



B.C. SEARCH & RESCUE ASSOCIATION

CRITICAL INCIDENT STRESS MANAGEMENT PROGRAM

Covid-19 Bulletin #1

March 21, 2020

COVID-19 IMPACTS TO THE BCSARA CISM PROGRAM

Fellow SAR Volunteers, this message is to bring you up to speed as to how the BCSARA CISM Program will continue to provide highly efficient and responsive CISM Program services to our SAR community in light of the COVID-19 outbreak. We have created a 'COVID-19 Working Group' to guide us and provide messaging and information to all of you as we go through this event together.

OUR PRIME FOCUS IS ENSURING THE HEALTH AND SAFETY OF EACH ONE OF YOU AND OUR PEERS

Until further notice, the BCSARA CISM Program will be using a secure WEB based Video Conferencing tool to provide small group interventions to those impacted by a difficult and/or traumatic SAR Call. This would allow our peers to meet with you via video conferencing from each person's home, avoiding group gatherings. Alternatively, we are always available to provide one-on-one telephone interventions for individuals.

Please Note: All SAR Volunteers / SAR Teams should continue to access our services as you normally would by calling the Emergency Coordination Centre (ECC) at 1-800-663-3456.

For SAR Teams who have scheduled Education and Awareness Sessions or are planning one, all scheduled E&A sessions are postponed effective immediately and will be rescheduled once we know it is safe to get together in groups again. Should you wish to schedule one for some time in the future, continue to contact us at cism@bcsara.com and someone will call you to schedule one.

For Further Information and Updates:

Visit: BCSARA.com/cism or contact cism@bcsara.com

Additional Resources and Supports are available at:

The new COVID-19 line 1-888-268-4319

<https://bcfirstrespondersmentalhealth.com/covid-19-resources/> or

<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

Your local Health Board Website; or the BCCDC website

Thank you,

The BCSARA CISM Program