

“YOU NEVER KNOW HOW STRONG YOU ARE UNTIL BEING STRONG IS THE ONLY CHOICE YOU HAVE.”

-RUMI

WHY IT MATTERS:

LAW ENFORCEMENT SUICIDES 2020

- 174 OFFICERS WERE REPORTED TO HAVE COMPLETED SUICIDE
- 129 OFFICERS WERE KILLED IN LINE OF DUTY DURING THAT SAME TIME (PLUS 240 ATTRIBUTED TO COVID 19)

*BLUE HELP/OFFICER DOWN MEMORIAL PAGE

LAW ENFORCEMENT SUICIDES 2021

- 133 OFFICERS WERE REPORTED TO HAVE COMPLETED SUICIDE
- 170 OFFICERS WERE KILLED IN LINE OF DUTY DURING THAT SAME TIME (PLUS 397 ATTRIBUTED TO COVID 19)

FIRE/EMS SUICIDES 2021

- 89 WERE REPORTED TO HAVE COMPLETED SUICIDE
- 151 ON DUTY DEATHS REPORTED

• FEMA/Firefighter Behavioral Health Alliance



WHAT IS A TRAUMATIC EVENT:

“A traumatic event occurs when you are exposed to actual or threatened death, serious injury, or sexual violence. This can take the form of directly experiencing the event, witnessing the event, or being repeatedly exposed to the unpleasant details of traumatic events”

-Matthew T. Tull (PHD), Kim L. Gratz (PHD), and Alexander L. Chapman (PHD, RPSYCH), “The Cognitive Behavioral Coping Skills Workbook for PTSD: Overcome Fear and Anxiety and Reclaim Your Life” (2016)

TRAUMA RESPONSE:

- PHYSICAL
- CHILLS
 - FATIGUE
 - NAUSEA
 - VOMITING
 - HEADACHES
 - RAPID HEART RATE/ELEVATED BP
 - DIFFICULTY BREATHING
 - ECT.....

- COGNITIVE
- CONFUSION
 - NIGHTMARES
 - UNCERTAINTY
 - HYPERVIGILANCE
 - POOR DECISION MAKING
 - BLAMING
 - ECT.....

EMOTIONAL

- FEAR
- GUILT
- PANIC/ANXIETY
- DENIAL
- INTENSE ANGER
- EMOTIONAL OUTBURSTS
- INAPPROPRIATE EMOTIONAL RESPONSE
- ECT.....

BEHAVIORAL

- WITHDRAWN
- INABILITY TO REST
- CHANGE IN SOCIAL ACTIVITY
- CHANGE IN APPETITE
- CHANGE IN SPEECH PATTERN
- ERRATIC MOVEMENTS
- ECT.....

AM I GOING CRAZY?

• A NORMAL REACTION TO AN ABNORMAL EVENT

ADD CUMULATIVE STRESS

-Sergeant Eric Weaver (Ret.) "Overcoming the
Darkness: Shining Light on Mental Illness, Trauma,
and Suicide In Law Enforcement" (2020)



