MENTAL WELLNESS & TRAUMA INFORMED CARE

CLASS FORMAT

- *TEAMWORK*
- *INTERACTIVE DISCUSSIONS*
- *NO RANK*

INTROS

WHY AM I HERE?

WHAT WILL I LEARN?

HOW WILL THIS HELP?

WITH YOUR GROUP, COME UP WITH ONE THING YOU WOULD LIKE TO LEARN IN REGARD TO MENTAL WELLNESS FOR YOURSELF OR FOR OTHERS

“WE WANT PEOPLE TO BE WHOLE WHEN THEY RETIRE”

PHYSICAL-OFFICER SAFETY

WITH YOUR GROUP, EXPLAIN THE DIFFERENT TYPES OF TRAINING YOU HAVE RECEIVED IN OFFICER SAFETY (ACADEMY, RANGE, ETC.). WHAT DO YOU PRACTICE TO KEEP YOURSELF SAFE?

MENTAL-OFFICER SAFETY

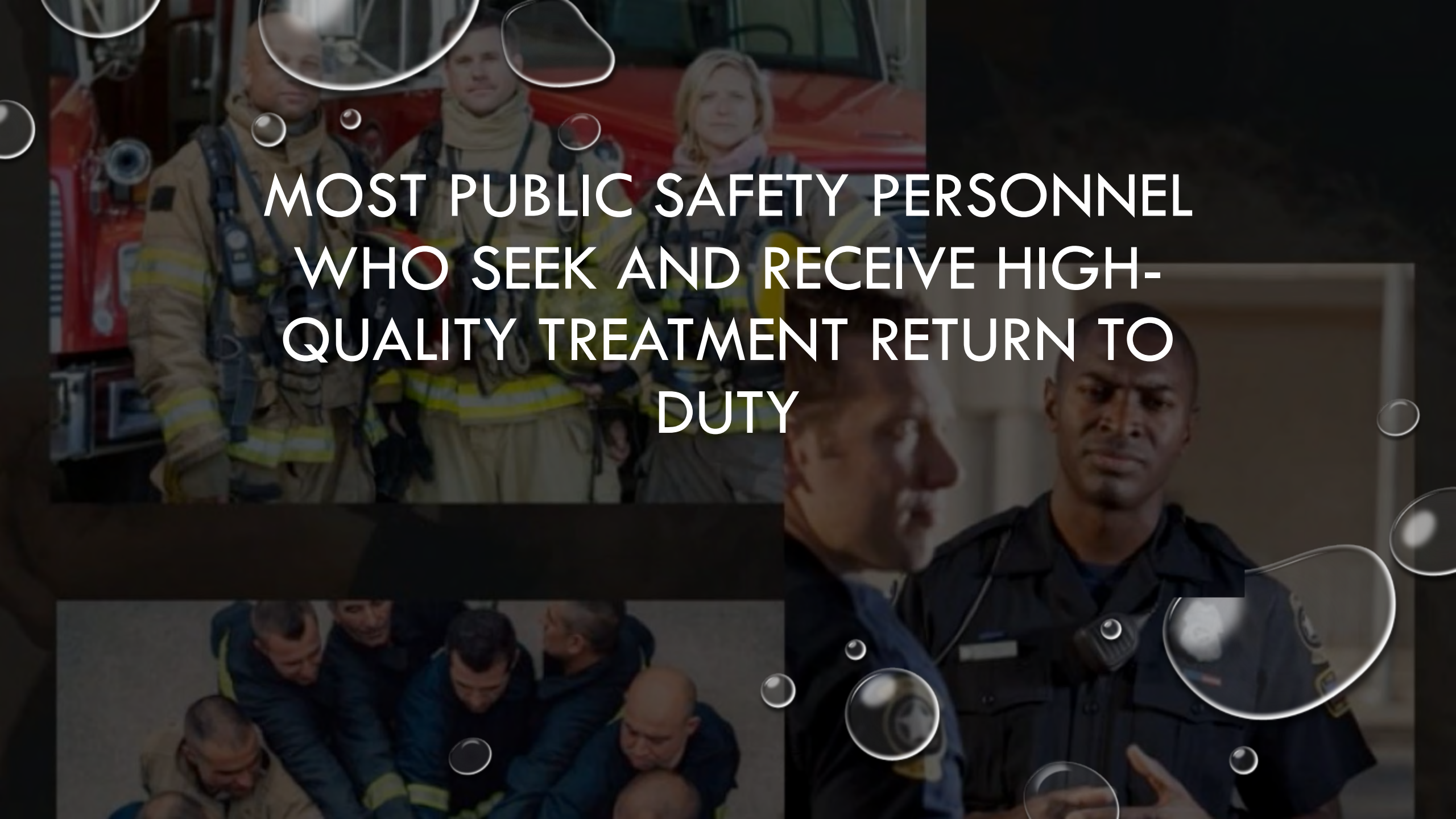
WITH YOUR GROUP, EXPLAIN THE DIFFERENT TYPES OF TRAINING YOU HAVE RECEIVED IN MENTAL WELLNESS OR WAYS YOU KEEP YOURSELF MENTALLY WELL

SUICIDES IN LAW ENFORCEMENT

- IN 2019, **134** OFFICERS WERE KILLED IN THE LINE OF DUTY IN THE U.S.
- IN 2019, **228** OFFICERS DIED BY SUICIDE IN THE U.S.

Source: BlueHelp.org (2019), ODMP (2019)

MOST PUBLIC SAFETY PERSONNEL WHO SEEK AND RECEIVE HIGH-QUALITY TREATMENT RETURN TO DUTY



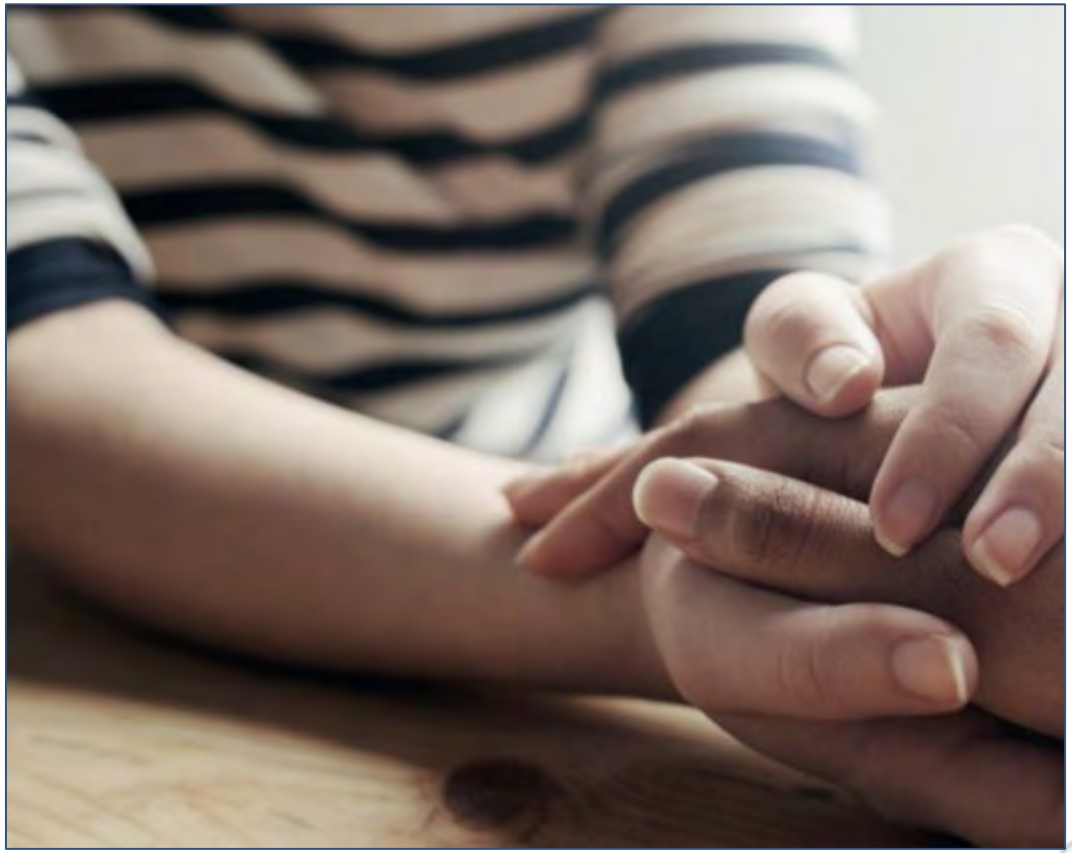
MENTAL HEALTH

WE CANNOT HELP OTHERS IF WE ARE NOT WELL

GOALS OF THIS CLASS

TO PROVIDE YOU WITH MENTAL WELLNESS AWARENESS AND RESOURCES:

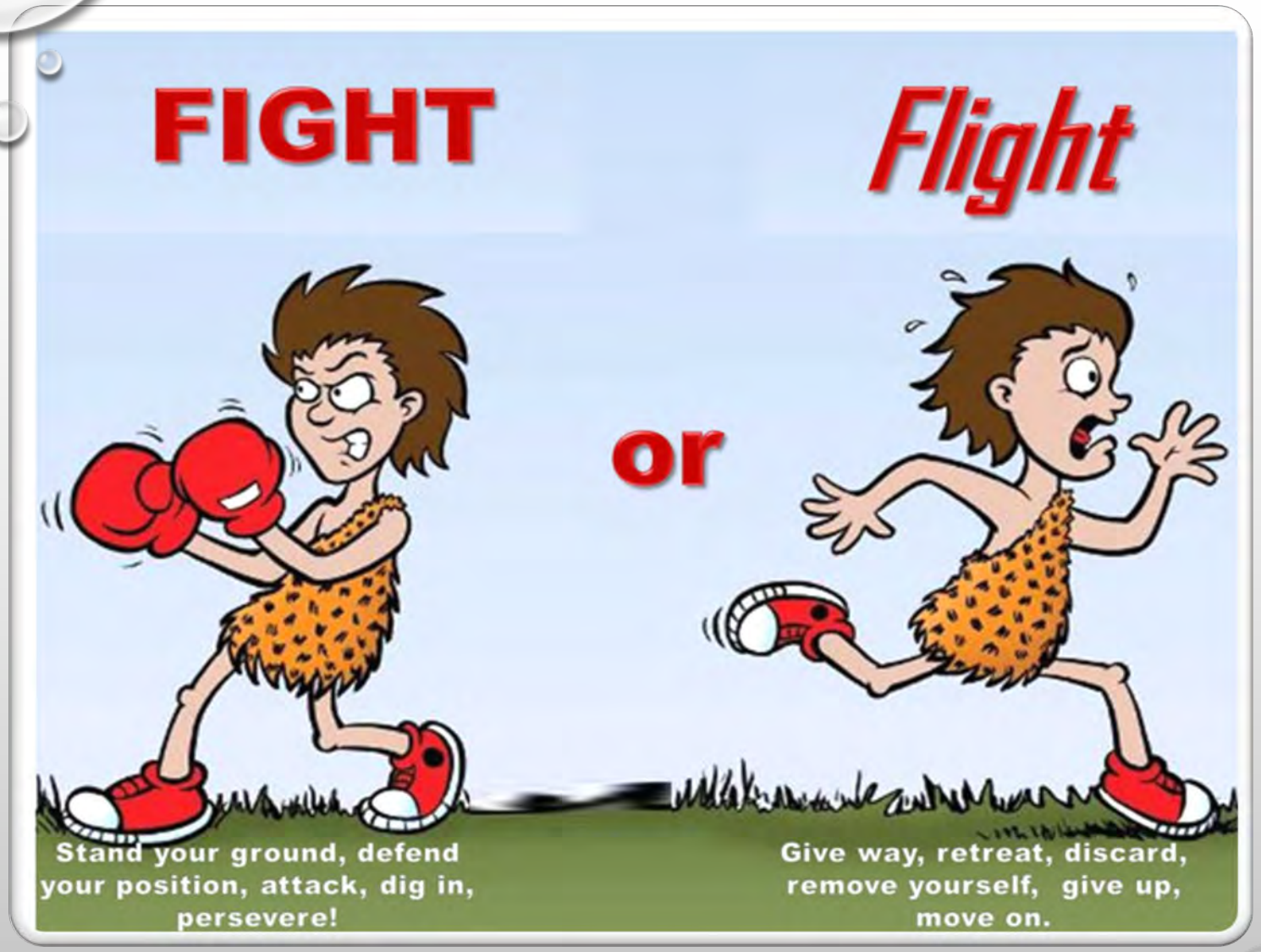
- TO HELP **YOURSELF**
- AND TO HELP **THE COMMUNITY**



EMPATHY

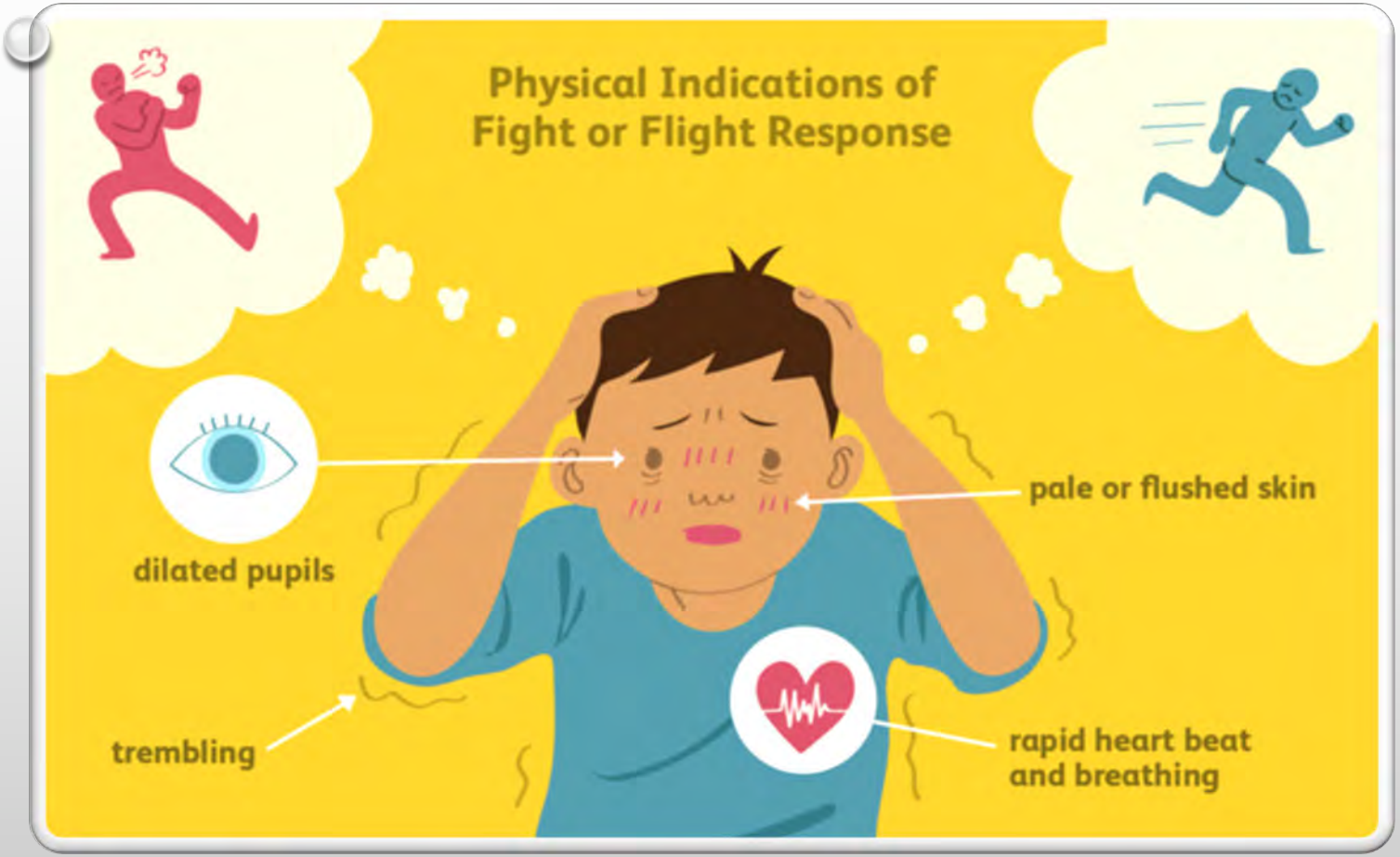
WHAT DOES IT MEAN TO YOU?

