



CRITICAL INCIDENT STRESS SERVICES (CISS)

OUR SERVICES INCLUDE

Trauma, disaster,
terrorism consultation

Interventions for individual,
group, and/or families

Additional help including behavioral health
services and EMDR (Eye Movement
Desensitization and Reprocessing)

HOTLINE: **24/7** 715-848-8444



Critical Incident Stress Services helps people to:

- Recover from stress reactions.
- Prevent post-traumatic stress reactions.
- Address secondary traumatic stress reactions.
- Address compassion stress/fatigue.
- Return to work and personal-family life.
- Develop their own "personal self-care plan"

**CISS interventions are not job-related
critiques or evaluations.**

Role of CISS:

- Coordinators administer services utilizing trauma specialists who are licensed behavioral healthcare providers and sensitive to gender and culturally diverse populations.
- CIS services are organized with a coordinator and representative of the organization requesting assistance.
- The most appropriate intervention is determined and logistics are arranged.
- All services are confidential and private.
- There is a fee for services which is discussed with the coordinator during initial consultation. If finances are a problem, there may be assistance or a sliding fee scale.

What is Critical Incident Stress (CIS)?

Over the past 104 years, the evolution of crisis care and response in the field of Traumatology has been profound. In recent years, the results of trauma research have greatly influenced accepted best practices. This is the most current information available.

Critical incident stress (CIS) happens when an individual or group experiences a traumatic event that causes a significant stress reaction. The stress reaction can be physical, cognitive, emotional, behavioral, spiritual, or a combination of the above. The long-term or delayed effects (consequences) of a critical incident are collectively called post-traumatic stress.

Psychological First Aid (PFA) is an approach used to help children, adolescents, adults, families and organizations in the aftermath of trauma, disaster, and terrorism. The goals of Psychological First Aid are to reduce the initial distress caused by a traumatic event, to help people cope, adapt and recover, and to help prevent long-term consequences.

CISS is a joint project of:

- City of Wausau Government
- Marathon County Government
- City of Wausau Police Dept.
- Marathon County Sheriff's Dept.
- City of Wausau Fire Dept.
- Weston Fire Dept.
- Aspirus Wausau Hospital
- Ascension St. Clare's Hospital
- Ascension Wisconsin EAP
- Wausau School District

CISS was organized in 1987 by several area individuals and organizations interested in promoting health and well-being for persons experiencing critical incidents.

Our primary focus is with emergency personnel including law enforcement, firefighters, hospital personnel, and medical transportation services (EMT).

CISS may also be available for other organizations, companies and individuals.



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