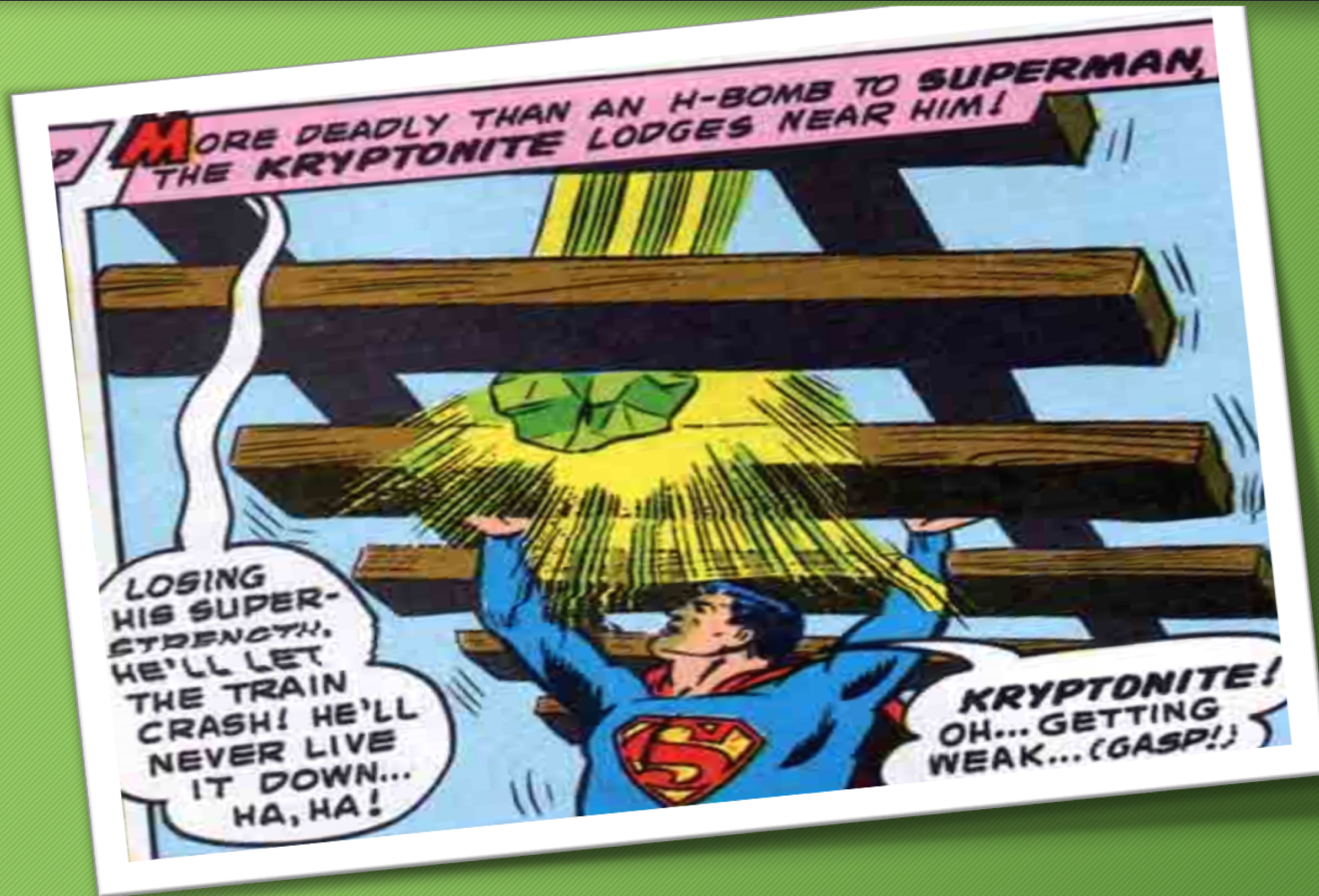