BREAK



PHYSIOLOGICAL IMPACT OF STRESS

CAN WE FREEZE?
IS THAT AN OPTION FOR US?



WHAT HAPPENS TO OUR BODIES DURING FIGHT OR FLIGHT

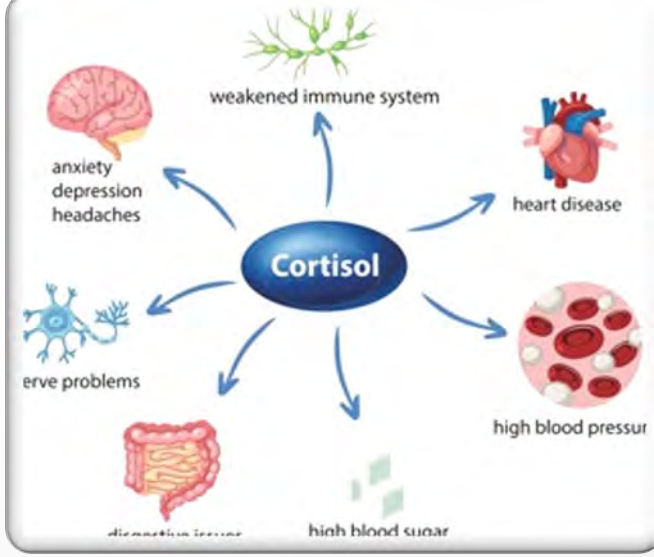
- INCREASED HEART RATE AND BREATHING RATE IN ORDER TO PROVIDE ENERGY TO THE BODY
- DILATION OF THE PUPILS THAT RESULTS IN BETTER VISION
- MUSCLE TENSION TO BE PRIMED FOR ACTION
- HOW LONG DOES IT TAKE FOR OUR BODIES TO RETURN TO NORMAL?

HOW DOES FIGHT OR FLIGHT IMPACT YOU AT WORK?

- IN PATROL WHEN YOU HEAR THE ALERT TONE?
- IN PATROL WHEN YOU HEAR AN OFFICER IN FOOT PURSUIT OR C3 FILL?
- WHEN ON-CALL AND YOU GET A CALL AT 0200?
- WHAT DOES THIS DO TO YOU PHYSICALLY AND EMOTIONALLY?

WHAT SHORT-TERM AND LONG-TERM SYMPTOMS MIGHT YOU EXPERIENCE WITH CHRONIC TRAUMA?

SYMPTOMS OF CHRONIC TRAUMA



- IRRITABILITY
- FATIGUE
- HEADACHES
- DIFFICULTY CONCENTRATING
- RAPID, UNORGANIZED THOUGHTS
- DIFFICULTY SLEEPING
- DIGESTIVE PROBLEMS
- CHANGES IN APPETITE
- FEELING HELPLESS
- A PERCEIVED LOSS OF CONTROL
- LOW SELF-ESTEEM
- LOSS OF SEXUAL DESIRE
- NERVOUSNESS
- FREQUENT INFECTIONS OR ILLNESSES
- CLENCHED JAW AND GRINDING TEETH

Source: Medical News Today (2018)

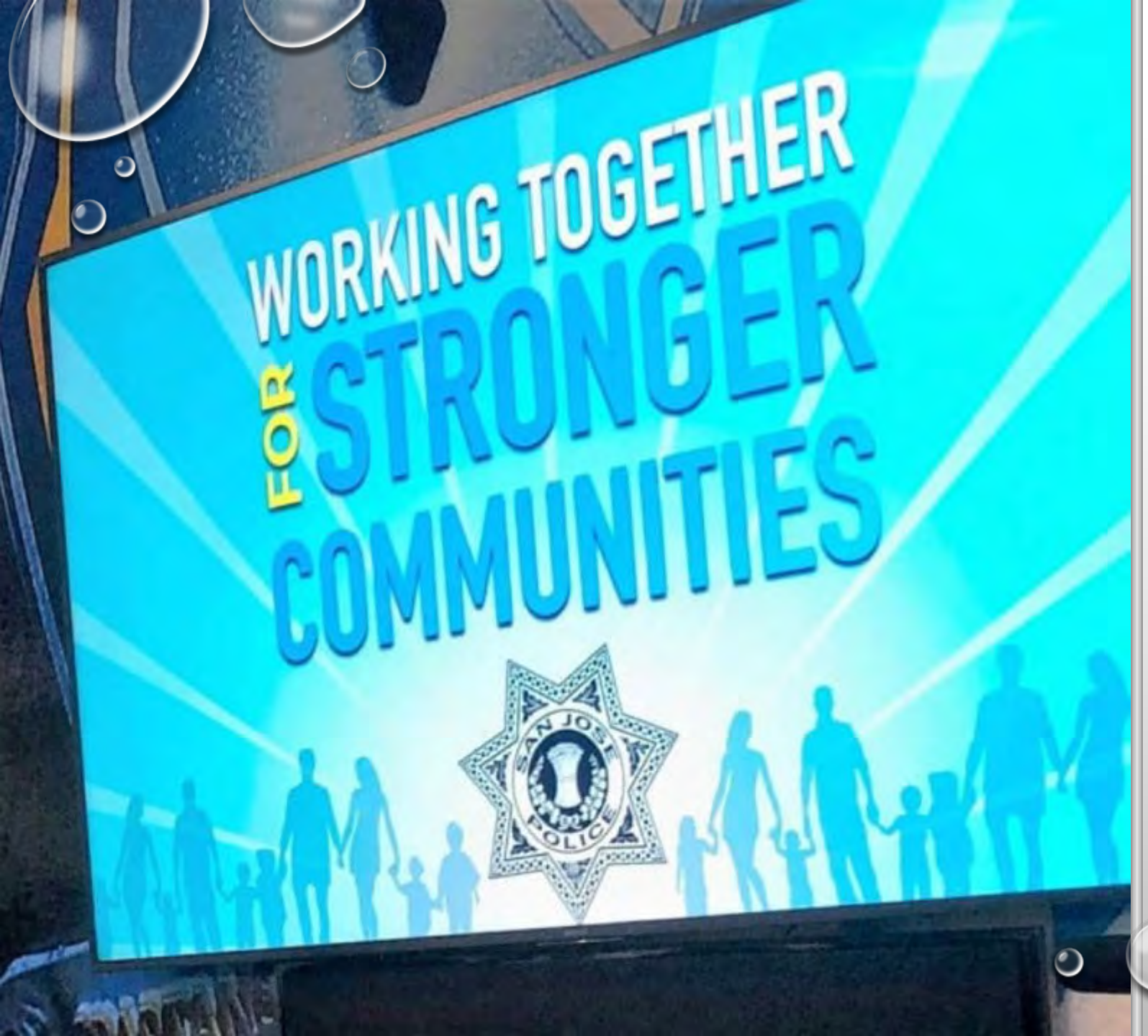
GIVE EXAMPLES OF WHEN YOU HAVE BEEN EXPOSED TO:

- ACUTE TRAUMA- ISOLATED INCIDENTS
- CHRONIC TRAUMA- RECURRING INCIDENTS
- VICARIOUS TRAUMA- TRAUMA ABSORBED FROM OTHERS

HOW MIGHT TRAUMA AND STRESS CHANGE OUR INTERACTION WITH THE COMMUNITY?

