



The Metro CISM Team
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Bloomington MN 55431-1324
312-207-1130

Fiscal Year 2012-2013 Year End Report

1 July 2012-2013 June 2013

Our Mission

We serve those who serve others: The Metro CISM Team provides trained peer support to emergency responders to effectively build resilience and manage critical incident stress for healthier lives, families and communities.

The Metro CISM Team provides no cost, trained peer support to emergency responders to help them build healthier lives, families, and communities. We improve stress resistance through pre-incident training and education, promote resilience through immediate event support, and advance recovery through outreach and resources. Our services are peer led to enable trust and efficiently allow us to reach the greatest number of first responders.

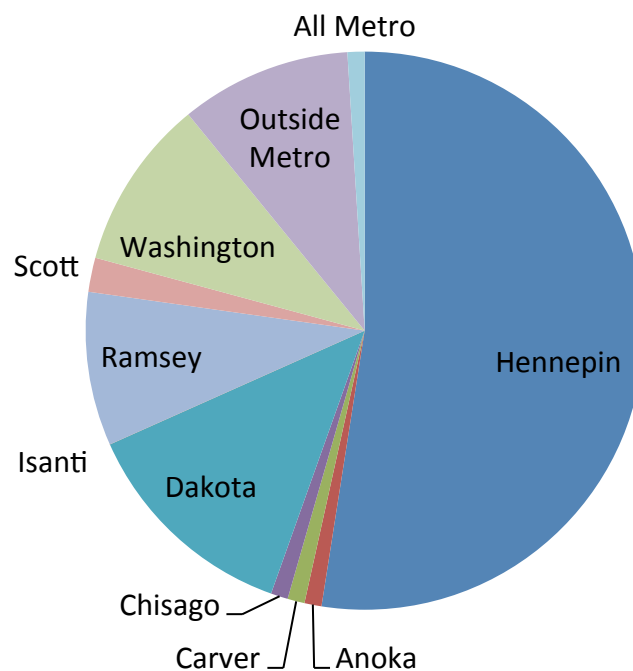
About Us

The Metro Critical Incident Stress Management Team consists of approximately 60 police officers, firefighters, emergency dispatchers, and paramedics who volunteer their time and energy to support their first responder peers. They are further supported by chaplains and mental health professionals who also volunteer their time. All of these volunteers commit to many hours of continued training and make themselves available on a 24/7 basis.

The Metro CSIM Team offers a comprehensive set of services, nationally recognized and established as a part of a larger international movement to provide needed, timely emotional support services to emergency response professionals. These services seek to build resistance to stress (cumulative and acute), support the inherent resilience of emergency responders, and speed the recovery of personnel after a critical incident exposure. This helps to ensure career longevity, continued occupational satisfaction, and to promote physical and interpersonal well-being.

Calls for Service

2012-2013 Service Breakdown by County



Hennepin	56	Anoka	1
Carver	1	Dakota	14
Ramsey	9	Scott	2
Washington	10	Chisago	1
Isanti	0	Outside Metro	10
All Metro	1		

In 2013, the Metro CISM Team accepted service responsibility for two additional counties. Isanti and Chisago Counties joined our busy seven county service area. This means the Metro CISM Team is now responsible to the firefighters, medics, police and dispatchers in a nine (9) county Metro region.

The Team provided progressive and innovative training for many agencies, including a basic Pre-Incident Awareness Training, and also *The First 90 Minutes*®. This original training, developed by our team, is aimed at street level supervisors and provides them with knowledge and concrete skills to help them care for their staff in the first critical 90 minutes after a traumatic event.

In the entire Fiscal Year 2012-2013, the Team responded to 71 requests for services as a result of a critical incident. The Team provided critical incident information to 1049 First Responders.

Free Services Provided

How we serve

Our goal is to have a healthy community of emergency responders who have the tools to manage stress and know where to find support. We provide pre-incident training, on-site support, psychological first aid, incident debriefing, peer-to-peer support, and continuing care referrals.

On-site support

Critical incident stress management begins at the scene of an event through on-site support and demobilization services. We provide support to individuals, victims and survivors who are showing obvious signs of stress, as well as provide advice and counsel for command staff.

Psychological first aid

Defusings are conducted immediately after an incident when individuals are most distressed. Those who are impacted have the opportunity to discuss the incident, and our team members provide

basic information that helps to normalize their reactions, and educate them on ways to manage their stress.

Debriefing

Critical incident debriefings allow individuals to discuss their involvement in an incident in a more thorough, safe, and stress reducing method. They process their thoughts, perceptions, and feelings related to the event in a structured group setting. The debriefing normally takes place 24-72 hours after the incident and is led by peers and mental health professionals specially trained by the Metro CISM Team.

