WHAT IS CRITICAL INCIDENT?
- An incident can be considered critical when trauma or tragedy are beyond everyday experiences.

WHAT IS CRITICAL INCIDENT STRESS?
- People experience stressful events everyday. Sometimes they experience a stressful event so traumatic and overwhelming, they may experience a significant stress response.

Help is within reach
410.931.2214

WHO WE ARE
The Affiliated Sante Group (ASG) is a dynamic and leading provider of crisis psychiatric care and system management services to public and private entities. ASG is a nonprofit entity, that also manages mental health outreach and psychiatric recovery services. It has been delivering mental health care to individuals and families and pioneering new treatment modalities since 1974.

Baltimore County Crisis Response System offers follow up services including:
- 24 Hour Hotline
- In-Home Intervention Teams
- Mobile Crisis Teams
- Urgent Care Center

Baltimore County Crisis Response System is funded through The Baltimore Bureau of Behavioral Health

The Community’s Guide to Coping With CRITICAL INCIDENT STRESS MANAGEMENT

Relief is just a call away.
Hotline
410.931.2214 — available 24/7
What is the CISM (Critical Incident Stress Management) Team?
The CISM Team is designed to provide training and interventions related to critical incident stress. The team is comprised of mental health professionals and citizens of Baltimore County. All team members have received specialized training. The team is coordinated through the Baltimore County Crisis Response System.

What is Critical Incident Defusing?
The first level of intervention occurs soon after the incident and is labeled a "defusing." It is an introduction to the CISM Team and informs the participants about CISM and coping mechanisms.

What is Critical Incident Stress Debriefing?
A critical incident stress debriefing is usually held 3-5 days post incident. It is a group meeting for people affected by a traumatic incident. Stressors of the incident are discussed and evaluated by the group. It has been found that a debriefing meeting following a critical incident can help prevent the development of stress symptoms, and reduce the severity of a stress related illness such as post traumatic stress disorder.

When to Contact the Team?
If a critical incident has occurred or people who have been involved in a critical incident are continuing with stress symptoms, contact the CISM Team for an evaluation of services needed. The team can be reached by contacting the Baltimore County Crisis Response System.

Hotline: 410.931.2214 — available 24/7