The Team Chief is available 24 hours a day, 7 days a week, 365 days a year.

The pager number is 412.263.7878

SHY CISM TEAM in Outlook

FOOTPRINTS

Some people come into our lives and quickly go.
Some stay for a while and leave footprints on our hearts.
And we are never, ever the same.

THE UPMC CRITICAL INCIDENT STRESS MANAGEMENT TEAM

Sandra Benjock
Faith Colen
Cindy Conte
Lenore Costello
Amber Dissinger
Alicia Eaton
Kathleen Finn
Nadine Jackson
Amanda Johnson
Trish Macara
Krystle Mientkiewicz
Donald Perry
Kimberly Pringle
Beverly Reich
Linda Reid
Mark “Nosson” Sachs
William Seybert
Kelly Sikora
Charles Starr
Barbara Stoehr
John Wolford

BUILDING BRIDGES TOGETHER

Without Bridges, the best built roads lead nowhere, the most impressive visions remain invisible, and the best laid plans fail. In life and work, our connections are everything.

SOS Shadyside
pager #412.263.7878
SHY CISM TEAM in Outlook

Funded generously by the Shadyside Hospital Foundation

UPMC Shadyside

Without Bridges, the best built roads lead nowhere, the most impressive visions remain invisible, and the best laid plans fail. In life and work, our connections are everything.
WHAT IS CISM?

Critical Incident Stress Management

It is a multidisciplinary team made up of nursing, clergy, medical ethics and other professionals right here from UPMC Shadyside.

WHAT DOES CISM DO?

- It accelerates the normal recovery of people who are experiencing painful reactions in response to abnormal events.
- It includes the need for follow up and provides a sense of psychological closure after the crisis.
- A team member will meet you in a group setting or a 1:1 consultation.

WHAT IS A CRITICAL INCIDENT?

A critical incident is any sudden or unexpected event that has an emotional impact sufficient to overwhelm the usual effective coping skills of an individual or group and causes significant psychological distress.

S.O.S. SHADYSIDE

MISSION STATEMENT

S.O.S. Shadyside provides timely, effective stress management intervention to minimize potentially harmful occupational stress-related symptoms associated with critical incidents and emergency situations.

The team will help individuals cope with their responses to acute and traumatic stress in order to teach, empower, assist and mentor the individual.

CRITICAL INCIDENT STRESS—NORMAL REACTION TO AN ABNORMAL EVENT.