

# Regional Emergency Medical Services Council of NYC Critical Incident Response Team

## ADVANCED CRITICAL INCIDENT STRESS MANAGEMENT TRAINING

- Acquire skills that promote mental & emotional fitness.
- Be part of the response/recovery team for critical incidents and disasters.
- Join **CIRT** – the Critical Incident Response Team for EMS providers of New York City.

### Prerequisites

- Individual has completed Basic/Group Critical Incident Stress Management (CISM) Course Program  
OR
- Individual has completed Individual Crisis Intervention Course Program

### **Register immediately! Limited space available!**

The cost for this course (\$200) is being waived for EMS Providers who work/volunteer in NYC. A Registration fee of \$25 will be refunded to students who:

- Complete the course, and
- Join CIRT- the Critical Incident Response Team for EMS providers of New York City

**Dates & Times:**      Saturday, June 30<sup>th</sup> – 9 AM – 5:00 PM      **(This is a 2-day course,**  
Sunday, July 1<sup>st</sup> – 9 AM – 5:00PM **both days must be attended)**

### **Location:** NYHQ EMS Training Institute

- 163-15 46th Ave, Queens, N.Y. 11358
- Ambulance Garage Building
- Street Parking is available on 46<sup>th</sup> Avenue
- Lunch will be served both dates

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Detach and mail this form to: The Regional EMS Council of NYC, 475 Riverside Drive, Suite 1929, NY, NY 10115, along with \$25.00 check or money order made out to *The Regional EMS Council of NYC, Inc.*

Circle one: EMT-B / EMT-P/EMT-CC

Primary EMS Agency you work/volunteer for: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Day phone: \_\_\_\_\_

Accepted course applicants will be individually notified.

## COURSE OUTLINE

Day 1: (9:00 a.m - 5:00 p.m.)

- Nature of Human Stress
- Stressors, Traumatic Stress
- Symptoms of Excessive Stress
- Stress-related Diseases
- Stress Management
- Recovering from Excessive Stress
- Nature of Post-Traumatic Syndromes and PTSD
- Early Warning Signs and Symptoms of Post-Traumatic Stress
- PTSD versus Discipline Problem
- Responding to Post-Traumatic Stress in Others -Management Reaction, Peers' Reaction, Referral
- A Rationale for CISD
- Why CISD Works
- Role of CISD in Prevention of PTSD
- Current Thinking on Critical Incident Stress Management (CISM )
- CISD versus Psychotherapy

Day 2: (9 a.m - 5:00 p.m.)

- Basic Changes in CISM
- Spouse Education
- Significant Others as Team Members
- Supporting the Emergency Services Family
- Expanded Role of Peer Support Personnel
- Preserving CISM Team Members
- Lessons Learned from CISM
- Difficult Debriefings
- Multiple Line of Duty Death
- Symbolic Debriefings
- Multiple Incident Debriefings
- Comprehensive CISM approach to complex situations
- CISM in Disasters

## Driving Directions

### From Bronx/Westchester

Merge onto I-295 S (Portions toll). 4.4 miles Map

1: Take EXIT 5 toward RT-25A / NORTHERN BLVD. 0.1 miles Map

2: Stay STRAIGHT to go onto CLEARVIEW EXPY. <0.1 miles Map

3: Turn RIGHT onto NORTHERN BLVD / NY-25A. 0.9 miles Map

4: Turn LEFT onto 171ST ST. 0.2 miles Map

5: Turn RIGHT onto 46TH AVE. 0.3 miles Map

6: End at 16315 46th Ave, Flushing, NY 11358-3240

### From Triboro Bridge (From Manhattan)

1: Merge onto TRIBOROUGH BRIDGE toward BRONX / QUEENS / LONG ISLAND (Portions toll). 0.6 miles Map

2: Merge onto I-278 W toward QUEENS / LONG ISLAND / N Y AIRPORTS. 2.9 miles Map

3: I-278 W becomes GRAND CENTRAL PKWY E. 4.2 miles Map

4: Take the LONG IS EXPWY / I-495 exit- EXIT 10W-E- toward MANHATTAN / EASTERN LONG IS. 0.1 miles Map

5: Take the I-495 E exit- EXIT 10E- on the LEFT toward EASTERN LONG IS / RIVERHEAD. 0.4 miles Map

6: Merge onto I-495 E / LONG ISLAND EXPY via the exit on the LEFT. 1.5 miles Map

7: Take EXIT 24 toward KISSENA BLVD. <0.1 miles Map

8: Turn SLIGHT LEFT onto HORACE HARDING EXPY S. 0.6 miles Map

9: Turn LEFT onto 164TH ST. 0.8 miles Map

10: 164TH ST becomes PIDGEON MEADOW RD. 0.2 miles Map

11: Turn RIGHT onto 46TH AVE. <0.1 miles Map

12: End at 16315 46th Ave  
Flushing, NY 11358-3240, US

### From Brooklyn

- 1: Merge onto I-278 E / BROOKLYN QUEENS EXPY toward TRIBORO BR. 4.6 miles Map
- 2: Take the I-495 / L I EXPWY exit- EXIT 35- toward MIDTOWN TUN / EASTERN L I / 48 ST. 0.1 miles Map
- 3: Merge onto I-495 E via EXIT 35E toward EASTERN LONG IS. 5.9 miles Map
- 4: Take EXIT 24 toward KISSENA BLVD. <0.1 miles Map
- 5: Turn SLIGHT LEFT onto HORACE HARDING EXPY S. 0.6 miles Map
- 6: Turn LEFT onto 164TH ST. 0.8 miles Map
- 7: 164TH ST becomes PIDGEON MEADOW RD. 0.2 miles Map
- 8: Turn RIGHT onto 46TH AVE. <0.1 miles Map
- 9: End at 16315 46th Ave  
Flushing, NY 11358-3240, US

### Public Transportation

#### From the D Train



[Ratings](#)  
[Re-route](#)

Take the D train heading Downtown / Coney Island



[Ratings](#)  
[Re-route](#)

Get off at 7 Avenue  
Transfer

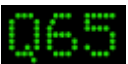
Take the E train from 7 Avenue station heading Uptown / Jamaica Center



[Ratings](#)  
[Re-route](#)

Get off at Roosevelt Av - Jackson Heights  
Transfer

Take the 7 train from 74 Street-Broadway station heading to Queens / Flushing



[Ratings](#)  
[Re-route](#)

Get off at Main St - Flushing

Exit near intersection of Main St and Roosevelt Ave

Take the Q65 Bus from Main St/Roosevelt Av station heading to Jamaica

Get off at 45 Av/162 St



Start out going South on 162nd St towards 46th Ave  
Turn left onto 46th Ave

From the A Train



Take the A train from High St - Brooklyn Bridge station heading Uptown

[Ratings](#)  
[Re-route](#)

Get off at Broadway - Nassau  
Transfer



Take the 4 Train from Fulton Street station heading Uptown / to Woodlawn

Other options:

[Ratings](#)  
[Re-route](#)

Get off at 42 Street - Grand Central  
Transfer



Take the 7 train from 42 Street - Grand Central station heading to Queens / Flushing

[Ratings](#)  
[Re-route](#)

Get off at Main St - Flushing  
Exit near intersection of Main St and Roosevelt Ave



Take the Q65 Bus from Main St/Roosevelt Av station heading to Jamaica

[Ratings](#)  
[Re-route](#)

Get off at 45 Ave/162 St



Start out going South on 162nd St towards 46th Ave  
Turn Left onto 46<sup>th</sup> Ave.