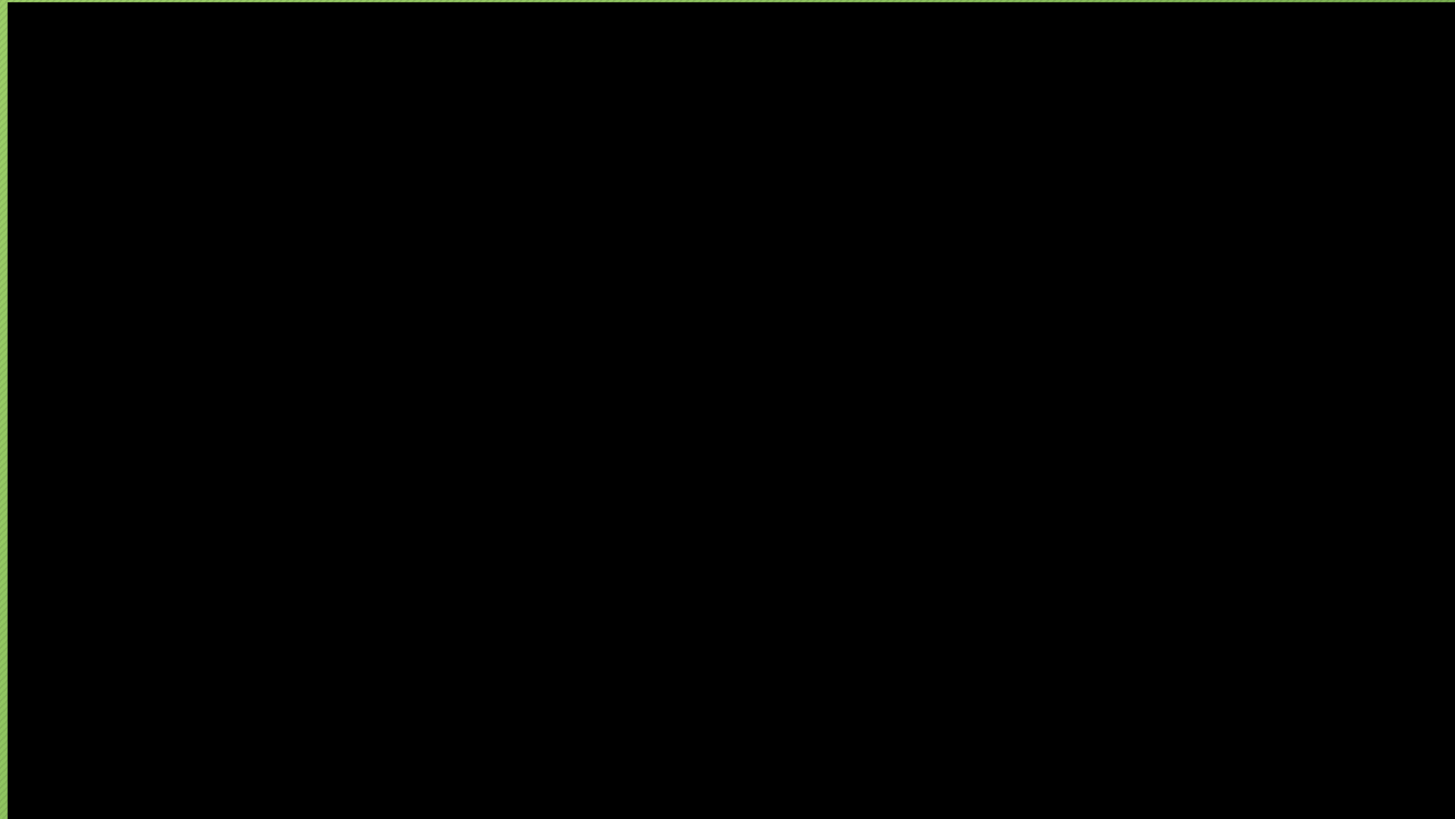
9-1-1...I'm Fine!

