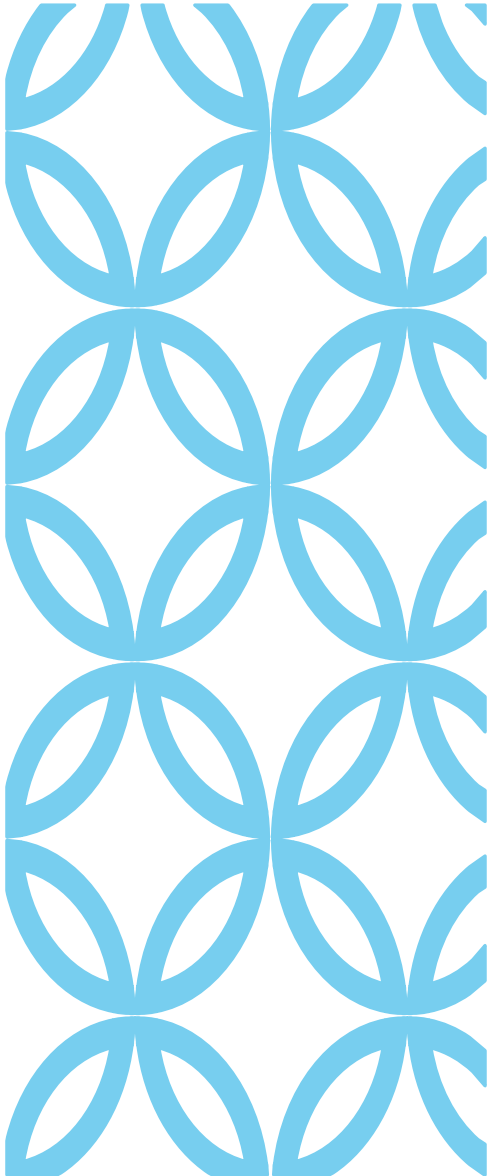


WE ARE IN THIS TOGETHER

Presented by:

Brian Pierson MS, RN, CHWC

March 4, 2022



Brian Pierson

12 years Army National Guard

- Combat Medic/Patient Care Specialist 73rd Infantry
- 2145th F.A.S.T

Corrections RN

Critical Care RN and EMT

- CCU, ED, critical care transport

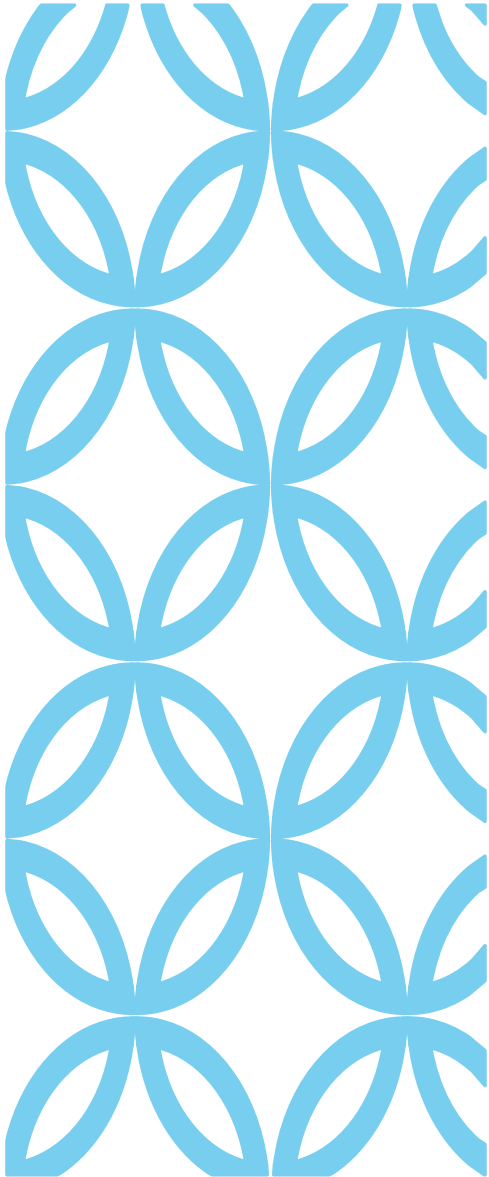
Community-based care

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

The First Responders Bridge

1973 Chevy Nova

WHAT TO EXPECT &
WHAT YOU WILL LEARN



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

SPEED DATING

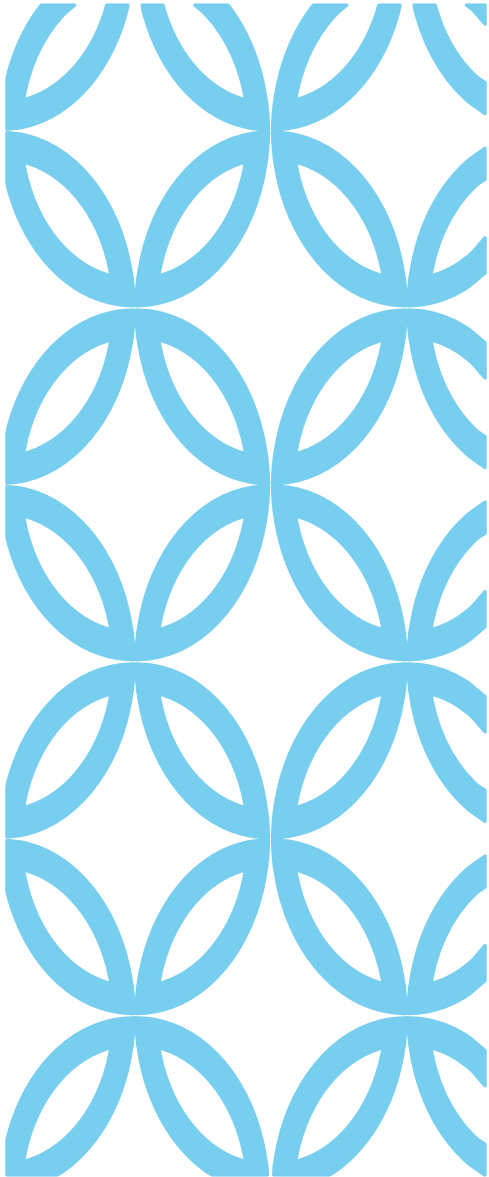


Meet great people

Broaden your
Understanding

Make Connections

WHAT TO EXPECT?



Powerful speakers

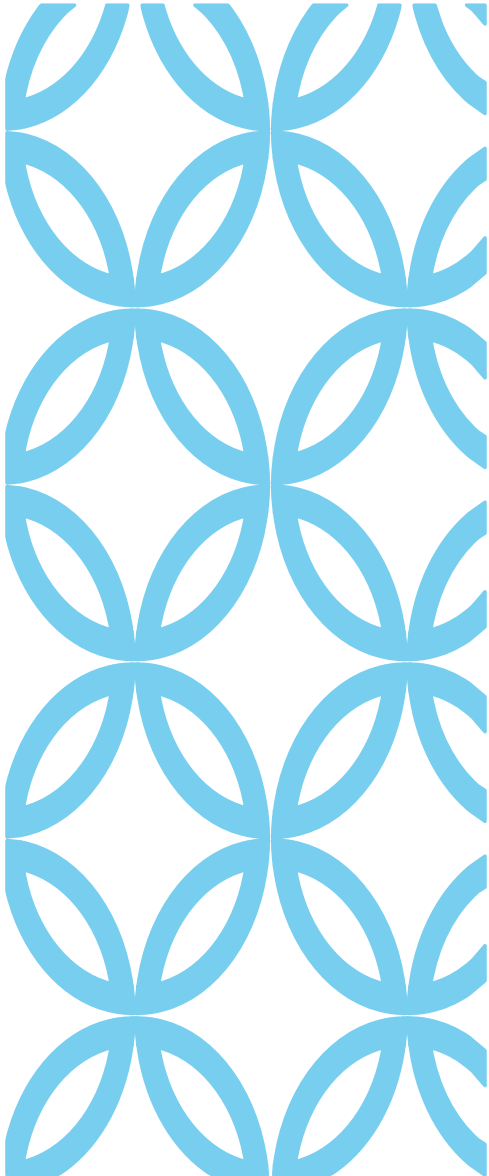
Difficult stories and personal experiences

Amazing Support Available

- Peers
- Chaplains
- Clinicians
- Participants

Psychological triggers...

ALSO EXPECT...



