



Update from Your Critical Incident Stress Management Team

As we transition to a new season which often brings new routines, the CISM team sends a few friendly reminders.

With back to school season, we invite you to bring us into your classroom with an Education and Awareness workshop! Our “CISM 101” presentation takes approximately one hour and encourages discussion about stress and Critical Incident Stress. We also share methods to work through stress reactions, and tools the CISM team can use to support after a critical incident. Email cism.training@rcmsar.com to learn more and book a presentation for your station.

Understanding stress reactions and different types of stress helps us recognize and work through what we can experience as RCMSAR members. For example, cumulative stress can fill our “stress bucket” more slowly than a critical incident, but is sometimes felt strongly when our pace slows down. Even if your boat isn’t on the water as often moving into fall, we recommend making time for social connection, within or outside of your RCMSAR team.

It is also known that social connection can be suicide prevention, and on that important note, we want to acknowledge that it is Suicide Awareness Month. Our team is thinking of and grieving with everyone who has lost someone to suicide. In all months, we encourage you to be direct when checking in with others about mental health and to not be afraid to reach out; you may be the difference in someone’s life.

You are RCMSAR’s most valuable asset, and the CISM team is here to support you however needed. To learn more about CISM and our program, see:

- [RCMSAR CISM Program Webpage](#)
- [From our BC Search and Rescue Association Partners: CISM Video Series](#)
- [BC First Responders’ Mental Health Website](#)

To request CISM support, email cism.request@rcmsar.com.

Sincerely,

RCMSAR CISM Team

Dale S. (Station 59), Doug K. (Station 5), Doug W. (Station 106), Erin H. (Station 37), Grace T. (Station 2), Jennifer R. (Station 27), Ken S. (Station 25), Monica S. (Station 33), Rona T. (Station 5), Ruth S. (Station 27), Sean S. (Station 4), & Stephen A. (Station 29).