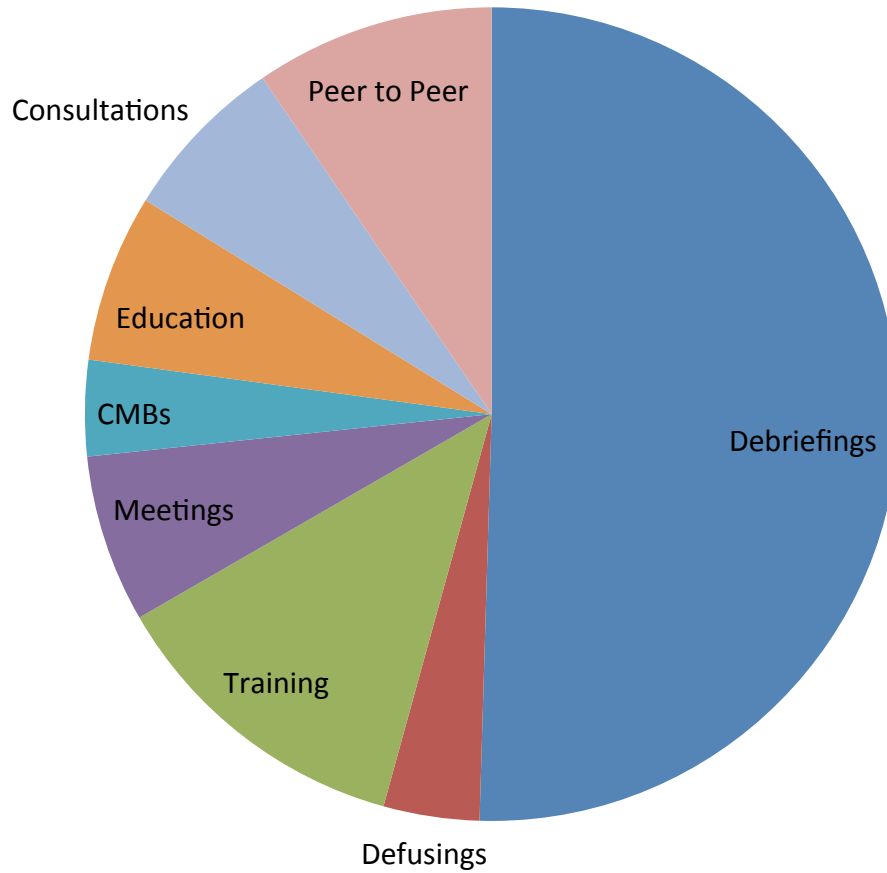
Peer-to-peer support

Metro CISM Team members are trained to provide supportive listening and offer assistance in developing and maintaining coping mechanisms. Meetings are typically one-to-one and take place in a location that is comfortable for the requesting individual.

Continued care referral

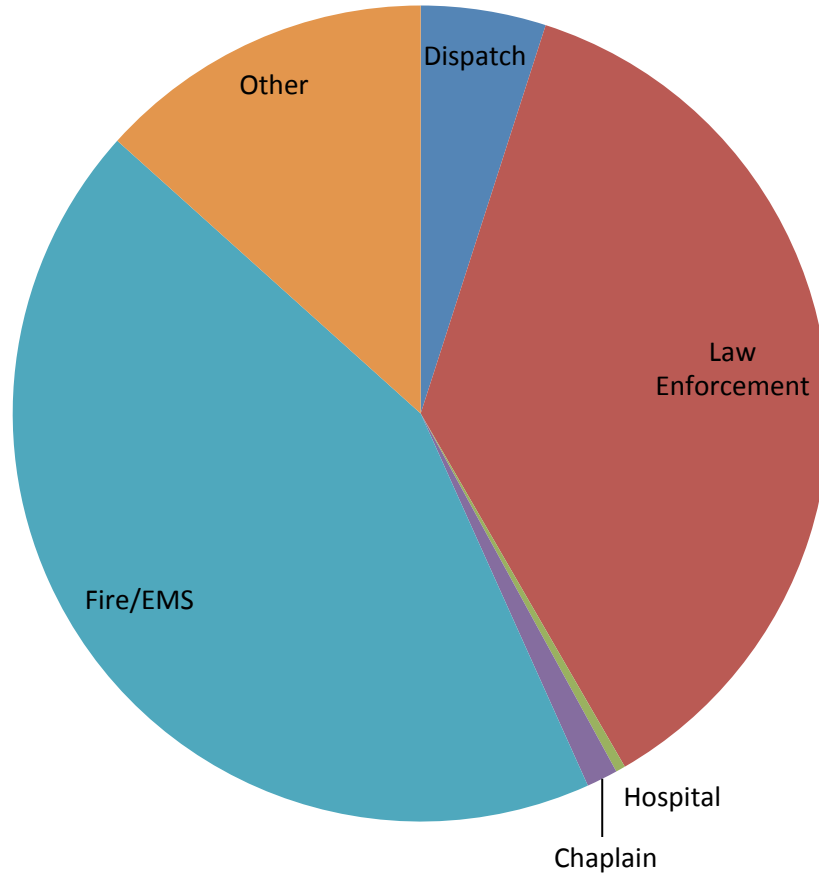
If critical incident stress levels require professional assistance, the Metro CISM Team is able to provide additional resources and referrals for people interested in professional help.

