THE COMMUNITY TRAUMA TEAM is a trained group of volunteers who have been certified in Early Intervention Field Trauma Response. The team is equipped to provide emotional support and crisis debriefing to people of all ages following a traumatic incident. The goal of the Community Trauma Team is to prevent or lessen the adverse emotional effects that can occur following a traumatic event.

Many thanks to the Heart of Illinois United Way for their support of the Community Trauma Team.

Emotional support during critical times.
**WHAT IS A TRAUMATIC EVENT?**

Traumatic events can occur at any time. They can include industrial accidents, serious injury or death, suicides, community violence, or natural disasters. After such an event occurs, those who are affected or people who witnessed the event can experience difficulty in returning back to their regular routines and feeling “normal” again.

**WHAT SERVICES DOES THE COMMUNITY TRAUMA TEAM OFFER?**

The Community Trauma Team can help individuals deal with the thoughts, feelings, and behaviors they have after a traumatic incident. Services are provided at no cost and can include:

- Individuals or small groups sessions to discuss thoughts and reactions to the event
- Education on stress management
- Crisis debriefing and grief counseling
- Teaching of coping skills and new behaviors to manage stress
- Development of action plans
- Identification of community support resources
- Follow-up and referrals for those needing additional professional intervention

These services are provided year round to individuals residing in Peoria, Tazewell, Woodford, Putnam, Stark, and Marshall Counties. The average debriefing session lasts 1-3 hours depending on the need.

**HOW DO I KNOW IF A COMMUNITY TRAUMA DEBRIEFING IS NEEDED?**

If you or someone you know has experienced a sudden, unexpected traumatic event that is causing or could cause “critical incident stress,” you should contact the Trauma Team. Signs and symptoms of critical incident stress can include:

- Difficulty sleeping or changes in eating habits
- Feeling overwhelmed or guilty
- Having negative thoughts or blaming oneself
- Feeling scared or fearful
- Feeling anxious or angry

**HOW DO I ARRANGE FOR A DEBRIEFING?**

As soon as possible after a traumatic event, contact us to access Community Trauma Team services:

(309) 687-7929
TraumaTeam@chail.org