



Crisis Response Team of Freeborn County

24-hour Phone: (507) 383-5965



What is the Crisis Response Team (CRT)?

The CRT is a group of volunteers who are trained to go out into the community to be supportive to groups of people who have been traumatized by disaster. Disaster could be natural/human-made; for example, a tornado, flood, school shooting, sudden traumatic death or groups affected by crime.

What would CRT do to help?

The CRT is available to assist individuals and/or groups of individuals who have been traumatized by disaster, offering the following services:

- **Companioning:** Providing a listening ear and support to traumatized individuals or groups immediately following the event.
- **Group Crisis Interventions:** A trained facilitator and scribe take groups of individuals through a process of safety, security, ventilation, validation, prediction, and preparation in addressing self-care/resiliency after an event that was traumatic. The group intervention would generally take place 24 to 72 hours after the disaster at a location convenient for the participants. Group crisis interventions (GCI's) last about 90 minutes.

Who could access CRT?

CRT could be accessed when a group of individuals has been affected or traumatized by any type of disaster. The CRT on-call volunteer would get details and respond to the request.

How is CRT run?

CRT is based on the model established by the National Organization of Victim Assistance (NOVA). The Crisis Response Team of Freeborn County is run by trained volunteers and does not charge any fee for its services.

Volunteer Opportunities:

24 hours of initial training is provided for CRT applicants. Ongoing training is also offered. For more general information or how to become a CRT volunteer, contact 383-5965.

Services:

To access the services of CRT, contact the 24/7 cell phone at 1-507-383-5965. The On-Call CRT volunteer will respond to your call within one hour.

Financial Support:

If you wish to contribute toward the support of CRT, contact 383-5965 and ask for details.