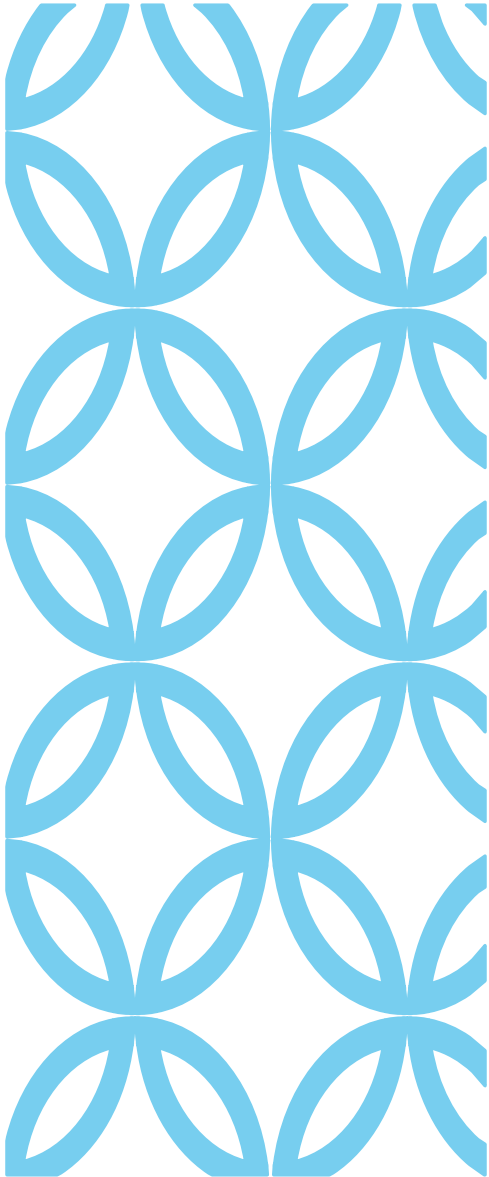
A stimulus that activates recurring feelings of your trauma.

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

PSYCHOLOGICAL TRIGGERS

WHAT
WILL YOU
LEARN?





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

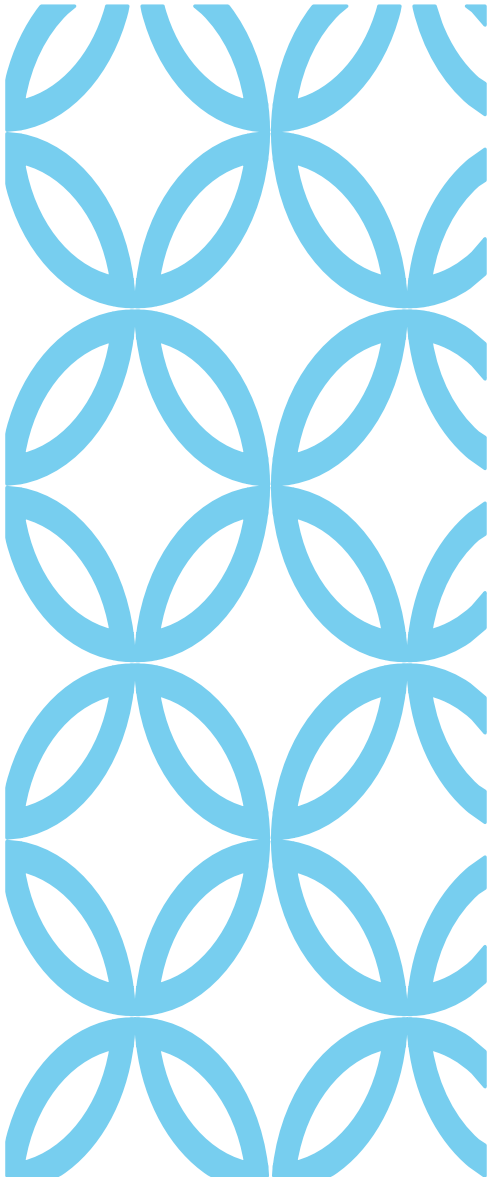
- **Re-experiencing**
- **Avoidance and emotional numbing**
 - Avoiding certain people or places that remind you of the trauma, or avoiding talking to anyone about your experience.
 - Can lead to the person becoming isolated and withdrawn, and they may also give up pursuing activities they used to enjoy.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

