



SECURE Peer FAQ

1. How much training will there be? Short term, long term? Ongoing meetings?

Each SECURE Peer will first be trained in the International Critical Incident Stress Foundation (ICISF)'s model of Assisting Individuals in Crisis & Group Crisis Intervention (GRIN). This training will introduce or refresh peers to the system and principles of Critical incident Stress Management (CISM), and will be on three consecutive Thursdays starting in mid-January, 2022. At this time, we have not yet determined if they are happening in-person or online. Yet, we hope that they can be in-person.

After the initial training, regional groups will meet for 2 hours every two months for learning, practice and support. We anticipate having state-wide trainings periodically.

2. Will the training take place while on the job? [Has my supervisor approved this?]

Training will take place during daytime work hours. SECURE Peers should schedule this time away with their departments. As a program, we encourage departments to allow SECURE Peers to attend meetings, trainings, and other official engagements on paid time.

3. How much time per month will being a peer take?

Once trained in CISM, SECURE Peers will meet with their assigned regional hub for 2-hours on a bi-monthly basis. All other time spent offering peer support individually or as part of a group – or other activities such as professional consultation – will depend on the member and on the needs of the team.

4. If I need to travel for meetings or debriefings, will there be a travel stipend?

At this time, there is no travel stipend available for volunteer work with the SECURE Program. Members should discuss this with their departments – and, if necessary, we can explore this as an option as the program continues to build and grow.

5. What is involved with CISM certification? Will this training qualify me for certification?

Certification in Critical Incident Stress Management (CCISM) is a requirement for peers involved in SECURE. The ICISF course which you will take qualifies you to sit for the CISM examination. A passing score on the CISM exam will provide you with a professional certification in CISM from the University of Maryland – Baltimore County which will be active for 5 years. The certification will demonstrate to others that you understand the basics of individual and group crisis intervention, and that you are dedicated to continued growth in this area as a peer support professional. This certification is also a basic requirement for those who wish to do more with their training in CISM, and work towards becoming ICISF Approved Instructors. At this time,



there is grant funding to cover the cost of the CISM Certification examination for all new SECURE Peer Support Professionals.

6. **When is it appropriate to call a peer vs. a counselor?**

Peers will learn and use a structured method for supporting colleagues in distress. This method is called SAFER-R, and it will be taught in your basic training this winter. This model will give you a format to actively listen as a peer, without feeling pressure to change anything or make anything happen when there is a mental health or substance use concern. Rather, it is a method for providing active, non-judgmental listening, assessing for safety concerns, and helping your colleague define and follow-up with a plan of action or next steps. At times, this plan may involve referring to a counselor to address problems which may be showing up in the person's work, family or social life due to stress. Other times, it may just be for support. Or, they may just need to rest or meet with another type of support (family member, clergy member, friend, etc.). As a SECURE Peer Support Professional, you are never alone in these situations. You will always be able to make a call to another trusted peer, or to a SECURE Clinician, to consult around referrals or concerns about health or safety which you may have for a colleague.