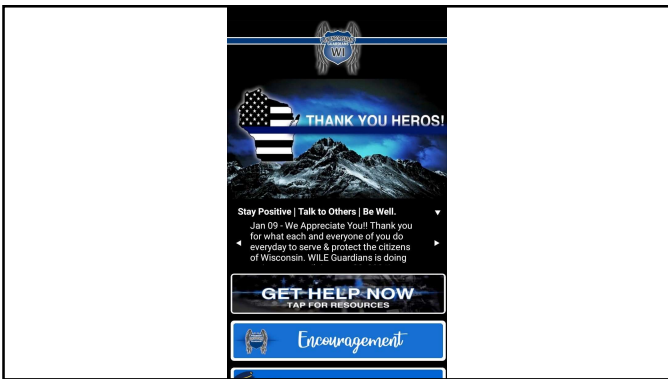
EMOTIONAL TRIGGERS

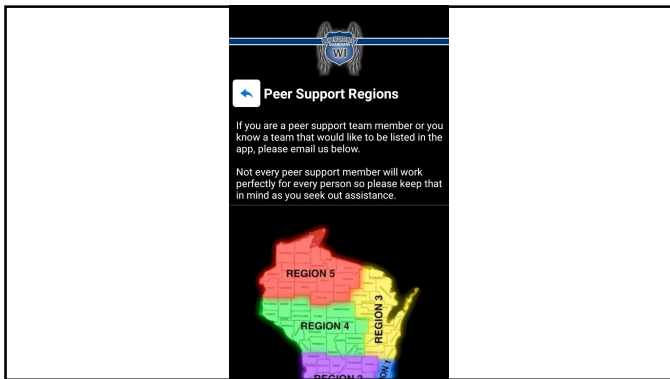
THINGS TO TRY

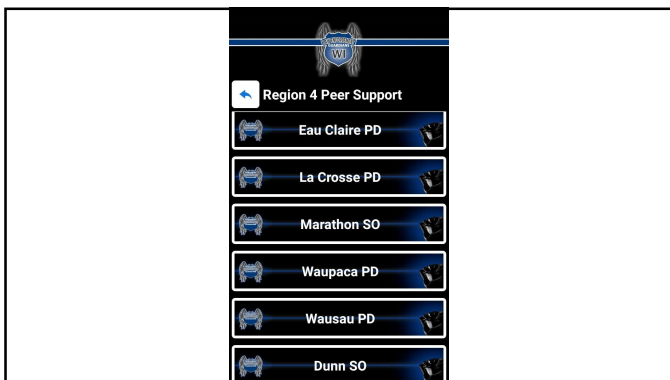
EAP/COUNSELING

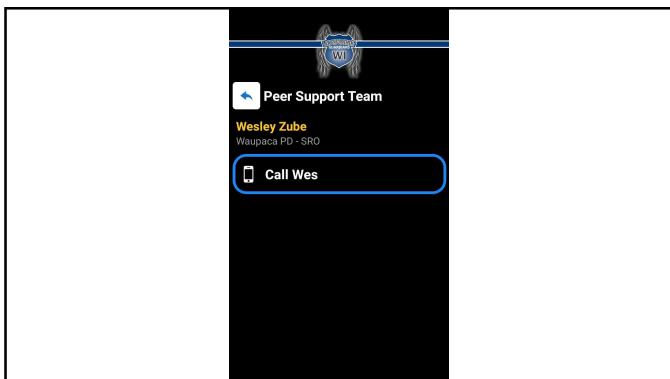
PEER SUPPORT

TO KNOW WHAT IS ABNORMAL,
YOU MUST FIRST KNOW WHAT IS
NORMAL
-PROFESSOR JOE LOMAX UW-PLATTEVILLE









THINGS TO AVOID

DEAR FAMILY....

BETTER TO HAVE IT AND NOT NEED IT...

PEER SUPPORT POLICY:

- HAVE STRUCTURE
- WHEN AND HOW TO USE
- COVER CONFIDENTIALITY
- EXPLAIN ON HOW TO GET ON THE TEAM
- EXPLAIN TRAINING
- HOW TO TRACK IT WHILE MAINTAINING CONFIDENTIALITY

OFFICER IN CRISIS POLICY

- COVER EVERY KIND OF SITUATION
- COVER WHAT TO DO IF AN OFFICER IS A THREAT TO THEMSELVES OR OTHERS
 - AT THEIR RESIDENCE BOTH WITHIN AND OUTSIDE JURISDICTION
 - WHILE AT WORK
- COVER ALL STEPS OF THE PROCESS
- FOCUS ON PRIVACY TO NOT MAKE A BAD SITUATION WORSE
- ESTABLISH AGREEMENTS WITH OTHER AGENCIES TO ASSIST
- THINK OF THE FAMILY

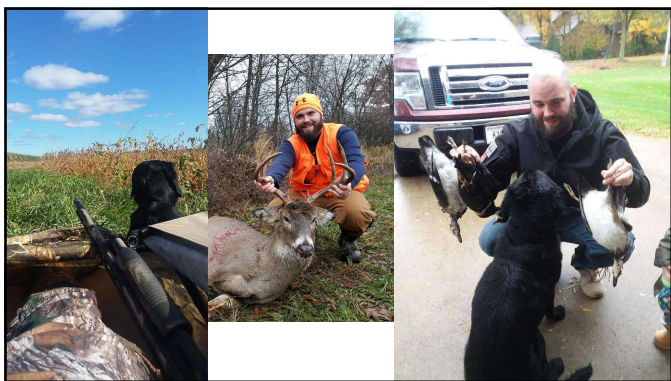
OFFICER IN CRISIS CONTINUED...

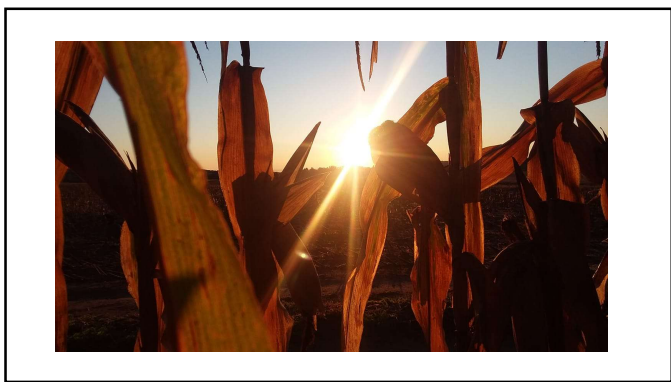
- ESTABLISH HOW THEY WILL REINTEGRATE BACK TO WORK
- MAINTAIN FOLLOW THROUGH WITH SUPPORT
- COVER SUICIDE
 - HAVE A PLAN FOR RESOURCES
 - HANDS OFF ON THE INVESTIGATION
 - ALL SUPERVISORS ON DECK
 - NOTIFYING EMPLOYEES
 - FOCUS ON FAMILY WISHES
 - HAVE A PLAN FOR MEDIA

WHAT I DO:

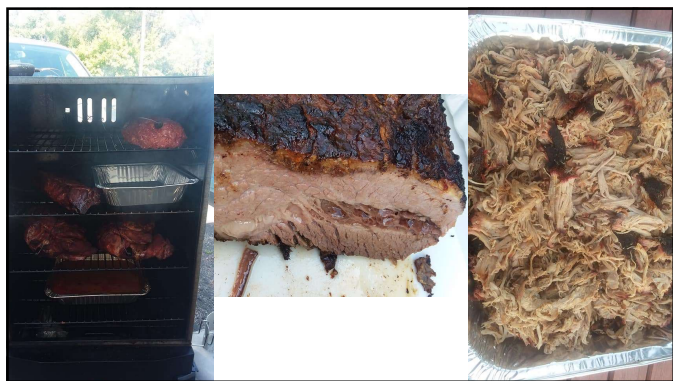














ANY QUESTIONS?

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