District 6 *Greater Lowell CISM Team* Tom Greenhalgh, Co-Coordinator Mike Curran Co-Coordinator 833-444-CISM

District 7 *Central Mass CISM Team* Dave Dockstader, Coordinator 508.387.0937

District 8 *Montachusetts CISM Team* Pete Stone, Gregg Sculthorpe Co-coordinators 508.899.0055

Districts 9,10,11,12 *Western MA CISM Team* Deb Clapp Coordinator 413.586.6065

District 13 *Boston Fire-MetroFire CISM Peer Support Team* Kevin Preston, Sheila Leahy Co Coordinators 617-343-2880

District 14 *Concord/Carlisle CISM* David Flannery, Coordinator 978.369.1442 Additional Network Teams

WINGS CISM Kathy Minehan, Coord 617.416.0773

Boston Police CISM/Peer Support Joe King, Coordinator 617-594-9091

Boston EMS CISM Team Pat Calter, Dan Olesen Co-Coordinator 781.831.3223

MA Corps Fire Chaplains Rev Bruce Arbour, Coordinator 774.696.4587

Cambridge Fire CISM Team Callout 781.632.0401 Coordinators David House, Pat Haggerty

SEMLEC Law Enforcement Team Rob Swartz, Coordinator 508-658-2478

METROLEC Law Enforcement Team Kristine Lydon 339-235-0989 Ed O'Brien 781424-4919

MetroBoston 911/Dispatch Peer Support Anthony Landry Coordinator Hotline 617-981-2186

Massachusetts Department of Correction Nissa Thornton (LeClerc) Coordinator 508-422-3481

Dept of Conservation and Recreation Dwayne Erickson, Coordinator 617.647.1025





PEER SUPPORT NETWORK

If you need assistance Network members are on-call 24/7

508-820-2000

Our mission is to provide peer assistance to all emergency service personnel within the Commonwealth before, during or after a critical incident, regardless of race, gender or age.

Charlie Popp, Coordinator 617-967-4141(c) 24/7

Jim Leary, Coordinator 508-404-7301 (c)

David Clemons Director of Operations *DFS/CISM Liaison* 978-567-3179 (office)

What is a Critical Incident?

Any event that has the potential to create significant human distress and can overwhelm one's usual coping mechanisms. This will vary greatly from person to person and may change over time.

Some Possible Critical Incidents

Line of Duty Death Suicide of a Working Colleague Death / Serious Injury of a Child Discharge of a Firearm Prolonged Failed Rescue Mass Casualty Incidents Victim Known to Responder Personal Safety Jeopardized Excessive Media Coverage

How Do We React to These Events?

Often reactions to Critical Incidents fall into five categories. It is not unusual for one, or all members of the department to experience some or all of these reactions.

Cognitive Reactions

Decision making difficulties Confusion Disorientation Concentration Memory loss Unable to perform multiple tasks Flashbacks

Behavioral Reactions

Sleep Disturbance Withdrawal Family Discord Crying Spells Hyper-vigilance Hyperactivity Alcohol / Drug Use (Change)

Physical Reactions

Muscle Tremors Headaches Backaches Loss of coordination Nausea Upset stomach

Emotional Reactions

Anxiety Fear Feeling overwhelmed Feeling detached from reality Anger Resentment Grief Guilt Melancholy

Spiritual Reactions

Anger at God Withdrawal from Faith-based Community Cessation of Faith-Related Practices

The MA Peer Support Network seeks

to lessen the impact of such stress reactions through a variety of interventions provided by fully trained peer support personnel.

District Teams serve the towns within their fire district.

District 1

Cape & Islands CISM Chrystal LaPine, Chris Greim, Co-Coordinators 508-563-4200

District 2

Plymouth County CISM Eric Greer, Coordinator 617.285.7345

Districts 3&4

Bristol/Norfolk Team Keith H. Jackson, Coordinator 508.285.5380

District 5&15 *Metro-Boston CISM* Matt Aquarro, Coordinator

Matt Aquarro, Coordinator 857-246-8577

All services are rendered taking the greatest care to maintain the highest levels of personal integrity, confidentiality and to do no harm