



# Critical Incident Stress Management (CISM)

## Core Courses:

Assisting Individuals in Crisis and Group Crisis Intervention (GRIN) Combined 3-day Training

**Instructors:** **Melanie Rhodes, LMFT, LPCC, CCISM**  
**Kelley Molton, LCSW, CCISM**

**Target Audience:** First Responders (LE, Fire, Paramedic, Dispatchers), School, Hospital, Behavioral Health, Peer Support, and other personnel

**Course Description:** Crisis Intervention is NOT psychotherapy; rather, it is a specialized acute emergency mental health intervention which requires specialized training. 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 and group crisis intervention and will present the core elements of a comprehensive, systematic, and multi-component crisis intervention curriculum. **This course is offered at no cost and priority will be given to personnel on an existing CISM peer team.**

## **Participants will:**

- Receive International Critical Incident Stress Foundation (ICISF) certification in the two CISM core foundational courses Assisting Individuals in Crisis and Group Crisis Intervention
- Learn the fundamentals of and practice providing one-to-one and group crisis interventions
- Increase knowledge of crisis communication techniques, common psychological and behavioral crisis reactions, trauma, suicide intervention, the resistance, resilience, and recovery continuum, situational assessment, and strategic planning

## **Two Course Offerings:**

**Date:** July 26-28, 2023 or September 20-22, 2023

**Time:** 8:00am – 5:00pm

**Location:** Marina Training Room, 299 Twelfth Street, Marina

**To Register:** Email [415-cism@co.monterey.ca.us](mailto:415-cism@co.monterey.ca.us) the name, agency, phone number, and unique email address for each participant.

**Melanie Rhodes, LMFT, LPCC, CCISM, Deputy Director** is a licensed clinician with 25 years of experience working with those impacted by severe mental illness and co-occurring conditions in a public mental health setting. She oversees Access to Treatment, Adult, Forensic and Crisis Services for MCBH. She coordinates the BH Specialty Teams, specifically the Hostage / Crisis Negotiation Team, Critical Incident Stress Management (CISM) Team, and the Crisis Intervention Team (CIT). She is certified as a CIT Coordinator by CIT International and is a trainer for behavioral health and first responder personnel in the areas of mental health, crisis intervention, safety, self-care, verbal intervention, and de-escalation. She has also been certified as an approved instructor through the Crisis Prevention Institute, Mental Health First Aid USA, and the International Critical Incident Stress Foundation. She is passionate about advocating for those with severe mental illnesses and substance use disorders, seeking to eliminate stigma, break down barriers, and collaborate with community stakeholders and justice partners so individuals and families can access needed services, support and treatment that is strength-based and trauma-informed in a timely and humanistic manner.

**Kelley Molton, LCSW, CCISM, Behavioral Health Services Manager II** is a licensed clinician with 18 years of experience working with the forensic mental health population both in and out of custody settings. She worked for the State Hospital system, providing inpatient mental health services to severely mentally ill, maximum-security inmates within Salinas Valley State Prison. She currently oversees all Juvenile Justice services offered by Monterey County Behavioral Health. Kelley is an approved instructor with International Critical Incident Stress Foundation (ICISF) and co-coordinates the Critical Incident Stress Management (CISM) county team; providing clinical and strategic support to other CISM teams as they manage critical incidents. She is a senior member of the Behavioral Health Hostage / Crisis Negotiation Team and has lectured for the California Association of Hostage Negotiators Tri-County Law Enforcement agencies on Negotiating with youth. She teaches for the MSW graduate program at CSUMB, presents regularly at the Crisis Intervention Team (CIT) Academy, and is frequently sought out by partner agencies to present on a wide variety of topics such as safety, self-care, trauma-informed/trauma responsive care for youth, crisis management, de-escalation strategies, and mental health. Kelley is an advocate for social justice, collaborative learning, and seeks to support those individuals and families in our community that need the most help in the most holistic, culturally relevant manner possible.