TRAUMA INFORMED CARE

- TRAUMA INFORMED CARE IS AN APPROACH TO ENGAGING PEOPLE WITH HISTORIES OF TRAUMA THAT RECOGNIZES THE PRESENCE OF TRAUMA SYMPTOMS AND ACKNOWLEDGES THE ROLE THAT TRAUMA HAS PLAYED IN THEIR LIVES.

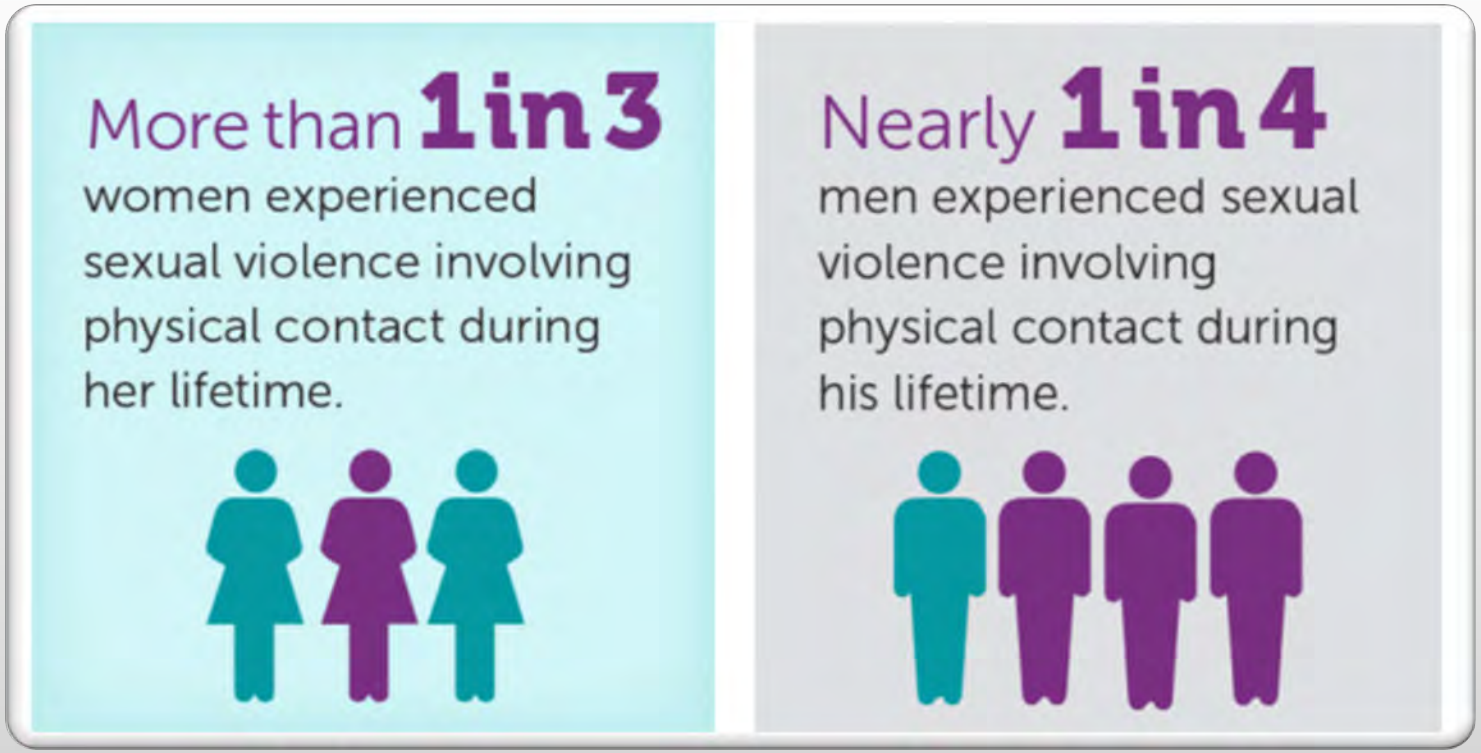


WHY SHOULD WE CARE?

- MAY IMPROVE:
- DE-ESCALATION OF CRISIS SITUATIONS
- CRIMINAL INVESTIGATIONS AND POLICING SKILLS
- REDUCTION AND RECURRENCE OF CRIMINAL BEHAVIOR, INCLUDING RETALIATIONS
- LEVERAGING COMMUNITY RESOURCES

LET'S TALK ABOUT HOW THE COMMUNITY IS IMPACTED BY:

- ACUTE TRAUMA
- CHRONIC TRAUMA
- VICARIOUS TRAUMA



TYPES OF TRAUMA LE COMMONLY ENCOUNTERS- SEXUAL ASSAULTS

- 12% OF THESE WOMEN WERE YOUNGER THAN 10
- 25% OF THESE MEN WERE YOUNGER THAN 10
- SEXUAL VIOLENCE IS LINKED TO NEGATIVE HEALTH BEHAVIORS, PTSD, DIFFICULTY IN PERSONAL RELATIONSHIPS AND REGAINING A SENSE OF NORMALCY
- SOURCE: CDC

TYPES OF TRAUMA LE COMMONLY ENCOUNTERS- CHILD ABUSE

- NEGLECT
- PHYSICAL ABUSE
- SEXUAL ABUSE
- EMOTIONAL ABUSE/PSYCHOLOGICAL MALTREATMENT
- 1 IN FOUR CHILDREN EXPERIENCE SOME SORT OF MALTREATMENT ACCORDING TO THE CDC

ADVERSE CHILDHOOD EXPERIENCES

SOURCE: CDC AND KAISER (1997)

TYPES OF TRAUMA LE COMMONLY ENCOUNTERS- DOMESTIC VIOLENCE

- 1 IN 4 WOMEN HAVE EXPERIENCED DOMESTIC VIOLENCE
- SOURCE: CDC (2019)

TYPES OF TRAUMA LE COMMONLY ENCOUNTERS- WAR RELATED TRAUMA

"11-20% OF VETERANS FROM IRAQ & AFGHANISTAN HAVE SOME FORM OF PTSD. SOURCE: US DEPT OF VETERAN AFFAIRS

"MANY OLDER VIETNAMESE REFUGEES WHO LIVED THROUGH THE WAR SUFFER FROM PTSD DUE TO THEIR EXPERIENCES IN THE WAR AND REFUGEE CAMPS. THEY OFTEN TURN TO ALCOHOL AND GAMBLING TO DEAL WITH THEIR TRAUMA"

- COMBAT
- REFUGEE AND WAR ZONES
- TERRORISM

TYPES OF TRAUMA LE COMMONLY ENCOUNTERS- SCHOOL/COMMUNITY VIOLENCE

"I'm really scared for my kids," said Maria Ortega.

Ortega lives not too far from where surveillance cameras caught a man being stabbed by a stranger at a Shell gas station on Hamilton Avenue at 1:18 a.m. Wednesday morning.

Last Tuesday, a gunman shot and killed a 29-year-old man near Winchester Blvd. and Williamsburg Dr. This past weekend, someone shot a 17-year-old boy on Williamsburg Drive.

"I see a lot of shootings," Ortega said. "It's hard for me."

She said she doesn't allow her three children to walk or play in the neighborhood because she's fearful of the recent violence.

