

# Addressing Stress...

## ...from the Inside & Out

**2009 Metro CISM Team**

**Annual Conference in Memory of Bill Myers**

**Tuesday, May 5, 2009**

**8:00 Registration**

**Conference 9:00 – 4:00**

**ALLINA COMMONS AT MIDTOWN EXCHANGE**

**2925 Chicago Avenue, Minneapolis, MN 55407**



### **MORNING SESSION: EXPLORING ETHICS**

At times of organizational and professional stress, ethics and values get lost in the shuffle. But these are the very things that are antidotes to cumulative stress and burnout. Using examples from popular culture and an off the wall sense of humor, Chris LeBaudour will lead a renewing look at core organizational and personal values and ethics and how they function on and off the job. Chris is a faculty member in the Department of Public Safety, EMS Division at Santa Rosa Junior College in California and Director of Communications for REACH Air Medical Services.



### **AFTERNOON SESSION:**

#### **SIMPLE STRATEGIES FOR ASSISTING YOUR EMPLOYEES WITH CRITICAL INCIDENT STRESS REACTIONS**

Come learn specific techniques for helping critical care professionals and emergency service personnel at times of critical incidents/sentinel events. Supervisors, managers, captains, battalion chiefs, command staff, dispatch supervisors, emergency management personnel will gain assistance in responding to their staff's immediate needs *before* the CISM team or employee assistance responds. Participants will:

- Learn a protocol for assessing responders stress reactions
- Discover resources available to you and your department during a critical incident

**Conference Fee: \$75**

**Late Conference Registration after April 15<sup>th</sup>: \$100**

**Conference Information Available online at [www.metrocism.org](http://www.metrocism.org)  
(Registration form also on back of this page)**

## 2009 Bill Myers CISM Team Conference Registration

<b>Name of Conference</b>	
<b>Attendee</b>	
<b>Dept/Organization</b>	
<b>Job Title</b>	
<b>Mailing Address</b>	
<b>E-mail</b>	
<b>Phone #</b>	

**Mail this form, with check to: The Metro CISM Team**  
**4306 Bryant Ave. S.,**  
**Minneapolis, MN 55409**

**Questions? Contact Sue Johnston at [Suej@metroicim.org](mailto:Suej@metroicim.org), 612-207-1130.**  
**Sorry, we do not accept credit cards. For department invoicing, please email**  
**[Suej@metroicim.org](mailto:Suej@metroicim.org).**

Application has been made for Post credit, CEU and CME. Please contact The Metro Team at the above email if you have additional questions about this.