Recognizing and Dealing With Traumatic Stress in Public Safety

What's your kryptonite?



This is normal



S.T.R.E.S.S.

- **Symptoms**
experienced as the result of a
- **Traumatic**
experience or event;
- **Reactions** *may be*
- **Emotional and/or physical,**
impacting a person's sense of
- **Safety** *and*
- **Security**

It's a NORMAL reaction to ABNORMAL circumstances...

Signs and Symptoms

PHYSICAL	EMOTIONAL	COGNITIVE	BEHAVIORAL
fatigue - beyond tired	anxiety	confused - feeling 'foggy'	appetite changes - significantly more or less
headaches	unpredictable crying or feeling emotional	unable to concentrate	easily caught off guard - startle easily
stomach issues	irritable, agitated	less alert - mind drifts	withdrawn - avoid social situations
unable to relax or sit still	overwhelmed	nightmares	increased alcohol consumption
sleep changes	angry or fearful	struggle with routine	not handling responsibilities

YOU are at risk...



NG 9-1-1

Mass incidents

First responders

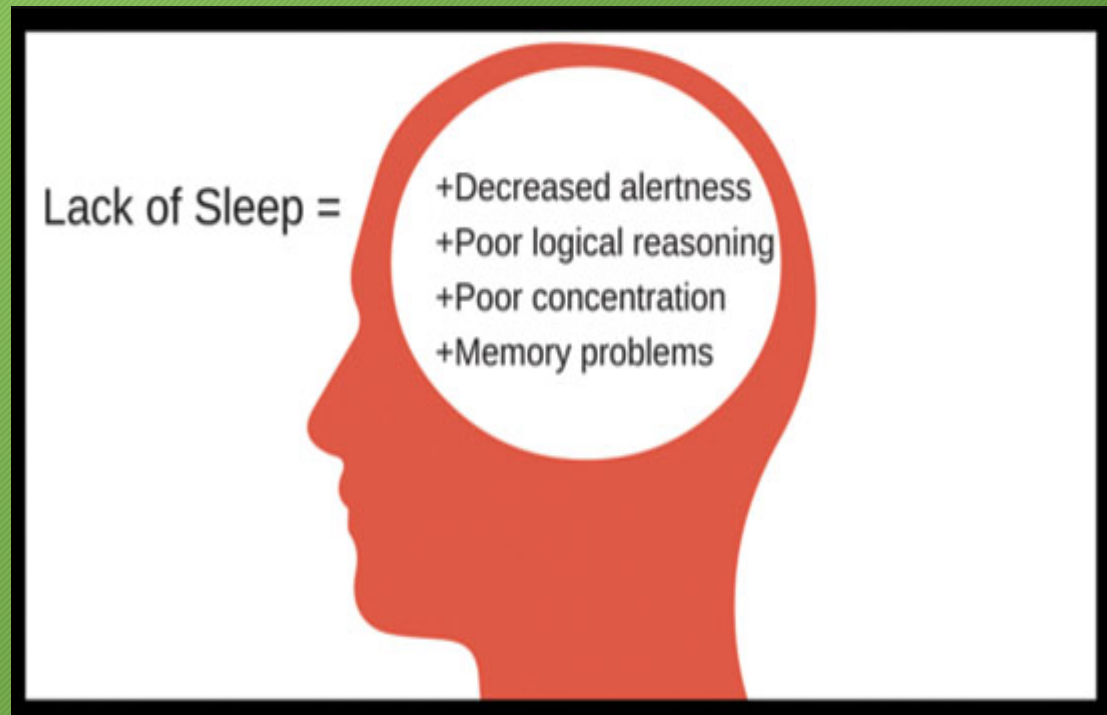


You are *exhausted*...

