



KENTUCKY COMMUNITY CRISIS RESPONSE TEAM

## Kentucky's Lead Agency for Crisis Response

**KCCRT deploys peer support teams to mitigate stress reactions to critical incidents and traumatic events. Our peer-driven teams employ proven critical incident stress management (CISM) techniques to alleviate stress reactions to critical incidents and traumatic events.**

**“As physical first aid is to surgery, crisis intervention is to psychotherapy” (ICISF).**

### KCCRT's Mission

Deploy peer support teams to first responders and communities to mitigate the mental and behavioral health impact of critical incidents and traumatic events.

### KCCRT Serves

#### Emergency Services Personnel

Emergency services personnel face stressful events every day, but extraordinary events, such as line-of-duty serious injuries, deaths or prolonged incidents, can result in stress responses that interfere with even an experienced individual's ability to function. KCCRT can deploy a peer support strike team after a critical incident to mitigate the impact of these events and enhance resilience and readiness.

#### Communities

Community members may experience strong emotional and psychological reactions following events such as natural disasters, accidents, violence, or traumatic incidents involving vulnerable populations. KCCRT strike teams can provide CISM interventions to support individuals through emotional aftermath, mitigate distress, and promote community recovery and resilience.

#### Disaster Survivors

The overall range of stress goes far beyond the immediate impact of the initial destruction. Some may experience reactions that will cause enough distress to interfere with adaptive coping. These reactions may affect individuals emotionally, impact relationships, disrupt work and cause financial worry. KCCRT members can deploy to provide Psychological First Aid for survivors after a large-scale disaster, promoting mental health resilience and recovery.

## KCCRT PROVIDES

KCCRT peer support strike teams can deploy upon the request of your organization or community after a critical incident or traumatic event has occurred. You can request a KCCRT response by calling 888-522-7228. All KCCRT members are trained in Critical Incident Stress Management utilizing the International Critical Incident Stress Foundations model, a leading agency in crisis intervention and disaster behavioral health training.

Critical incidents or traumatic events can be overwhelming events that happen unexpectedly. Critical incidents may cause unusually strong emotional reactions which have the potential to interfere with individual's ability to work safely or function normally. Critical Incident Stress Management (CISM) is intended to help individuals exposed to critical incidents to identify and cope with their responses to these events.

**The goal, to reduce the adverse impact of critical incidents before it negatively affects family, work, and self.** CISM is a multi-faceted, multi-component intervention, offering various strategies appropriate for the type of incident, the nature of the incident, number of individuals impacted, and other extenuating circumstances.

## WHAT WE DO

The KCCRT offers FREE & confidential mental and behavioral health support to first responders and communities.

- The KCCRT teams provides peer support CISM debriefings, allowing first responders and community members to discuss their experiences in a safe and confidential environment. This facilitates emotional expression, normalizes reactions, & provides practical tools to build resilience, reducing the risk of long-term psychological trauma.
- Maintain a 24/7 resource line for agencies to request a CISM team.
- Direct the CISM team according to your agency's needs.
- Provide on-scene support.
- Provide psychological first aid, teaching practical strategies for self-care, stress management, and coping mechanisms to maintain mental well-being during and after high-pressure situations.
- Reducing the stigma to mental and behavioral health.

## SUPPORT FOR YOUR AGENCY

The KCCRT also assists your organization in other areas related to critical incident and traumatic events. The KCCRT can help by providing:

- Pre-incident education
- Various training opportunities
- Peer support team technical assistance
- Crisis planning and preparedness resources
- Networking with local/regional resources

## WE'RE HERE TO HELP

If your emergency response team or community has experienced a critical incident or traumatic event, the KCCRT is here to help! If you would like a peer support CISM team to deploy for your organization, please contact us at 888-522-7228.

You will be connected to a KCCRT response request coordinator who will gather information and start recruiting qualified CISM team members to deploy to support your organization.

Request a Response  
24 hours a day  
**888-522-7228**

Email  
**kccrt@ky.gov**

Website  
**kccrt.ky.gov**

Want more info?  
Visit our website:

