



## About Us

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This year the Mayflower Crisis Support Team marks the twenty first anniversary of critical incident stress management services for emergency responders and hospital personnel in Colorado.

A critical incident has been defined as any event which has the ability to interfere, or potentially interfere, with an individual's ability to psychologically cope with the event.

Examples of critical incidents include:

- Line of duty death
- Serious line of duty injury
- Suicide of a coworker
- Disasters
- Law enforcement shooting
- Severe abuse
- Accidental injuries to others caused by one's actions
- Significant events involving children
- Prolonged incidents which end in a loss
- Events with excessive media interest
- Life-threatening experiences
- Homicides
- Terrorism
- High publicity crimes of violence
- Any significant event which overwhelms usual coping mechanisms

Ultimately, a critical incident is defined by its impact on a group or individual.

The Mayflower Crisis Support Team is available to provide the following interventions:

- ◆ Pre-incident education
- ◆ Defusings (same shift of incident)
- ◆ Debriefings (ideally within 24-72 hours of the event)
- ◆ Debriefings for family and significant others
- ◆ On-scene services for large scale/mass casualty incidents
- ◆ Demobilizations/de-escalations for large scale/mass casualty incidents
- ◆ One time one-on-one interventions
- ◆ Crisis management briefings

The Mayflower Crisis Support Team is a volunteer organization and there is no charge for the services of the Team. Critical incident stress management and crisis support is designed to mitigate stress following particularly stressful events. Crisis support techniques allow personnel to explore the physical, cognitive, emotional, and behavioral reactions to critical incidents. Crisis support techniques have both psychological support and educational components.

The Mayflower Crisis Support Team recommends that activation of a crisis support team be included in agency, county, and regional plans for large-scale incidents and other appropriate incidents, such as line of duty death. Please contact the Mayflower Crisis Support Team to discuss available resources. The Mayflower contact number is **(303) 788-6889**.

A brochure for the Mayflower Crisis Support Team is available on at [www.healthONEems.com](http://www.healthONEems.com). For additional brochures for multiple stations or units, please contact the HealthONE EMS office at (303) 788-6236.

For more detailed information go to: <http://www.healthoneems.com/mayflower.html>