Parietal lobe - *integrates information from senses; knowledge of numbers and manipulation of objects*

Occipital lobe - *visual processing*

Thalamus - *regulation of consciousness, sleep & alertness*



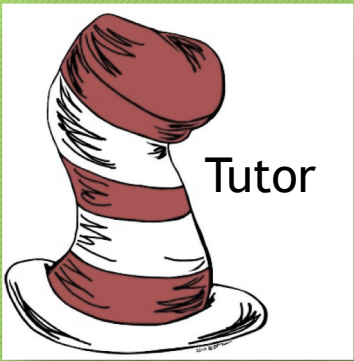
24 hours without sleep OR
a week of sleeping 4 or 5 hours
a night induces an impairment
equivalent to a blood alcohol
content of .1 %

You are *overextended*...

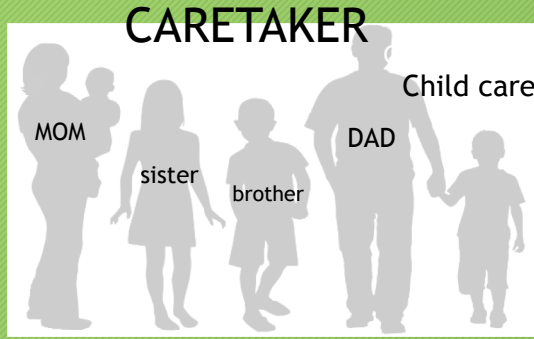
Job: How do we add more to what you already do?

Personal: How many hats are you wearing?





Tutor



CARETAKER



supplies manager



Finance manager



COOK

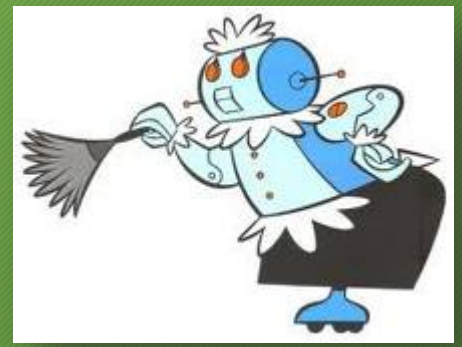


Holiday planner

What once was
L Now is
FOUND
S
T



FIX-IT



COACH



Pet care



Best Employee



Appointment manager



Marriage or dating

Hobbies

Spiritual life

Exercise

Friendships

Vacations

SLEEP



We ignore the obvious because it doesn't apply to us...

I'm *FINE*; it's everyone else that needs _____.

(sleep, exercise, vacation, counseling, friends, etc...)

What can I do?

SELF CARE

- Fuel
- Exercise
- Sleep
- Hydrate
- Over-commit vs. social avoidance
- Train/educate

ENGAGE

- Listen
- Look
- Be intentional
- Limit distractions

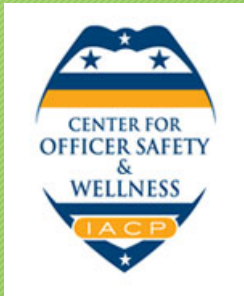
PEER SUPPORT

- Diffuse
- Don't isolate
- Everyone is different
- Identify trusted peers and offer to be one
- When it's on your mind, talk about it



International Critical Incident Stress Foundation, Inc.

HELPING SAVE THE HEROES



Peer Support

“Specially trained peer support personnel were recognized as critical mental health resources, as officers in crisis may be far more willing to talk to colleagues than to mental health professionals...

...if an agency does not have a peer support group, starting one should be considered.”

Ohio has several Critical Incident Stress Management teams available for call-out; volunteers trained and certified in International Critical Incident Stress Foundation, Inc. (ICISF) curriculum.

<https://www.icisf.org/>

Tab to search: CISM Support/Teams



THANK YOU!



Willful Blindness by Margaret Heffernan

CopShock by Allen R. Kates (chapter 15 has A LOT of resources for education & support)

Emotional Survival for Law Enforcement by Kevin M. Gilmartin, Ph.D.