



## NEW JERSEY DISASTER CRITICAL INCIDENT STRESS RESPONSE (NJDCISR) SURVEY

\* This survey is for informational purposes only and solely intended to improve on future disaster responses.\*

Check Affiliation: Police \_\_\_\_\_ Fire \_\_\_\_\_ EMS \_\_\_\_\_ Other \_\_\_\_\_

County: \_\_\_\_\_

**Question 1: Do you believe the events of 9/11 continue to play a role in the mental health of NJ First Responders?**

- Yes  Somewhat  
 No  Don't Know

If Yes, on a scale of 1-10 (1 being low), to what degree do the events of 9/11 continue to affect you personally?

Low High  
(Circle) 1 2 3 4 5 6 7 8 9 10

**Question 2: Identify the 3 most stressful aspects of your job since 9/11.**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Question 3: Identify at least 2 positive coping skills you have used to deal with the stress of the job in the last 2 years.**

- Exercise  Spiritual Support  
 Laughter  Family / Friends  
 Reading  Other \_\_\_\_\_

**Identify at least 2 less positive coping skills you have used to deal with the stress of the job in the last 2 years.**

- Substance Abuse  Alcohol Abuse  
 Withdrawal / Isolation  Excessive Anger  
 Excessive Sleeping  Other \_\_\_\_\_

**Question 4: Were you aware that mental health services were available after 9/11?**

- Yes
- No

If Yes, how did you hear about the services and were they made available in a timely manner? Explain

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If No, what can be done differently in the future to make first responders more aware of these available services? Explain

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**Question 5: What did you like about the services you received and/or what can be done to improve them? Explain**

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**Question 6: What training topics/skills would you like to see offered in the future that would be most helpful to you in effectively coping with the demands of your job?**

- Anger Management
- Decision Making & Problem Solving
- Stress and Relaxation Training
- Time Management
- Communication Skills
- Other \_\_\_\_\_

**Question 7: What services would be most helpful after a critical incident? List in priority 1-4**

- Defusing \_\_\_\_\_
- Debriefing \_\_\_\_\_
- Peer Support \_\_\_\_\_
- Crisis Management Briefing (Training) \_\_\_\_\_
- All of the Above
- None of the Above

**Question 8: What service(s) or program(s) would be helpful to provide to your family members to support your efforts?**

- Employee Assistance Program Services
- Website Links, Reading Material, Literature
- Marriage Counseling
- Domestic Violence Information
- Other \_\_\_\_\_

**Question 9: Identify the agency, team, or member selected to respond to your critical incidents.**

- |                                                                           |                                  |
|---------------------------------------------------------------------------|----------------------------------|
| <input type="checkbox"/> Cop-2-Cop Program Hotline                        | <input type="checkbox"/> Genesis |
| <input type="checkbox"/> WTC-RSVP Program Hotline                         | <input type="checkbox"/> Pegasus |
| <input type="checkbox"/> NJ Crisis Intervention Response Network (NJCIRN) | <input type="checkbox"/> Apollo  |
| <input type="checkbox"/> Employee Assistance Program (EAP)                | <input type="checkbox"/> Phoenix |
| <input type="checkbox"/> Other _____                                      | <input type="checkbox"/> Mercury |

**Question 10: Identify ways the New Jersey Disaster Critical Incident Stress Response (NJDCISR) Program can ensure utilization.**

- Developing Standard Operating Procedures (SOPs), Standard Operating Guidelines (SOGs)
- Incorporating Collaborative Presentations Among Agencies
- Other \_\_\_\_\_

**OVERALL COMMENTS:**

**What recommendations or suggestions can you make to improve the critical incident stress response services offered in this state?**

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Send Completed surveys to:

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