



International Critical Incident Stress Foundation, Inc.  
HELPING SAVE THE HEROES

## Critical Incident Stress Management Training for Virginia Law Enforcement Professionals

Date April 8-11, 2024



Westmoreland County Division of Emergency Medical Services will host/sponsor an International Critical Incident Stress Foundation (ICISF) **Critical Incident Stress Management Training**, also known as peer training. The class will be held at the **EMS Headquarters 111 Polk St, Montross, VA 22520 , April 8, 2024- April 11, 2024.** The **4-day** training includes two ICISF courses – the **Basic Group Crisis Intervention** course and the **Assisting Individuals in Crisis** course, along with the US Bureau of Justice Assistance course **In Harm's Way: Law Enforcement Suicide Prevention**. Class will be held from 0800 -1700 hours with a one-hour lunch from 1130-1230 hours. These courses serve as the training foundation for many agencies with Law Enforcement Peer Support programs and meet the minimum requirements for Peer and CISM team accreditation by the Virginia Department of Health. This is also requisite training for peers involved with the Virginia Law Enforcement Assistance Program's CISM Team, and is designed for emergency responders in all disciplines. Mental health clinicians with prior experience working with law enforcement are encouraged to attend.

**Outside agencies may register members to attend by contacting Tiffany Bounds, Westmoreland County Division of Emergency Medical Services.**

Tiffany Bounds  
[tbounds@westmoreland-county.org](mailto:tbounds@westmoreland-county.org)  
804-493-9147

## ICISF *Assisting Individuals in Crisis*

### **Course Description:**

Crisis Intervention is NOT psychotherapy; rather, it is a specialized acute emergency mental health intervention which requires specialized training. As physical first aid is to surgery, crisis intervention is to psychotherapy. Thus, crisis intervention is sometimes called “emotional first aid”. This program is designed to teach participants the fundamentals of, and a specific protocol for, individual crisis intervention. This course is designed for anyone who desires to increase their knowledge of individual (one-on-one) crisis intervention techniques in the fields of Business & Industry, Crisis Intervention, Disaster Response, Education, Emergency Services, Employee Assistance, Healthcare, Homeland Security, Mental Health, Military, Spiritual Care, and Traumatic Stress.

### **Program Highlights**

- Psychological crisis and psychological crisis intervention
- Resistance, resiliency, recovery continuum
- Critical incident stress management
- Evidence-based practice
- Basic crisis communication techniques
- Common psychological and behavioral crisis reactions
- Putative and empirically-derived mechanisms
- SAFER-Revised model
- Suicide intervention
- Risks of iatrogenic “harm”

### **Continuing Education Information**

Completion of “Assisting Individuals in Crisis” and receipt of a certificate indicating full attendance (13 Contact Hours) qualifies as a class in ICISF’s [Certificate of Specialized Training Program](#).

## ICISF *Group Crisis Intervention*

### **Course Description:**

Designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum, the Group Crisis Intervention course will prepare participants to understand a wide range of crisis intervention services. Fundamentals of Critical Incident Stress Management (CISM) will be outlined and participants will leave with the knowledge and tools to provide several group crisis interventions, specifically demobilizations, defusings and the Critical Incident Stress Debriefing (CISD). The need for appropriate follow-up services and referrals when necessary will also be discussed.

This course is designed for anyone in the fields of Business & Industry Crisis Intervention, Disaster Response, Education, Emergency Services, Employee Assistance, Healthcare, Homeland Security, Mental Health, Military, Spiritual Care, and Traumatic Stress.

### **Program Highlights**

- Relevant research findings
- Relevant recommendations for practice
- Incident assessment
- Strategic intervention planning
- “Resistance, resilience, recovery” continuum
- Large group crisis interventions
- Small group crisis interventions
- Adverse outcome associated with crisis intervention
- Reducing risks
- Critical Incident Stress Debriefing (CISD)

Completion of “Group Crisis Intervention” and receipt of a certificate indicating full attendance (14 Contact Hours) qualifies as a class in ICISF’s [Certificate of Specialized Training Program](#).

## BJA *In Harm's Way: Law Enforcement Suicide Prevention*

### **Course Description:**

This training provides resources and education on law enforcement suicide prevention. The attendees will return to their agencies with a better understanding of suicide and how to assist those at risk. The course is based upon a course provided by the Bureau of Justice Assistance in cooperation with St. Petersburg College and the International Association of Chiefs of Police, as amended by the instructors.

### **Resources:**

[In Harm's Way: Law Enforcement Suicide Prevention](#)

US BJA

St. Petersburg College

ICISF

### **Instructors:**

**Kenneth Blank** served as an Area Commander in the Area 48 Office of the Virginia State Police in Fairfax County. He was born and raised in Red Wing, Minnesota where he graduated from Red Wing Central High School and entered the United State Marine Corps. He served as a military police man and for four years as part of the security force for the Presidential Helicopter Squadron. He was honorably discharged in 1993 at the rank of Sergeant. He was hired by the Virginia State Police in 1996 and was assigned to Fauquier County for his first duty post. He transferred to Culpeper County in 2001 and was promoted to the rank of Sergeant in 2005, and worked as a first line supervisor in Area 11, Prince William County until he was promoted to First Sergeant and appointed as an Area Commander, December 10, 2017. As a Trooper, First Sergeant Blank was recognized many times for his enforcement efforts. Some of his awards include the Superintendent's Award for Excellence, Superintendent's Trophy, and the Outstanding Safety Achievement Award. He has been a DCJS instructor since 1999, a Defensive Tactics Instructor since 2004 and teaches frequently at the State Police Academy. First Sergeant Blank graduated from the University of Virginia, National Criminal Justice Command College in 2008 as class co-president. First Sergeant Blank teaches Critical Incident Stress Management and Suicide Prevention many other organizations on the local, state, and federal level. He became an ICISF Certified Instructor in 2016 and has taught Assisting Individual in Crisis and Group Crisis Intervention to many agencies. He became a BJA Suicide Awareness and Prevention Instructor in 2010, and has taught that course multiple times per year to many various agencies.