

If you, a loved one, or your organization has experienced a critical incident, help is available.

To activate the Crisis Response Team
any time, day or night, please call:

541-766-6911

A dispatcher will ask you questions about the incident you've experienced in order to direct you to appropriate support.

REFERRAL CONTACT INFORMATION

Name: _____

Phone: _____

Email: _____

Notes: _____

Other Community Resources

While our team focuses on support following a critical incident, other community resources are available for those in emotional distress. A listing of local resources is available on our website at: www.co.benton.or.us/sheriff/page/crisis-response-team-crt



CRISIS RESPONSE TEAM



Scan this QR Code to learn more about the BCSO Crisis Response Team and other resources for managing stress response.

To activate the Benton County Sheriff's Office Crisis Response Team, please call:

541-766-6911

24-hour access number

Benton County Sheriff's Office

Scott Jackson, Sheriff

180 NW 5th Street

Corvallis, OR 97330

Phone: 541-766-6858

Website: www.co.benton.or.us/sheriff

OUR MISSION:

We provide professional public safety services with integrity and accountability.

OUR VISION:

To be a progressive Sheriff's Office that is the cornerstone of public safety in Benton County.

OUR VALUES:

Duty ♦ Honor ♦ Courage

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Benton County Sheriff's Office

CRISIS RESPONSE TEAM



Getting help following a
critical incident that affects
you or your organization.

To activate, call:

541-766-6911

24-hour Access

Benton County Sheriff's Office Crisis Response Team

What is a Critical Incident?

A critical incident is an event that is so abnormal or horrendous that it overwhelms an individual's normal coping skills. Typically it is unexpected, unavoidable, and the person is unable to prepare for it. It can create intense reactions of fear, helplessness, and horror.

Examples of Critical Incidents

- Sudden death of someone close
- Serious motor vehicle crashes
- Physical assault
- Witnessing fatalities or suicide
- Serious industrial or workplace accidents
- Natural disasters such as fire, floods, and earthquakes

While humans are extremely resilient, about 80-85% of those exposed to a critical incident will show noticeable symptoms of some kind of critical incident stress within 24 hours.

What is Critical Incident Stress?

There are a number of ways our bodies, minds, and emotions can respond to critical incidents. Some potential reactions to these events include, but are not limited to:

- Feeling like you're in a fog.
- Feeling out of control.
- Unwilling to accept the situation.
- High anxiety.
- Overwhelming emotions.
- Feelings of shock.
- Feelings of hysterical fear.
- Unable to process things or wishing you could escape.
- Intrusive images that won't stop.



How Our Team Can Help

Studies have shown that the immediate and appropriate intervention in a person's life in the hours and days following a critical incident can make a huge difference.

The skillful presence and capable support of a caring professional can potentially reduce the chance of the traumatized individual developing long term stress reactions such as Post-Traumatic Stress Disorder. The assistance that is offered following such an event can have a significant positive impact.

That's why the Benton County Sheriff's Office has formed the Crisis Response Team.

Crisis Response Team members are volunteers from the community with backgrounds in human service or helping professions. They are carefully evaluated, selected, and trained for this team.

If you, a loved one, or your organization has experienced a critical incident, you can request help from the Crisis Response Team by calling:

541-766-6911

You will be asked a few questions about the incident so that dispatchers can connect you with appropriate support.