Critical Information on Interventions

Intervention	Type	Activity	Target	Timing	Duration	Trigger
RITS- Rest Information Transition Services	Information +Rest +Food	Passive	Staff Only. **NOT** general public	After shift	10 min. Info 20 min. food/rest	Large scale or major event
CMB Crisis Management Briefing	Information only even when questions are asked	Passive Sometimes with Q/A Sometimes without Q/A	Any large group Works well even when group is heterogeneous	Before, during, and after the event. May be used many times if info. Is new each time	20 to 30 minutes is ideal	Any event with impact on large group
Defusing	Interactive Group Members may help others in group	Active	Close knit group **Only. homogeneous**	Up to 8 hours after event	20-45 minutes max	Event impact on close knit group
CISD Critical Incident Stress Debriefing	Interactive Group with 7 specific stages. Group members may help others in group	Very active	Close knit group **Only. homogeneous**	24-72 hours post event is ideal	1 to 3 hours	Event impact on close knit group