- Realizing the prevalence of trauma
- Recognizing how trauma affects individuals
- Responding by putting this knowledge into practice
- Resisting retraumatization

THE FOUR "R"S OF TRAUMA INFORMED CARE

THERE ARE FOUR ELEMENTS OF A TRAUMA-INFORMED APPROACH

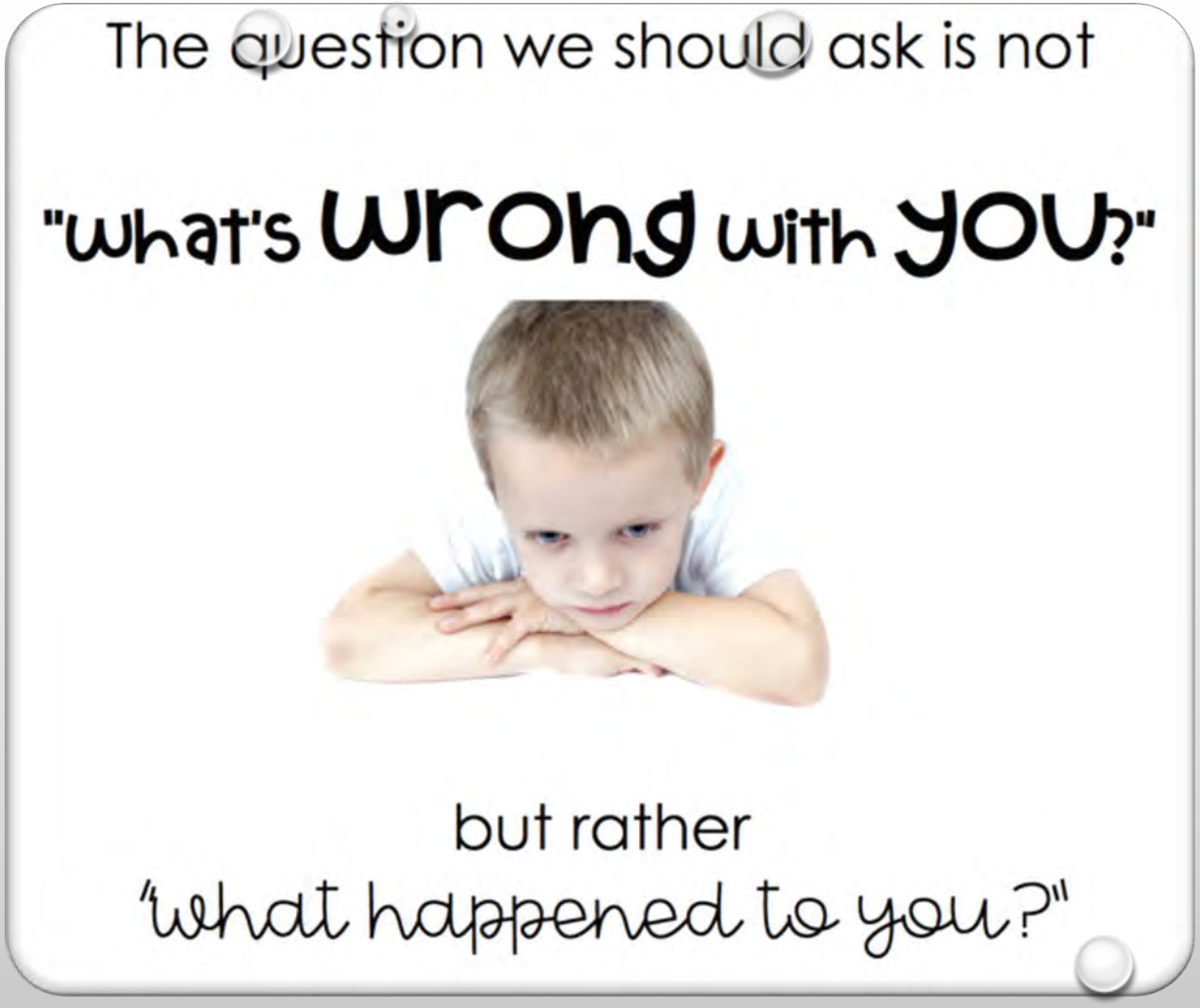
REALIZING THE PREVALENCE OF TRAUMA

- 61% OF MEN
- 51% OF WOMEN
- REPEATED, CHRONIC OR MULTIPLE TRAUMAS ARE MORE LIKELY TO LEAD TO SUBSTANCE USE DISORDERS, MENTAL ILLNESS AND PHYSICAL HEALTH PROBLEMS

Source: Dept. of Health Services, Wisconsin (2019)

RECOGNIZING HOW TRAUMA AFFECTS INDIVIDUALS

- CAN SIGNIFICANTLY AFFECT AN INDIVIDUAL
- DISRUPTS THE CENTRAL NERVOUS SYSTEM AND OVERWHELMS A PERSON'S ABILITY TO COPE
- FEELS VULNERABLE, HELPLESS AND AFRAID



RESPONDING BY PUTTING THIS KNOWLEDGE INTO PRACTICE

UNDERSTANDING THAT THEIR PAST EXPERIENCES MAY BE AFFECTING THEIR PRESENT BEHAVIOR.

Source: Kaiser and the Center for Disease Control and Prevention (2019)

RESISTING RETRAUMATIZATION

- TAKE STEPS TO MINIMIZE SITUATIONS THAT COULD CAUSE DISTRESS OR MIRROR THE PERSON'S TRAUMATIC EXPERIENCES

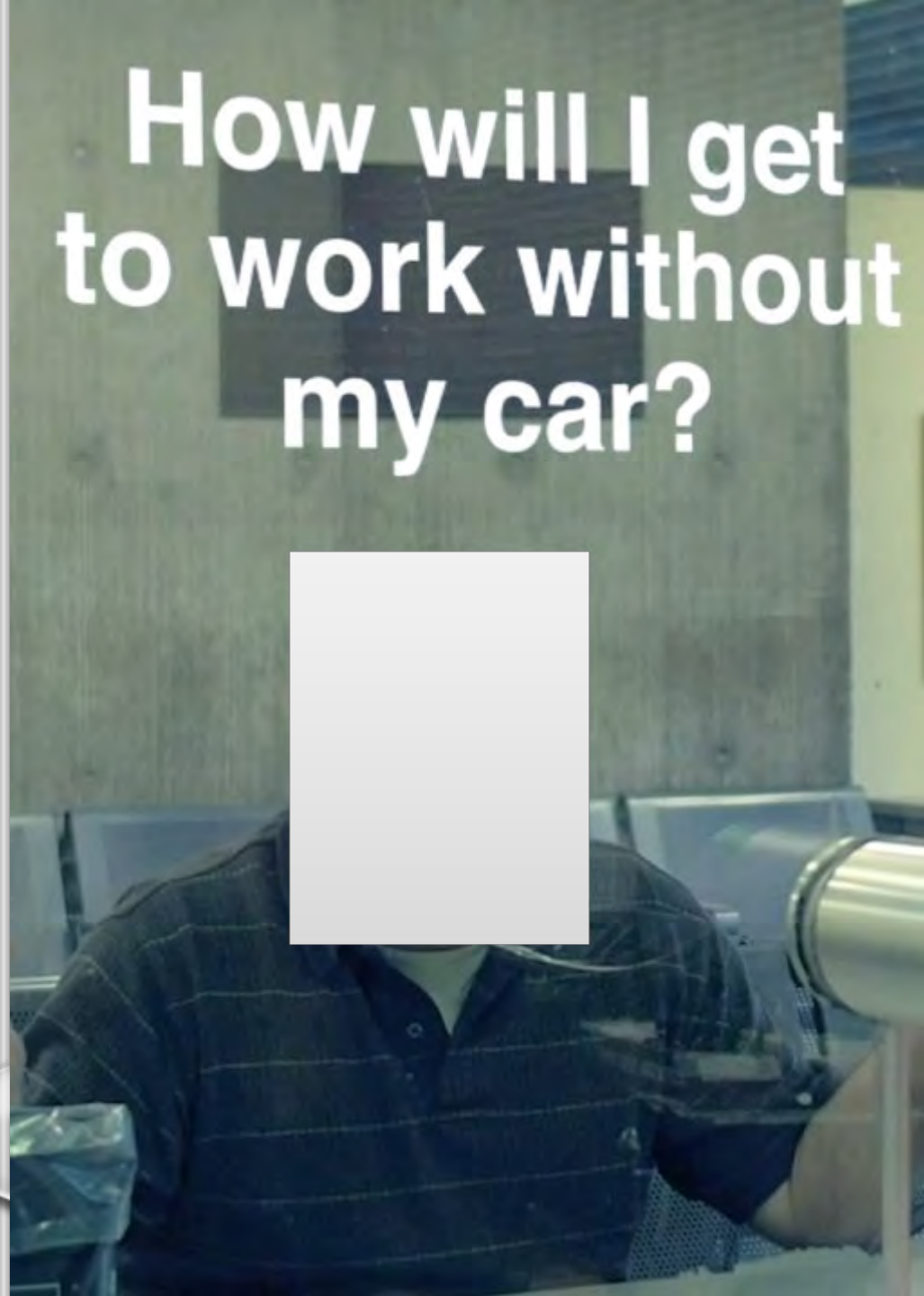
TRAUMA INFORMED CARE: BE EMPATHETIC

- TACTICAL CONVERSATIONS- ACTIVE LISTENING & EMPATHY ARE THE FIRST TWO STEPS.