POST-TRAUMATIC STRESS

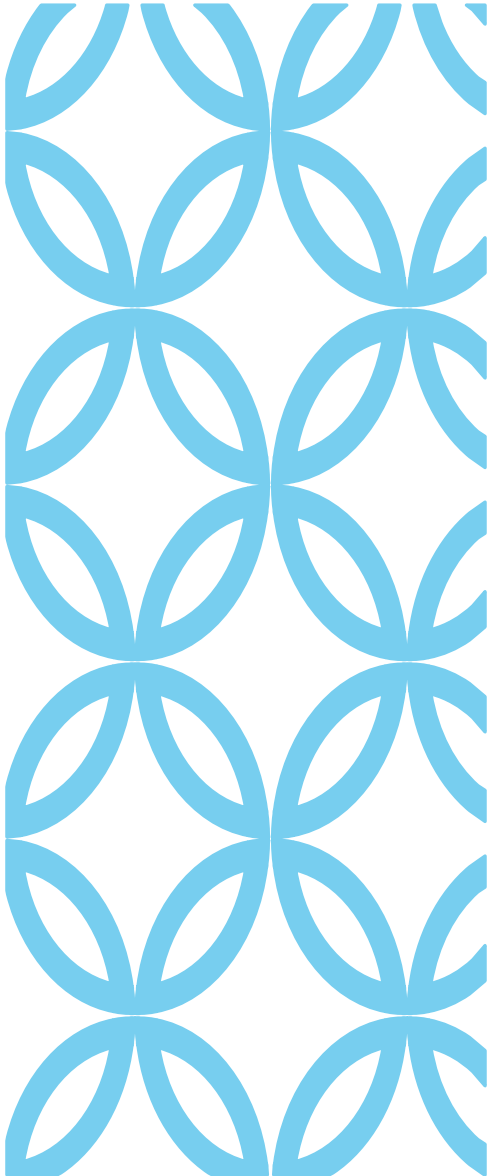


Moral Distress - An emotional state that arises from a situation when a responder feels the ethically correct action to take is different than what he or she is either tasked to do or is required in the circumstance. (Syracuse University, 2009)

Moral Injury – The damage done to one’s conscience or moral compass when that person perpetrates, witnesses, or fails to prevent acts that transgress one’s own moral beliefs, values or ethical codes of conduct. (Syracuse University, 2009)

Symptoms- lasting emotional, psychological social, behavioral, and spiritual impacts including guilt, anger, shame

MORAL DISTRESS AND INJURY



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

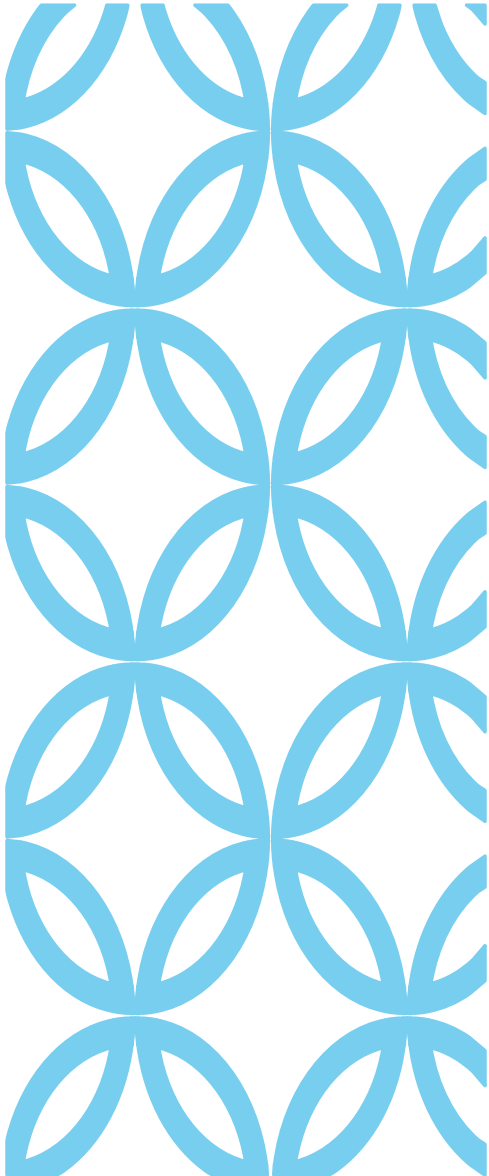
Over 80% of first responders report experiencing traumatic events on the job, and it is estimated that 10–15% have been diagnosed with PTSD

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.

