

CHAPLAINCY AND CISM DESCRIPTIONS

The North Dakota Department of Health is providing two resources to support health care workers, local public health, first responders and state agency staff in managing stressors experienced in the COVID-19 response. The resources include Community Service Chaplaincy and Critical Incident Stress Management. A shared goal for both resources is to help people better manage stressors and return to resiliency.

WHAT IS COMMUNITY CHAPLAINCY SUPPORT? Community Service Chaplaincy Support is emotional and spiritual (non-denominational) guidance and peer-to-peer counseling or prayer provided by a trained community service chaplain. The chaplain can provide supportive services to an individual, community, organization, or agency group.

WHAT IS A COMMUNITY SERVICE CHAPLAIN? Community service chaplains are men and women dedicated to the spiritual, emotional, and physical well-being of employees and residents of a community, organization, agency, or group.

WHAT IS CRITICAL INCIDENT STRESS MANAGEMENT (CISM)? CISM is a method of helping first responders and others who have been involved in critical incidents that leave them emotionally and/or physically affected by those incidents. CISM is a process that enables peers to help their peers understand problems that might occur after an event. This process also helps people prepare to continue to perform their services, or in some cases, return to a normal lifestyle. The CISM team better supports a group that has potential for a critical incident stress.

WHAT IS CISM TEAM? The CISM team is composed of emergency service personnel and mental health professionals who receive special training in stress management, counseling, and de-escalation strategies.

HOW TO REQUEST COMMUNITY SERVICE CHAPLAINCY OR CISM SUPPORT: An individual or a supervisor/manager identifying a need may submit a request for assistance. Submit a support service request online at the following link:

https://ndhealth.co1.qualtrics.com/jfe/form/SV_0Ha9Uy7uFD8vorz

There is **NO** charge for either of these services.

For more information and resources on responder stress management go to:

<https://www.behavioralhealth.nd.gov/sites/www/files/documents/Emergency%20Responders.pdf>