- CONVEY TO PEOPLE THAT YOU ARE LISTENING AND YOU ARE TRYING TO UNDERSTAND.
- "LISTEN TO LEARN AND NOT JUST TO REPLY"
- THESE SKILLS WILL NOT ONLY HELP YOU WITH THE COMMUNITY BUT MAY HELP YOU WITH COMMUNICATING WITH YOUR LOVED ONES

BREAK

HOW DOES TRAUMA CAUSED BY ACUTE, CHRONIC OR VICARIOUS STRESS IMPACT THE COMMUNITY DURING OUR INTERACTIONS?



CULTURAL IMPACT ON TRAUMA

HOW DOES CULTURE (RACE, ETHNICITY, RELIGION, SEXUAL ORIENTATION, GENERATIONAL DIFFERENCES, ETC.) IMPACT YOUR CONTACT?

EXAMPLES OF CULTURAL DIFFERENCES

"IN MUSLIM COMMUNITIES, MENTAL ILLNESSES IS CONSIDERED TO BE FAMILY PROBLEM AND TABOO. THEY WILL MOST LIKELY NOT SEEK TREATMENT OR DISCUSS OPENLY"

IN THE CAMBODIAN CULTURE, THEY DON'T EVEN HAVE A WORD FOR MENTAL ILLNESS. THEY LOOK AT IT AS THEOLOGICAL CHALLENGE. IT IS A SPIRITUAL ISSUE AND REFERRED TO "ILL WINDS".

EMPATHY PERSPECTIVES

PUT YOURSELF IN THE SHOES OF SOMEONE ELSE. WHAT CAN WE LEARN FROM THIS PERSPECTIVE?

PERSPECTIVES

PUT YOURSELF IN THE SHOES OF SOMEONE ELSE. WHAT CAN WE LEARN FROM THIS PERSPECTIVE?

RESOURCES FOR THE COMMUNITY

Community Wellness Resources

SCC Mental Health Urgent Care	408-885-7855
SCC Behavioral Health Resource Hotline	855-278-4204
Uplift Family Services (juveniles)	877-41-CRISIS
Community Mobile Crisis Response Team (m-f, 0800-2000)	800-704-0900
Alum Rock Counseling	408-294-0500
V.A. Crisis Line	1-800-273-8255
Suicide Prevention	408-279-3312

- DOES THE STRESS IN LAW ENFORCEMENT IMPACT HOME LIFE?
- DO YOU BELIEVE THAT MOST OFFICERS/NON-SWORN TALK TO THEIR FAMILY ABOUT THIS STRESS?
- WHY OR WHY NOT?

WHAT CONCERNS DO YOU HAVE ABOUT SEEKING HELP?

90 PERCENT OF THOSE SURVEYED THINK THERE IS A STIGMA IN LAW ENFORCEMENT THAT CREATES A **BARRIER TO GETTING HELP** FOR EMOTIONAL OR BEHAVIORAL ISSUES

Source: FOP Survey (2018)

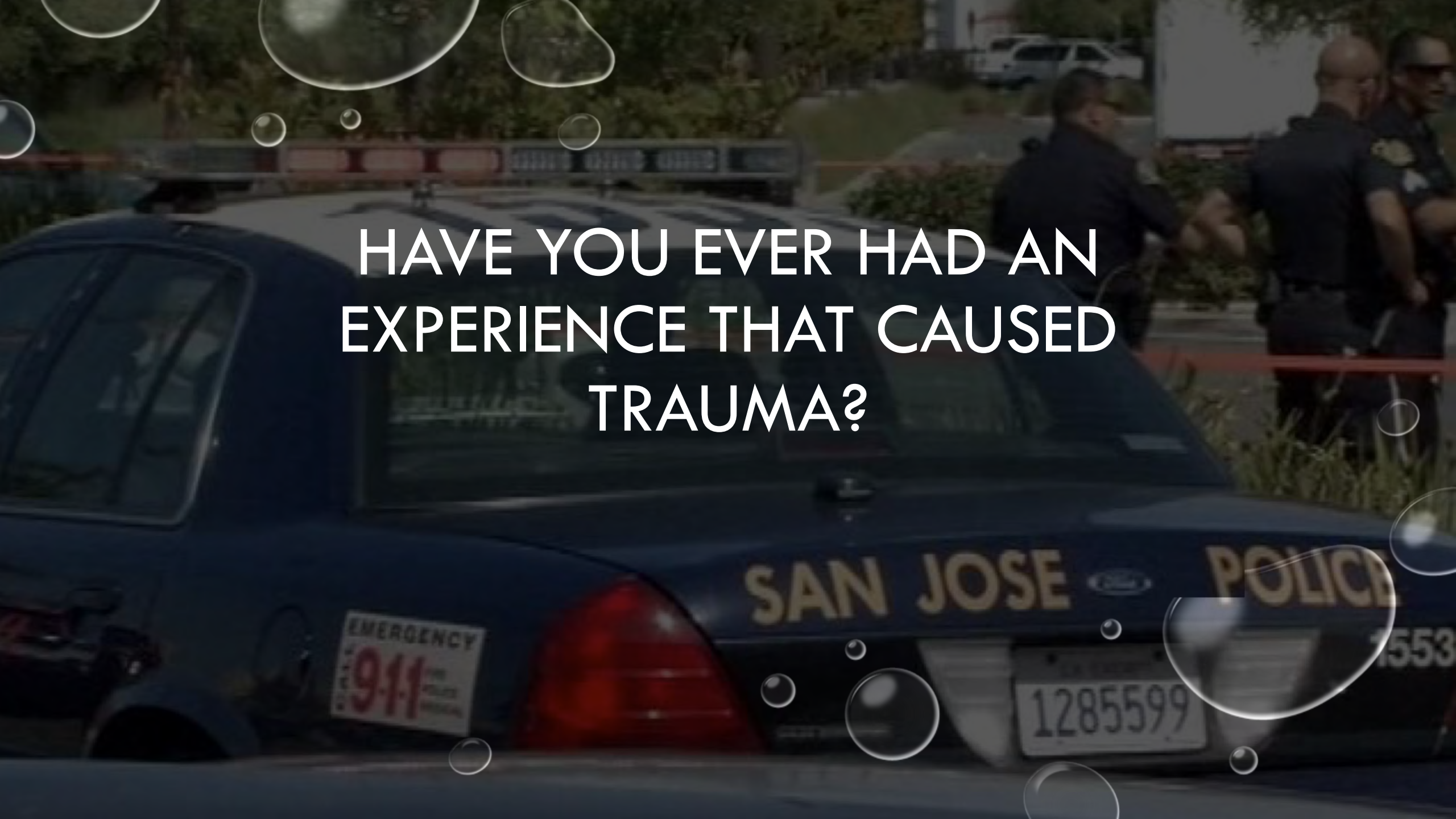
Case Studies

POLICE OFFICERS SEE SOME OF THE WORST SCENES IN OUR SOCIETY ON A DAILY BASIS. REPEATED EXPOSURE TO SUCH SITUATIONS CONTRIBUTE TO ONE OF THE MOST UNDER-COVERED ISSUES IN LAW ENFORCEMENT, POST TRAUMATIC STRESS DISORDER.

