

Do you want to help a peer?

Consider being a CISM Peer Supporter!

Although it may be true for many professions, it's unlikely that people choose to work for the Corps of Engineers because they expect big adrenaline rushes and life-and-death situations in the course of their daily work. However, given floods, drownings, body recoveries, disaster responses, and unexpected employee deaths, that's exactly what many of our employees face.



Critical Incident Stress Management (CISM) peer supporters are trained to help co-workers deal with the stress that accompanies these types of situations.

Recently a Pittsburgh District field site experienced such an event. The LRP CISM team responded to the project. One month later one of CISM team members received this comment from an employee that participated in the program, "Thank you for your listening

ear and kind words when you came to (the project) last month. It is nice to know that there is a team that focuses on getting each other past the difficult times we will encounter. It felt so good to be able to comfortably talk about everything and work it out. The drowning truly was a life changing event for me and I thank you for your time spent with me."

CISM is a formal process that has been clinically shown to reduce the harmful effects of an upsetting, stressful event within a team or organization. It helps accelerate the normal recovery process in normal people who are reacting to an abnormal event. As a CISM peer supporter you will be trained in this formal process and serve on the national CISM team. The Great Lakes and Ohio River Division Program Manager is Melissa Salsgiver at Crooked Creek Lake. Your nomination form and supervisory approval are due to her electronically no later 14 September 2012. Let her know if you have any questions about the program.