

Illinois ATs CARE Team

Illinois ATs CARE Team operates within IATA and seeks to lessen the impact of stress reactions during or after a critical incident within the Illinois Athletic Training community. The Illinois ATs CARE Team accomplishes its work through a variety of interventions provided by fully trained peer support personnel.

For more information on the Illinois ATs CARE Team, contact:

Team Coordinator (Emergency/Non-Emergency)

Tanya Marquez MS, ATC (217) 390-5291
iatacism@gmail.com or
marquez724@gmail.com



Better Healthcare with Athletic Trainers

Or find us on the web:

<http://illinoisathletictrainers.org/>

All services are free of charge and are rendered taking

Regional ATs Care Team Contact:

Region 1

Roger Kalisiak MSED, ATC (847) 494-9150
rkalisiak@comcast.net

Region 2

Bill Hughes MA, ATC (630) 688-8724
santabillatc@gmail.com

Region 3 & 4

Illinois ATs Care Team Members:

Matthew Marzullo ATC
Donald Nielsen MS ATC
Brian Cronin ATC
Greg Evans MA ATC
Amy Kunigonis ATC
Amy Jandek ATC
Katie Lisko ATC
Amy Boscolo ATC
Shana Bartell ATC
Karen Hyde ATC
Jim Ferguson ATC
Leah Oliver-Pataki ATC

Pastoral Care:



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Illinois ATs CARE Team

**Illinois Athletic Trainers Association
Critical Incident Stress
Management Team**

Our team's mission is to provide peer assistance to all personnel and students within the Illinois Athletic Training

Critical Incident Stress Management (CISM)

What is CISM?

The events in the first 48 hours after a critical incident can be the most significant. This is the period when people try to make sense of what has occurred and reestablish reasonable mastery of their universe. People also try to attach a sense of meaning to life and strengthen caring human attachments.

CISM is incident stress management assistance designed to stabilize signs of distress and dysfunction, facilitate a reduction in symptoms and a return to independent functioning. CISM can also facilitate access to a higher, more continuous level of care if needed.

CISM is conducted immediately, simply, briefly and confidentially.

What is a Critical Incident?

A critical incident is an event that can disrupt a person's psychological balance, overwhelm usual coping mechanisms and have the potential to create significant human distress.

*Critical incidents can include:

Death of a student
Death or Suicide of a Colleague
Serious Injury
Prolonged Failed Rescue
Mass Casualty Incidents
Natural Disasters
Victim Known to Responder
Personal Safety Jeopardized
Excessive Media Coverage

Reactions to Critical Incidents

Reactions to critical incidents can fall into five categories: Cognitive, Behavioral, Physical, Emotional and Spiritual reactions. It is not unusual for members of a community to experience some or all of these reactions.

*Cognitive reactions can include:

Decision making difficulties, confusion, disorientation, concentration, memory loss, unable to perform multiple tasks, flashbacks.

*Behavioral reactions can include:

Sleep disturbance, withdrawal, family discord, crying spells, hyper-vigilance, hyperactivity, Alcohol/Drug Abuse

*Physical reactions can include:

Muscle tremors, headaches, backaches, loss of coordination, nausea, upset stomach

*Emotional reactions can include:

Anxiety, fear, feeling overwhelmed, feeling detached from reality, anger, resentment, grief, guilt, melancholy

*Spiritual reactions can include:

Anger at God, withdrawal from faith, cessation of faith-related practices

**Please note: Lists are not all inclusive.*