2012-13 Service by Type Provided



Debriefings	53
Defusings	4
Training	13
Meetings	7
CMBs	4
Education	7
Consultations	7
One-on-Ones	10

2012-13 Participants Served



Dispatch	52
Law Enforcement	385
Hospital	4
Chaplain	13
Fire/EMS	455
Other	140

Summary

The idea of an organized, supportive peer group of first responders, later named the Metro CISM Team, was born out of a terrible fire that happened in Mounds View in 1986. Twenty eight years later, the Metro CISM Team continues to serve first responders in the Minneapolis-Saint Paul Metropolitan region. This unique group of volunteers remains the front-runner in providing consistent, professional, enthusiastic supportive services to area first responders.

The dedicated financial support of individuals, groups and organizations continues to move the Metro CISM Team into the future. We exist to foster and promote a first responder culture in which self-care is a normal and non-threatening activity. We do not do this alone but with the help of the communities we serve.

A partial list of supporters is on the Team's website located at www.metrocism.org. Our special thanks to the Metropolitan Emergency Services Board, the Kenneth W. Scully Endowment of the Catholic Community Foundation, and to each and every donor who supports the mission of this organization. You have made a difference. Thank you!

Financial Information

Metro CISM Team Profit & Loss Report

Cash Basis

July 2012 through June 2013

Jul '12 - Jun 13

Ordinary Income/Expense

Income

4010 • Individual Contributions	2,490.63
4030 • Foundation Grants	5,000.00
4130 • Governmental Grants	
4131 • County/City Emergency Mgt	5,000.00
Total 4130 • Governmental Grants	5,000.00
5010 • Memberships	
5011 • Capital Membership	1,000.00
5012 • Sustaining Membership	1,500.00
5013 • Patron Membership	500.00
5010 • Memberships - Other	3,000.00
Total 5010 • Memberships	6,000.00
5020 • Contributions- Public Source	
5021 • Donations	583.80
Total 5020 • Contributions- Public Source	583.80
5030 • Conference Registrations	
5032 • ICISF	1,569.00
5033 • 90-Minute Protocol	900.00
Total 5030 • Conference Registrations	2,469.00
5050 • Consultation & Training	
5051 • Pre-Incident Training	300.00
Total 5050 • Consultation & Training	300.00
5310 • Interest Income	6.64
 Total Income	 21,850.07
 Cost of Goods Sold	
50000 • Cost of Goods Sold	-524.00
Total COGS	-524.00

Gross Profit 22,374.07

Expense

6130 • Training & Development	
6131 • Team Training	280.00
6135 • New Peer Training	500.00
Total 6130 • Training & Development	780.00
6250 • Payroll Processing Fees	96.00
6320 • Clinical Director Services	2,000.00
6380 • Administrative Fees	25.00
6390 • Organization Membership Dues	50.00
7010 • Office Supplies	542.15

7030 · Telephone	179.40
7040 · Internet/Website	371.95
7050 · Postage & Delivery	244.21
7060 · Printing & Reproduction	899.45
7200 · Conference or Training Expenses	
7240 · Other Training/Conference Expense	<u>87.52</u>
Total 7200 · Conference or Training Expenses	87.52
7330 · Travel -Lodging	885.08
7380 · Conferences/Conventions	50.00
7400 · Meeting Expense	
7410 · Team Meeting Expenses	825.31
7420 · Exec Board Meeting	57.00
7450 · Other Meetings	<u>14.91</u>
Total 7400 · Meeting Expense	897.22
7510 · Insurance 906.00	
7530 · Advertising/Marketing	
7531 · Booth	451.42
7530 · Advertising/Marketing - Other	<u>165.91</u>
Total 7530 · Advertising/Marketing	617.33
7540 · Honorarium	160.00
7590 · Other Expenses	<u>311.77</u>
 Total Expense	 <u>9,103.08</u>
 Net Ordinary Income	 <u>13,270.99</u>
 Net Income	 13,270.99

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