



B.C. SEARCH & RESCUE ASSOCIATION

CRITICAL INCIDENT STRESS MANAGEMENT PROGRAM

COVID-19 Bulletin #2

April 3, 2020

CISM PROGRAM SUPPORT DURING COVID-19 OUTBREAK:

Fellow SAR Volunteers, We are all in the midst of an unprecedented public health emergency. The COVID-19 outbreak affects everyone, but first responders are affected more than many others. Along with the physical health and safety risks you face, this outbreak has a tremendous toll on your mental health and the mental health of your families. We recognize that maintaining positive mental health throughout this emergency is of the utmost importance.

BCSARA Health and Safety Committee and SAR groups around the province have been active in developing strategies and plans to enable SAR teams to safely and effectively respond to tasks. Visit; <https://members.bcsara.com/member-area/COVID-19/> to see COVID-19 Updates and other health and safety bulletins.

HEALTH AND SAFETY – INCLUDING MENTAL HEALTH – IS IMPORTANT FOR EACH ONE OF YOU AND YOUR FAMILIES.

Your involvement in SAR operations may cause anxiety for your spouse/partner/roommate and family. Therefore, it is important for each SAR member to have a plan for their “return to home” following a SAR task, including your team’s decontamination procedures to protect you and your family”. Just as important is to discuss your plan with your family and members of your household. Allow them to share any concerns and participate in your “return to home” plan. As well, make them aware of your SAR group’s plan for keeping members safe during operations. Open communication is a great antidote for anxiety.

For supports for families, visit: <https://bcfirstrespondersmentalhealth.com/resource/helping-your-family-cope-with-covid-19/>

Additional Resources and Supports for SAR volunteers are available at:

<https://BCSARA.com/cism> or,

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

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

Thank you,

The BCSARA CISM Program