SOCIAL ISOLATION RISKS



You're not in this alone

There is ***nothing*** "wrong with you"

Interventions WORK!!!

Therapy/EMDR

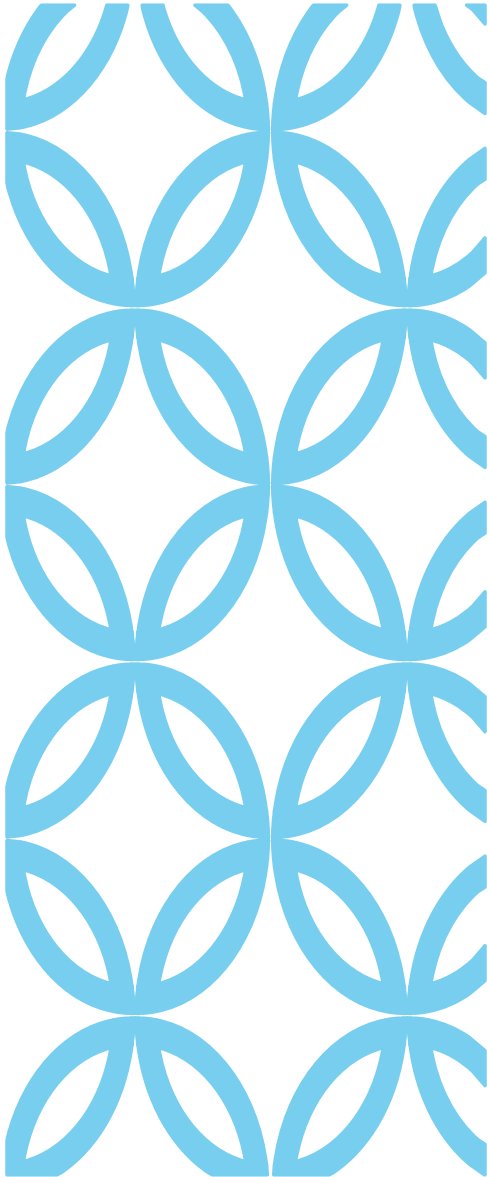
Peer Support

Chaplains

Your family, friends and even your employer (EAP)

First Responder Bridge

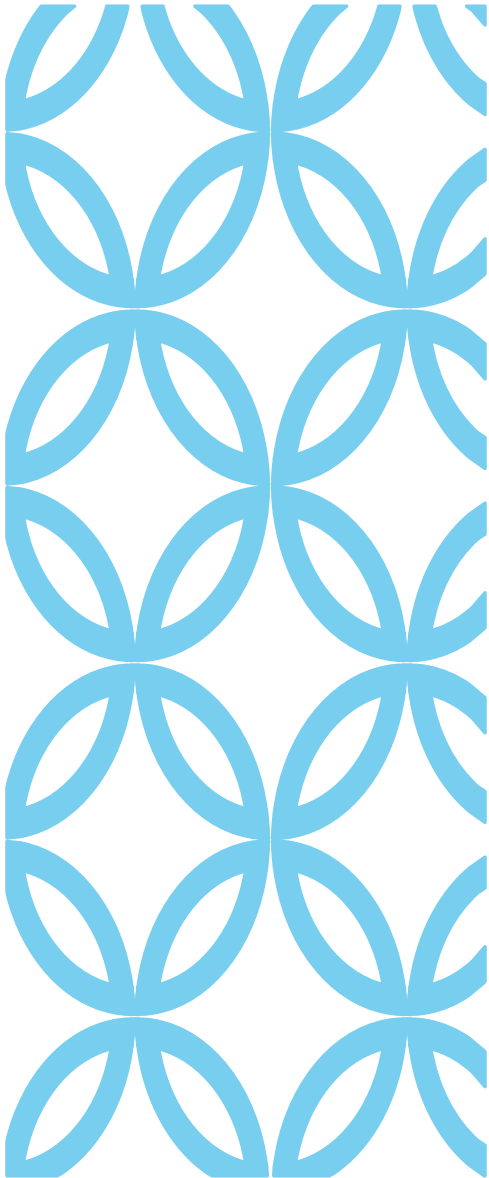
THE GOOD NEWS



Friday: Lived Experiences

- *Scott Geiselhart (Frazee, MN Fire Department)*
- *Grace Vaughn "When The Badge Comes Off"*
- *Adam Davis (Author & Motivational Speaker)
"Unconquered Sheepdog"*

