

Staff Invitation to Participate in a Critical Incident Stress Debriefing

Dear Staff,

As you know, we have all been working hard to emotionally support students as a result of [specific reference to the incident]. We would like to invite you to take a few minutes to focus on your own reactions by taking advantage of a Critical Incident Stress Debriefing facilitated by members of the MACS School Crisis Response Team.

A Critical Incident Stress Debriefing takes place in a group setting facilitated by several team members trained in crisis intervention. The goals of a Critical Incident Stress Debriefing are to:

1. Provide information about dealing with grief and loss in a healthy way
2. Allow staff the opportunity to express thoughts and feelings in a safe and confidential environment
3. Allow staff time to comfort and support each other with the additional support of trained crisis counselors
4. Help staff in resuming their usual routines as soon as possible.

The **Critical Incident Stress Debriefings** will take approximately one hour and will take place as follows:

Date:

Time:

Place:

Additional dates and times will be added as needed.

Please consider attending.