and teach responders how to develop resilience and survival skills.

Some types of events more likely to have a profound impact include the following:

- Child death or injury including children witnessing an event
- Victim is known to or is family or coworker of responders
- Motor vehicle crash (MVC) death or severe injury
- Responder activity contributed to a death or injury
- Natural disasters or response in severe weather environments
- Dispatch and communication related challenges or stressors
- Threats, a dangerous scene, or safety issues for responders
- Severe physical trauma or challenging injury management
- Line of duty death (LODD) or injury of a dept. member
- Suicides
- Officer involved shooting (OIS)
- Prolonged event or actively evolving
- Crime related death or injury (incl. mass shootings)
- Difficult or challenging medical or illness event
- Command or inter-agency conflicts at a scene
- Cumulative or multiple event build-up over time
- 1st time experience/challenge for new responders
- Multiple casualty incidents (MCI)

Important to Know About CISM:

CISM teams, and responders who request and participate in CISM activity, are protected and proceedings are considered confidential and private data by Minnesota Statute **181.9732** (y2021).

Regional CISM teams are composed of mental health professionals and emergency service peers who are volunteers from virtually all emergency response disciplines. The services offered by these regional MN-CISM member teams are provided at no cost to responders. Many of the regional CISM teams in Minnesota have been providing support to emergency service personnel for over 30 years.

Each team offers a variety of programs and services, pre- and post-event, which might include:

- Group critical incident stress debriefings (CISDs)
- Group or individual event defusings
- Crisis management briefings (CMBs)
- Educational programs
- One-on-one peer support