





We Are In This Together

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12 years Army National Guard

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

Speed Dating

Introduce yourself

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

Also expect

Powerful speakers

Difficult stories and personal experiences

Amazing Support Available

- Peers
- Chaplains
- Clinicians
- Participants

*And possibly, psychological triggers...

Psychological Triggers

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

What will you learn?

Post-Traumatic Stress

Re-experiencing

Avoidance and emotional numbing

- Avoiding certain people or places.
- Can lead to the person becoming isolated and withdrawn,

Hyperarousal (feeling 'on edge')

- It may also be accompanied by physical symptoms such as headaches, chest pain, dizziness and intestinal problems
- Many people with PTS may also experience other problems, including depression, anxiety, phobias, **drug and/or alcohol misuse**

These are normal human responses to extraordinary human experiences

Social Isolation Risks

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

Moral Distress and Injury

Moral Distress – 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

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

Friday Agenda

- **Friday: Lived Experiences**
- Jo Terry
Surviving Firefighter Spouse
- Lisa Callander (Director, City of Columbus EAP)
- Patrick J. Kenny (Retired Fire Chief - Western Springs, IL)
“Taking the Cape Off”
- Adam Davis
“Live Unconquered”
- Optional iRest Yoga Nidra Meditation

Saturday Agenda

- Self Care & Well Being Discussion Groups
- Joe Lorenz- Columbus Fire Dept. “Spiritual Survival for First Responders”
- Time to connect with each other and others
- Panel Discussion - “Strengthening First Responder Relationships”
- Vinnie Montez - Comedian

Sunday Agenda

- Panel Discussion: “Ask a Clinician”
- Stan Partlow: Post Retreat Planning - Living Relentlessly”
- Mick Yinger – Closing Remarks

References

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