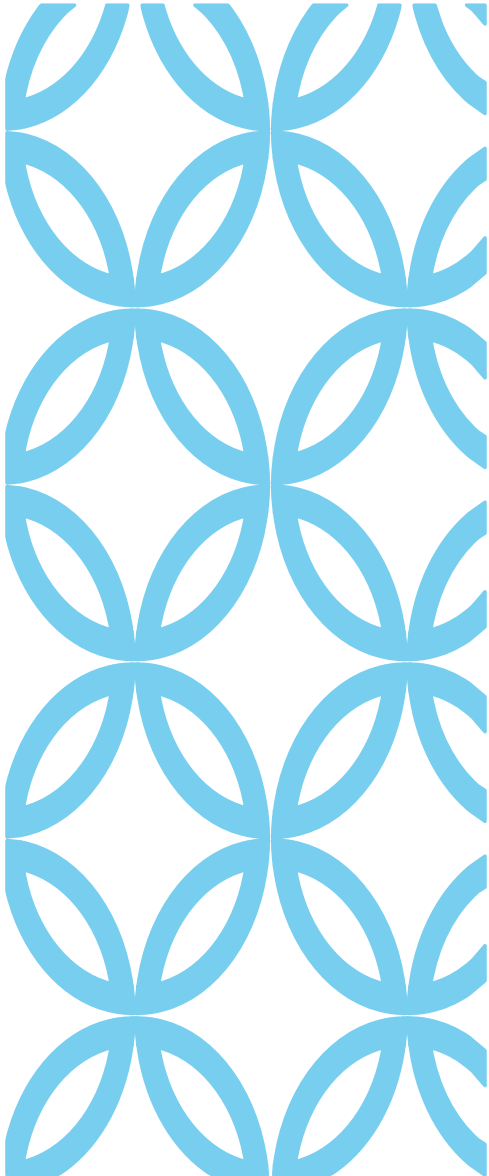
FRIDAY AGENDA



Saturday: Understanding Interventions

- Lisa Callander (Director- City of Columbus EAP)
- Carly Mesnick (Mesnick Counseling & Consultation, LLC)
- Kay Werk (LISW-S)
- Michael McSellers: "Spiritual Survival for First Responders *"
- Self-care and wellbeing discussion groups
- Allison Uribe (Wives on Duty Ministries)
- Anthony "AJ" Johnson (Columbus, Oh Police/Humanizing the Badge)
- Vinnie Montez- Comedian - Food/drinks provided

SATURDAY AGENDA



Sunday: What Now?

- Panel Discussion: Strengthening First Responder Relationships & Parenting Strategies
- Stan Partlow: "Post Retreat Planning- Building A Bridge"

SUNDAY AGENDA



REFERENCES

- Calati, R., Ferrari, C., Brittner, M., Oasi, O., Olié, E., Carvalho, A. F., & Courtet, P. (2019). Suicidal thoughts and behaviors and social isolation: A narrative review of the literature. *Journal of Affective Disorders, 245*, 653–667. <https://doi.org/10.1016/j.jad.2018.11.022>
- Chen, Z., Williams, K. D., Fitness, J., & Newton, N. C. (2008). When hurt will not heal: Exploring the capacity to relive social and physical pain. *Psychological Science, 19*(8), 789–795. <https://doi.org/10.1111/j.1467-9280.2008.02158.x>
- Klimley, K. E., Van Hasselt, V. B., & Stripling, A. M. (2018). Posttraumatic stress disorder in police, firefighters, and emergency dispatchers. *Aggression and Violent Behavior, 43*, 33–44. <https://doi.org/10.1016/j.avb.2018.08.005>
- Lukaschek, K., Baumert, J., Kruse, J., & Ladwig, K.-H. (2016). The association of social inhibition and posttraumatic stress disorder: A vicious circle?: Results from the population-based KORA F4 study with 1232 participants with trauma exposure. *Journal of Nervous and Mental Disease, 204*(4), 261–266. <https://doi.org/10.1097/NMD.0000000000000468>