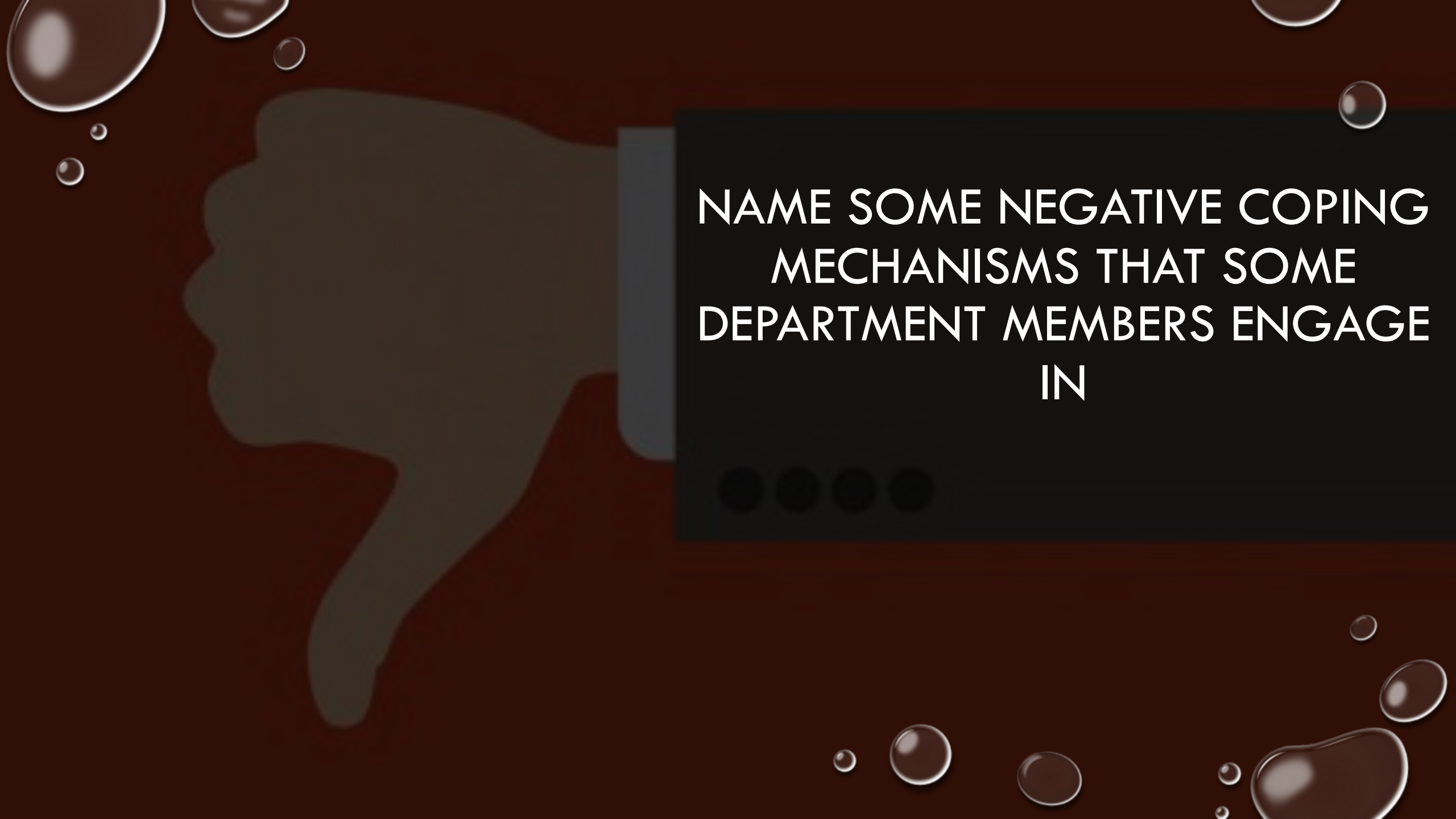
NATIONAL POLICE SUPPORT FUND

nationalpolicesupportfund.com

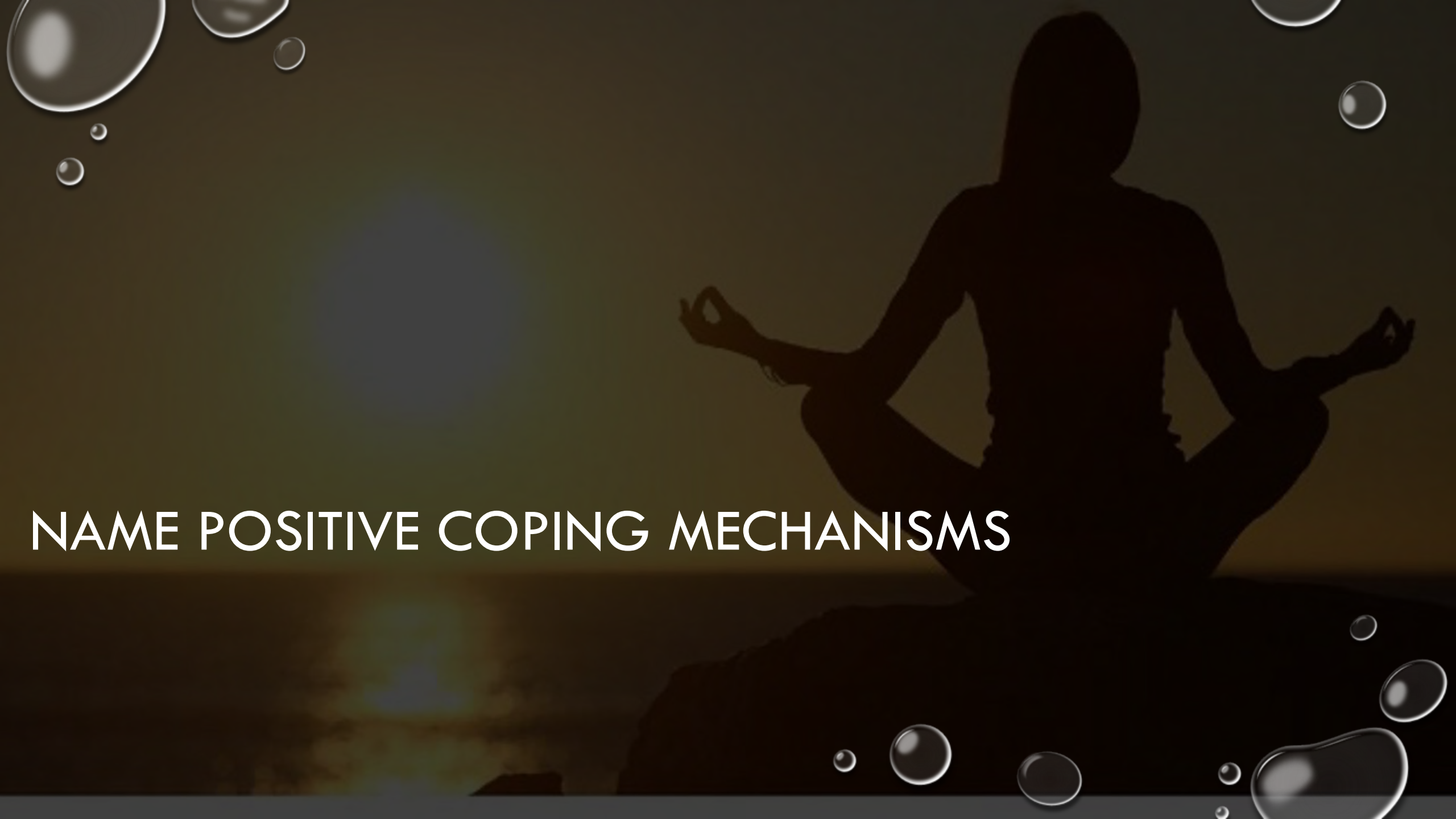
BREAK



HAVE YOU EVER HAD AN EXPERIENCE THAT CAUSED TRAUMA?



