



Promoting wellness and recovery

Mike DeWine, Governor
Lori Criss, Director

Ohio ASSIST, Post Critical Incident Seminars and the role of the First Responder Liaison

Steven M. Click
First Responder Liaison, Trauma Informed Care

Ohio *ASSIST* Program Status

- 3 day Post Critical Incident Seminar designed to allow first responders and support person to effectively, and in a healthy way, deal with traumas and stress of public safety from a specific incident or accumulative effects of multiple incidents.
- The Seminar is comprised of a series large and small group interaction, individual meetings with clinicians, availability of introductory EMDR; group classes on relationships, addiction, fear and coping, faith and resilience. All facilitated interactions are open discussion and conversation.

We have also been able to make referrals to services within Ohio to agencies who have requested assistance



Ohio *ASS/ST* PCIS Eligibility

- First responders may be referred by their agency
- Individuals may register themselves
- Payroll/leave status will be determined by the individual agency
- Only cost to agency will be getting the first responder to the training
- Ohio *ASS/ST* works with and supports the efforts of CIT/CIRS/CISM/Peer Support teams across the state



Ohio *ASS/ST* Program Status

Ohio *ASS/ST* has held nine successful Post Critical Incidents Seminars (PCIS) from March of 2017 through September 2019

- ❖ 252 first responders and support persons have attended at no charge to their agency
- ❖ Next PCIS scheduled for May 2020
- ❖ Scheduled for four PCIS in 2020

A reminder of what Ohio *ASS/ST* Is **Not**

- Ohio *ASS/ST* **does not** replace or change anything an agency is currently doing in the area of post-critical incident aftercare
- Ohio *ASS/ST* **is not** a program specific to one agency or area of safety service
- Ohio *ASS/ST* **does not** dictate to any agency how to help its personnel after an incident

ROAD TO
RECOVERY

First Responder Liaison

Created in December of 2018

Mission:

- To create a bridge between mental health and first responders and their agencies
 - Provide training for agencies and their personnel
 - Serve as a reference for Ohio Mental Health & Addiction Services
- In addition, be a source of connections for agencies and first responders across the state



Training Opportunities



Crisis Awareness (with Addiction Awareness)

- Discusses the possible physical, mental, emotional reactions to a critical or traumatic incident or the cumulative effects of these incidents
- Provides techniques and skills to effectively deal with the effects of trauma in healthy and safe ways
- Addiction Awareness (Optional) provides an awareness level of addiction, with focus on alcohol but also addressing process and other addictions

Training Opportunities

“After the Call”

- Focused towards mid and upper level public safety commanders and administrators
 - Discusses what to do in the aftermath of the loss of a co-worker
 - Line of Duty
 - Accidental
 - Suicide
- Not a “*what to do*” but begins the conversation for the command staff to develop plans that can be used when emotion and stress are at their highest levels

Training Opportunities

Suicide Awareness

➤ QPR Course

➤ Question, Persuade and Refer

Trains “Gatekeepers” who have the training and resources to assist co-workers, friends, family and the public

As a QPR-trained Gatekeeper you will learn to:

Recognize the warning signs of suicide

Know how to offer hope

Know how to get help and save a life



Training Opportunities

Self-Care

- Discussion about need for first-responders to take care of themselves
- Techniques and strategies for self-care
- Applicable to all levels of public safety agencies



Current State of Planning / Preparation



- At present, many agencies have CISM or peer support programs
- Very few have instituted any sort of wellness program and even fewer have on-going, substantive wellness and resiliency training programs
- Needs to start with basic training and continue through career
- Need to think about resources for retirees and families
- Must start with support from Chief Executives

Contact Information

Steven M. Click

First Responder Liaison

Trauma Informed Care

Ohio Mental Health & Addiction Services

30 East Broad Street

36th Floor

Columbus, Ohio 43215

614-466-9938

Steven.click@mha.ohio.gov

Questions.....



Let your smile change the
world, but don't let the
world change your smile.