

WERE ALL IN THIS TOGETHER

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COVID





WELCOME

- Speed Dating
 - Introduce yourself
 - Your name
 - Your community
 - Your profession and/or agency
 - Your FIRST CAR!



WHAT TO EXPECT?

Powerful speakers

Difficult story's and personal experiences

Possible Triggers

Amazing Support Available

- Peers
- Chaplains
- Clinicians
- Participants



PTSD

The specific symptoms of PTSD can vary widely between individuals, but generally fall into the categories

Re-experiencing

Avoidance and emotional numbing

- Avoiding certain people or places that remind you of the trauma, or avoiding talking to anyone about your experience.
- Can lead to the person becoming isolated and withdrawn, and they may also give up pursuing activities they used to enjoy.

Hyperarousal (feeling 'on edge')

Many people with PTSD also have a number of other problems, including:

depression, anxiety or phobias

drug misuse or alcohol misuse

headaches, dizziness, chest pains and stomach aches



SOCIAL ISOLATION

A state of complete or near-complete lack of contact between and individual and society.

- May include losing interest in things that are usually joyful, or a general lack of interest and withdrawal
- Lose interest in personal hygiene
- Poor eating or nutrition habits
- Significant despair, clutter, hoarding
- May result in self-harm thoughts or actions



SOCIAL ISOLATION RISKS

Over 80% of first responders report experiencing traumatic events on the job, and it is estimated that 10–15% have been diagnosed with PTSD

High levels of Social Isolation are significantly associated with PTSD

Social isolation is one of the main risk factors associated with suicidal outcomes.

Recent discoveries suggest that social pain is as real and intense as physical pain, and that the social-pain system may have piggybacked on the brain structure that had evolved earlier for physical pain.



THE GOOD NEWS

You're not in this alone

There is ***nothing*** “wrong with you”

Interventions WORK!!!

Therapy/EMDR

Peer Support

Chaplains

Your family, friends and even your employer (EAP)

First Responder Bridge



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