

## MEMO

**Date:** May 15, 2020

**To:** Mental Health Providers, Organizations and Supports

**From:** Ben Fry - Interim Chief Operations Officer, Mental Health and Addictions  
Shared Health

Dr. Jitender Sareen - Provincial Specialty Lead for Mental Health and Addictions

**Re: One Day Critical Incident Stress Management (CISM) Training for Pandemic Response**

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Across Manitoba, managers and teams have asked how best to support their staff through the increased and prolonged stress of the coronavirus (COVID-19) pandemic. Requests for additional Critical Incident Stress Management (CISM) training have been made, prompting the development of a modified version of the traditional CISM training, which will be offered in early May.

The CISM model, developed by J. T. Mitchell, Ph.D., has proven to be an effective health promotion approach, when used with high-risk groups, such as hospital staff, police, fire fighters, and paramedics. This peer-based model allows health care workers to learn the skills and tools needed to safely provide psychological first aid and support to fellow team members.

**Our goal is to increase the number of health care workers across the province and in a variety of health care settings with basic psychological first aid skills. A one-day course will be offered via Zoom on June 5, 2020 to train designated staff from Service Delivery Organizations to provide support and facilitate ongoing training in the following areas:**

- Recognize stress response symptoms in themselves and in colleagues
- Engage in psychological first aid support to other health care team members affected by the pressures and impact of COVID-19
- Provide education on effective ways to manage and cope through the prolonged stress exposure
- Assist others in connecting with more intensive mental health resources when needed

**This course is open to clinical and non-clinical health care employees. Participants will receive training specific to individual and small group CISM interventions, namely providing one-to-one support and defusing of 2-3 participants.** Upon completion of this

course, participants may provide support to their site or community teams as defined by their Director or designate.

Course participants will need internet access on a computer equipped with a camera, speakers, and a microphone. A workbook will be emailed for participants to print prior to the course starting.

**Course space is limited to 48 participants, with spaces designated as follows'**  
**SRHA, NRHA, IERHA, PMH – 5 spaces each**  
**WRHA – 20 spaces**  
**Other spaces - 8**

**Registration will close June 3<sup>rd</sup> at 4pm.**

Please submit your registration page via email to [bsimpson@wrha.mb.ca](mailto:bsimpson@wrha.mb.ca).

Course content questions can be directed to Karen Burgess, Clinical Director, CISM program at HSC, by emailing [kburgess@hsc.mb.ca](mailto:kburgess@hsc.mb.ca).

Although a comprehensive CISM program provides interventions across the continuum of all crisis situations, the purpose of this course is not to create new CISM teams. This course does not replace the two-day CISM training required to provide complete CISM programming and interventions or to join an established CISM team. Staff members with previous CISM training are not required to take this course to offer these supports but may benefit from participating if they have not provided these kinds of supports for several years.

## Critical Incident Stress Management (CISM) Training Registration Form

- CISM Training for Pandemic Response  
Monday June 5th, 8:30 am – 3:45 pm  
Via Zoom

<b>Participant Name:</b>	
<b>Title/Position:</b>	
<b>Email Address:</b>	
<b>Phone Number:</b>	
<b>Regional Health Authority:</b>	
<b>Program Name/Site:</b>	
<b>Site/Facility:</b>	
Please indicate if you have previous CISM training and when this was completed	

Please email completed this form to Barb Simpson at [bsimpson@wrha.mb.ca](mailto:bsimpson@wrha.mb.ca) **Registration closes June 3<sup>rd</sup> at 4:00pm.**

You will receive a confirmation of your registration and the Zoom link via the email address provided on the form.

A PDF file of the course workbook will be provided via email. All participants must print a copy of the workbook prior to the start of the course or have the capacity to split their screen monitor to use the workbook while attending the course.