

WE ARE IN THIS
TOGETHER

Presented by:
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WELCOME AND INTRODUCTION

Brian Pierson

12 years Army National Guard

- Combat Medic
- F.A.S.T

Corrections RN

Critical Care RN

- CCU, ER, critical care transport

Community-based care

- Street medicine, moms & babies, healthy living, CTAP

The First Responders Bridge

1973 Chevy Nova



SPEED DATING

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



WHAT TO EXPECT?

Powerful speakers

Difficult stories and personal experiences

Amazing Support Available

- Peers
- Chaplains
- Clinicians
- Participants

Psychological triggers...



PSYCHOLOGICAL TRIGGERS

A stimulus such as a smell, sound or sight that triggers feelings of trauma.

- Anniversary dates
- Feeling overwhelmed
- Family friction
- The end of a relationship
- Spending too much time alone
- Being judged, criticized, teased or yelled at
- Financial problems
- Hearing the stories of others with similar experiences
- Aggressive noises
- Physical illness or the threat of illness
- These are often associated with **post-traumatic stress**



POST-TRAUMATIC STRESS

The specific symptoms of PTS 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 - Can lead to the person becoming isolated and withdrawn, and they may also give up pursuing activities they used to enjoy.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 PTS may also experience other problems, including depression, anxiety, phobias, drug and/or alcohol misuse.

It may also be accompanied by physical symptoms such as headaches, chest pain, dizziness and intestinal problems

These are normal human responses to extraordinary human experiences



SOCIAL ISOLATION RISKS

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

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 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



AGENDA

Friday:

- *Scott Geiselhart (Frazee, MN Fire Department)*
- *Grace Vaughn “When The Badge Comes Off”*
- *Anthony “AJ” Johnson (Columbus, Ohio Police Dept/ Humanize The Badge)*

Saturday:

- Lisa Callander (Director- City of Columbus EAP)
- Carly Mesnick (Mesnick Counseling & Consultation, LLC)
- Kay Werk (LISW-S)
- Adam Davis (Author, Motivational Speaker and former Law Enforcement Officer)
- Self-Care & Well Being Discussion Groups
- Allison Uribe (Wives on Duty Ministries)
- Vinnie Montez- Comedian - Food/drinks provided



AGENDA

Sunday

- Stan Partlow: "Post Retreat Planning- Building A Bridge"
- Strengthening First Responder Relationships & Parenting Strategies
- Deirdre DeLong (Program Coordinator- Critical Incident Response Service)



REFERENCES

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