NAME SOME NEGATIVE COPING MECHANISMS THAT SOME DEPARTMENT MEMBERS ENGAGE IN



NAME POSITIVE COPING MECHANISMS

GIVING BACK

WORK/LIFE BALANCE

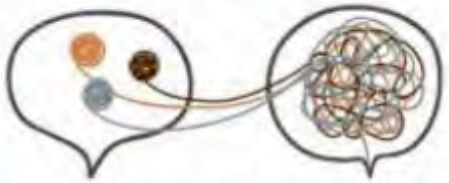
WHAT DOES IT MEAN TO HAVE A HEALTHY WORK/LIFE BALANCE?

Tough Cops
Ask For Help
Don’t remain silent
Don’t let stigma stand in your way

Resources

Seeing A Therapist Doesn't Mean There's Something "Wrong With You". It Means You May Be...

- Seeking clarity in some areas of your life
- Wanting to work through complex emotions
- Working through a traumatic experience
- Challenging negative thinking patterns
- Learning new techniques to cope with difficult situations
- Focused on personal growth



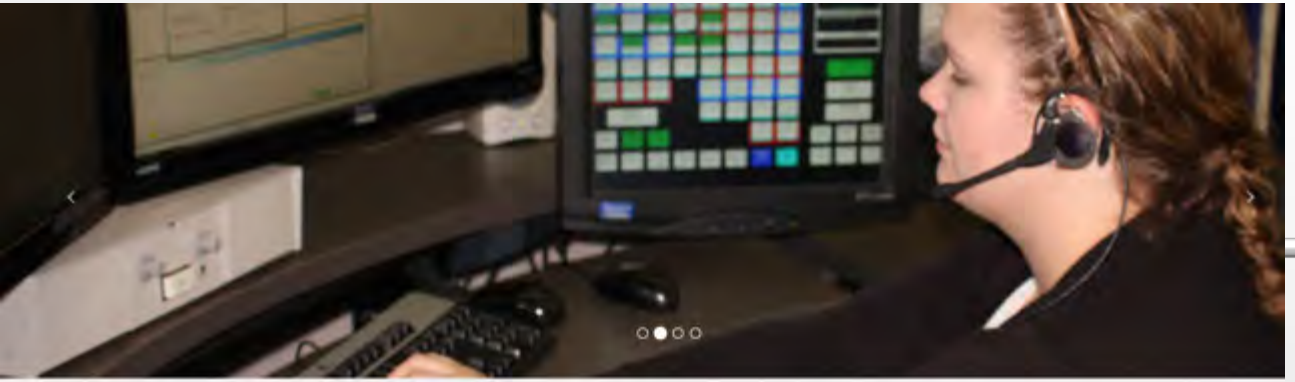
Let's stop shaming those who seek to better themselves.

#StopTheStigma

MEDICAL PROVIDERS

- SUBSTANCE ABUSE PROGRAMS (THEY PAY 70%)
- FULL TUITION TO WEST COAST POST TRAUMA RETREAT (FOR FIRST RESPONDERS EXPERIENCING PTSD SYMPTOMS
- EMDR- EYE MOVEMENT DESENSITIZATION AND REPROCESSING (PAID VIA EAP)

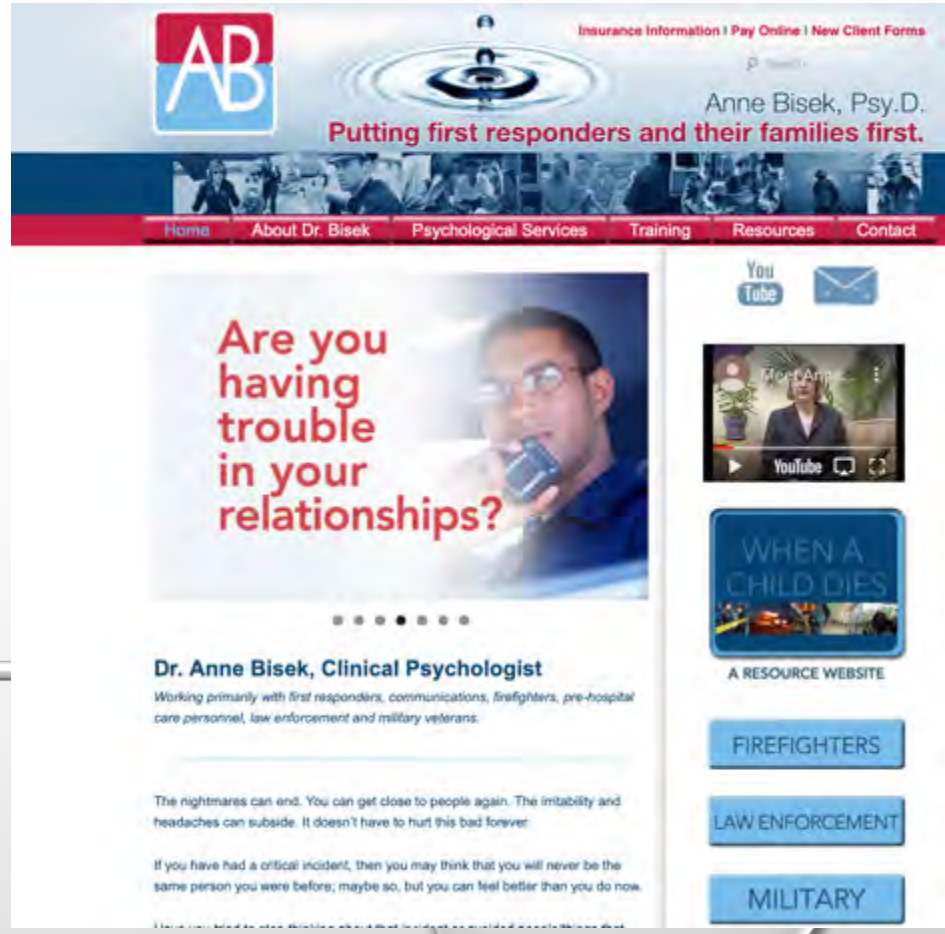
DREAMPOWER



First Responder Support Network

Treatment-Education-Research

FIRST RESPONDERS SUPPORT NETWORK



DOC911.NET- DR BISEK

COPLINE™

An Officer's Lifeline 1-800-267-5463

SAFE CALL NOW®

"Saving the lives of those who protect us"

Safe Call Now is a CONFIDENTIAL, comprehensive, 24-hour crisis referral service for all public safety employees, all emergency services personnel and their family members nationwide.

Make a Safe Call Now: 206-459-3020

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BLUE H.E.L.P.

NEVER FORGOTTEN
NEVER ALONE

THE NATIONAL ASSISTANCE AND SUPPORT ORGANIZATION FOR DISABLED AND INJURED POLICE OFFICERS

Our mission is to educate and train law enforcement about mental health and suicide prevention.

No more broken cops or cops' families.

BADGE OF LIFE

Kindly consider helping our mission.

Donate Here

Badge of Life™ is a 501(c)(3), not-for-profit organization.

The green ribbon represents life and the renewal of hope.

RESOURCES FOR OFFICERS

Officer Wellness Resources

- Peer Support Network 408-277-4418
- Crisis Management Unit 408-406-7335
- SJPD Chaplaincy 408-234-9771, 408-828-9496
- City of San Jose EAP 888-800-0059 sanjosesworn, sanjosenonsworn
- Suicide Prevention 408-279-3312, 800-267-5463

“TRAUMA INFORMED CARE- BE EMPATHETIC AND RECOGNIZE THE ROLE THAT TRAUMA PLAYS”

“OFFICER MENTAL WELLNESS- IF YOU DO NOT MAKE TIME FOR YOUR WELLNESS, YOU WILL BE FORCED TO MAKE TIME FOR YOUR ILLNESS”