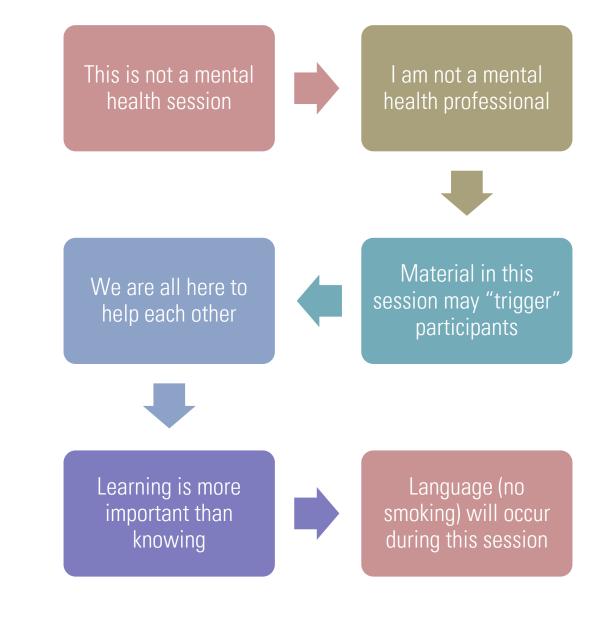


DISCLAIMER



Some days suck a guided, honest meditation





RESPONDER SUICIDE

Hinsdale family searching for answers...

WGNTV | July 22, 2020 | IL Federal Firefighter's Death Ruled Suicide;
Naval Station Great Lakes found dead in his car

Firehouse | OCT 11, 2021

Chicago Police Sergeant identified, death ruled a suicide: ME

Patch | MARCH 13, 2022 | 7:48 PM

Death by suicide among police is a quiet epidemic. It needs to be acknowledged.

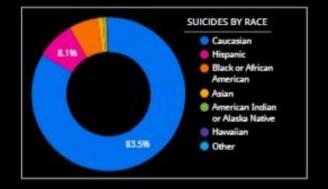
By PETULA VDORAK
Wall Street Journal |
AUG 9, 2021 | 6:19 PM



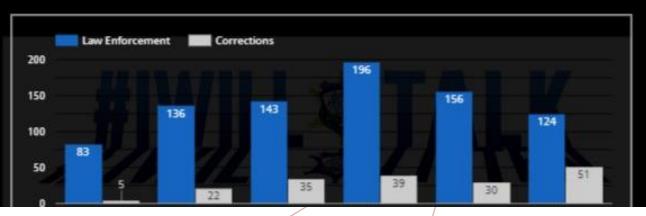


Law Enforcement	267
Corrections	55

PROFESSION	AVERAGE YEARS OF SERVICE	
Law Enforcement	16.72	
Corrections	11.71	



Rank	Years Sec +
Chief Executive (ex. Chief/Sheriff/Commissioner)	24.72
Mid-Manager (ex. Lieutenant/Captain)	22.93
Senior Executive (ex. Major/Colonel/Assistant Chief)	22.73
Line Supervisor (ex. Corporal/Sgt)	18.82



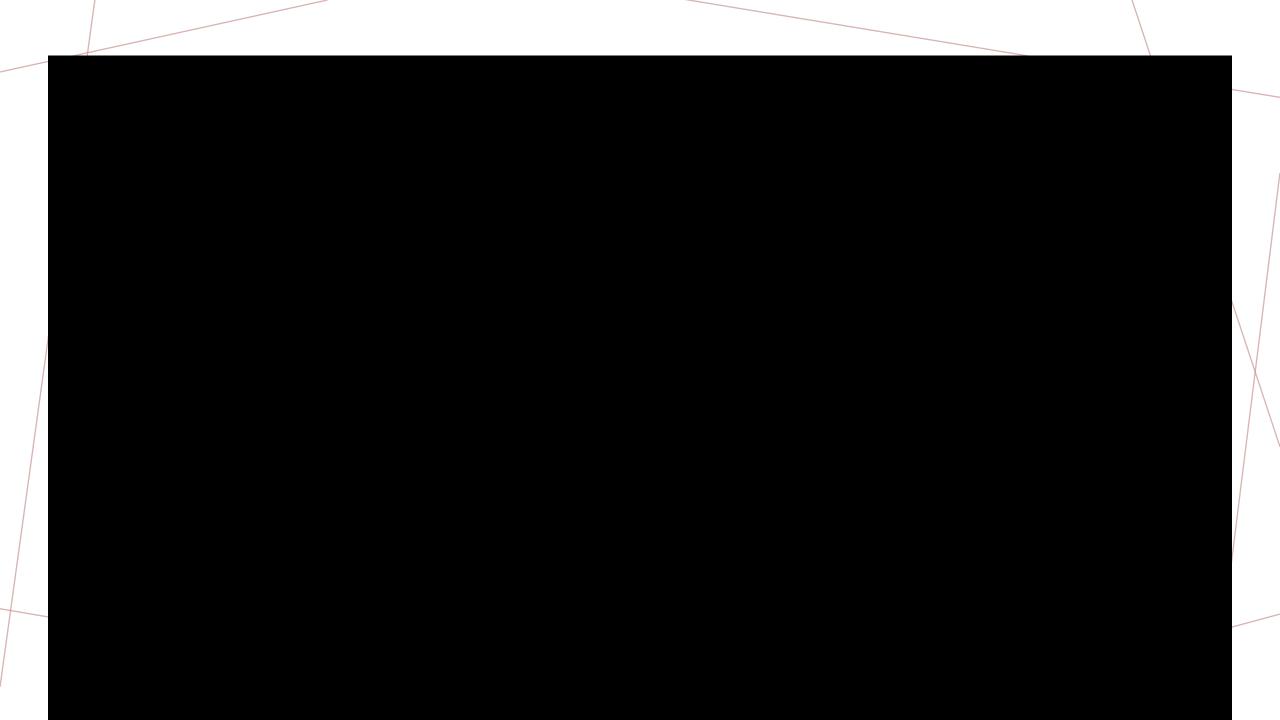
2022 -41 (36 FF & 4 EMT) +(1 DISP)

> 2021 – **100** (86 FF & 14 EMT)

2020 - 129 (101 FF & 27 EMT) +(1 DISP)

> 2019 – **146** (126 FF & 21 EMT)

2018 - 118 (94 FF & 22 EMT) +(2 DISP)



HURRICANE RESPONSE

2004

- Alex Outer banks
- Charley FL (Aug 9)
- Francis FL
- Gaston SC
- <u>Ivan FL</u>
- Jeanne FL (Sept 13)

2005

- Cindy LA/MS
- Dennis FL
- Katrina LA (Aug 29)
- Ophelia NC
- Rita TX (Sept 24)
- Wilma FL (Oct 24)



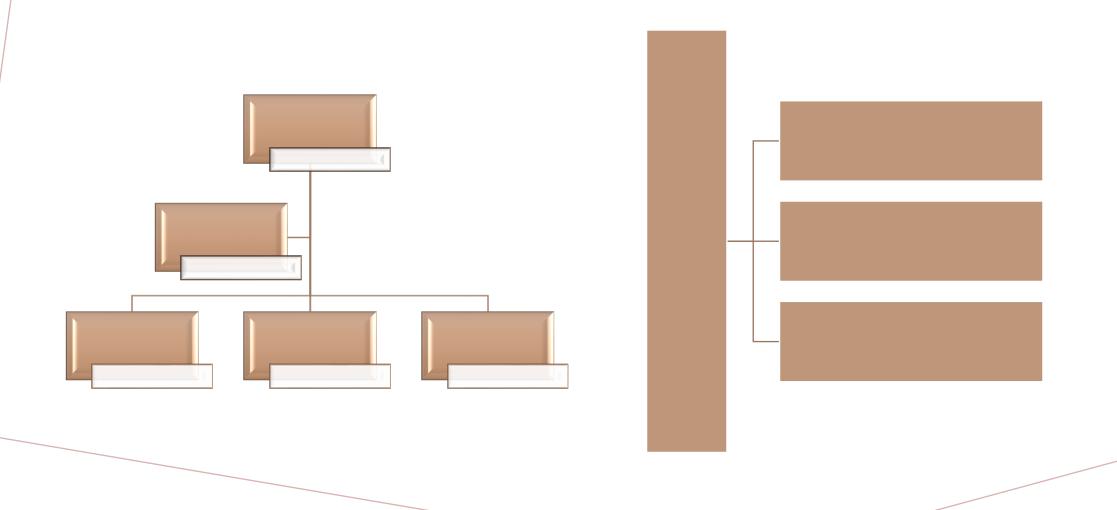
JASPER, TX



STAFF SHELTER



WHO IS RESPONSIBLE?





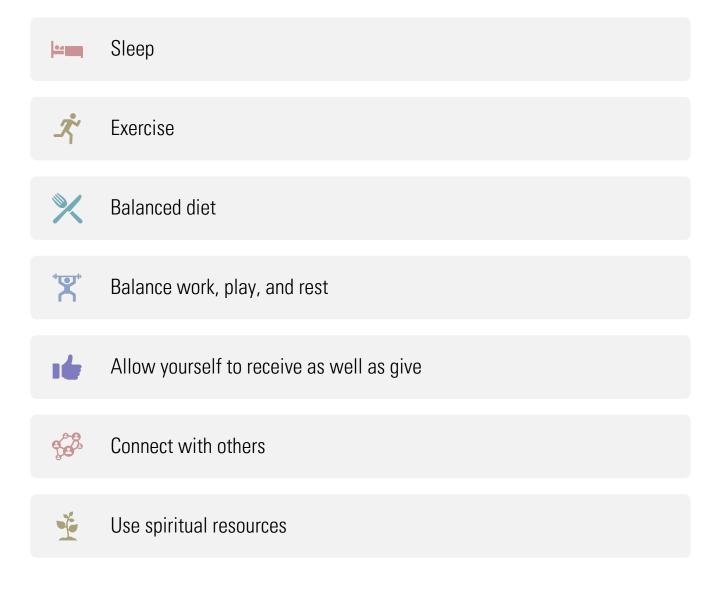


SYMPTOMS OF TRAUMA PHYSIOLOGICAL: PSYCHOLOGICAL:

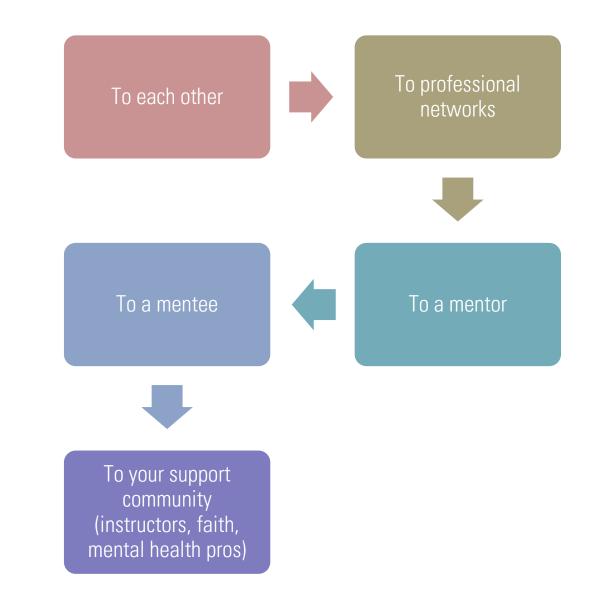
- >Headaches, pain
- > Nightmares
- ➤ Loss of appetite
- Diarrhea, stomach, nausea
- > Hyperactivity
- >Drugs/alcohol
- >Insomnia
- > Fatigue

- Irritability or anger
- > Moody
- > Self-blame
- > Isolation
- > Numb, overwhelmed
- > Helpless
- > Grief, denial
- > Relationship issues

REDUCE STRESS



CONNECT



CRITICAL INCIDENT STRESS DEBRIEFING



1. Introductions and description



2. Review of factual material



3. Sharing of initial thoughts and feelings



4. Sharing of emotional reactions to incident



5. Instruction about normal stress reactions



6. Review of symptom



7. Closing and further needs assessment

LEST WE FORGET!

HUMOR IS A GREAT EQUALIZER AND HEALER



Prior to your 18th birthday:

No___If Yes, enter 1___

1.	Did a parent or other adult in the household often or very often Swear at you, insult you, put you
	down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?
	NoIf Yes, enter 1
2.	Did a parent or other adult in the household often or very often Push, grab, slap, or throw something
	at you? or Ever hit you so hard that you had marks or were injured?
	NoIf Yes, enter 1
3	Did an adult or person at least 5 years older than you ever Touch or fondle you or have you touch
	their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you?
	NoIf Yes, enter 1
4	Did you often or very often feel that No one in your family loved you or thought you were important
	or special? or Your family didn't look out for each other, feel close to each other, or support each other
	NoIf Yes, enter 1
5	Did you often or very often feel that You didn't have enough to eat, had to wear dirty clothes, and ha
	no one to protect you? or Your parents were too drunk or high to take care of you or take you to the
	doctor if you needed it?

6. Were your parents ever separated or divorced?	
NoIf Yes, enter 1	
7. Was your mother or stepmother:	
Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often,	OI
very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at lea	ıst
a few minutes or threatened with a gun or knife?	
NoIf Yes, enter 1	
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?	
NoIf Yes, enter 1	
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?	
NoIf Yes, enter 1	
10. Did a household member go to prison?	
NoIf Yes, enter 1	
Now add up your "Yes" answers: This is your ACE Score	

1 in 6

experienced four or more types of ACEs.

3 times

the risk of depression for those with an ACE score of 4 or more.

5 out of 10

leading causes of death are associated with ACEs. 44%

Preventing ACEs could reduce the number of adults with depression by as much as 44%.

	ACE SCORE OF 0	ACE SCORE OF 4	INCREASED RISK
Likelihood of becoming an alcoholic	2.5%	11%	four-fold increase
Suffering from chronic depression	15% women	42% women	tripled
	10% men	30% men	
Having a serious problem working	5%	15%	tripled
Having serious financial problems	10%	20%	doubled
Chance of heart disease	3.7%	5.6%	doubled
Having a stroke	2.6%	4.1%	doubled



WHAT TO SAY



Tell me what is your top priority ...



What is on your mind ...



What questions do you have about our ...



What would you like me to know about ...

WHAT NOT TO SAY

I understand...

You're strong, you'll get through this...

Don't feel bad...

Don't cry...

It's Gods will...



WHILE THE WORLD JOKES

- Trauma Informed Practices:
 - Early screening and assessment
 - Consumer-driven care and services
 - Nurturing a trauma-informed and responsive workforce
 - Evidence-based and emerging best practices
 - Creating safe environments
 - Community outreach and partnership building
 - Ongoing performance improvement and evaluation

 What Does Becoming Trauma-Informed Mean for Non-Clinical Staff? (relias.com)



DECREASING HOPE

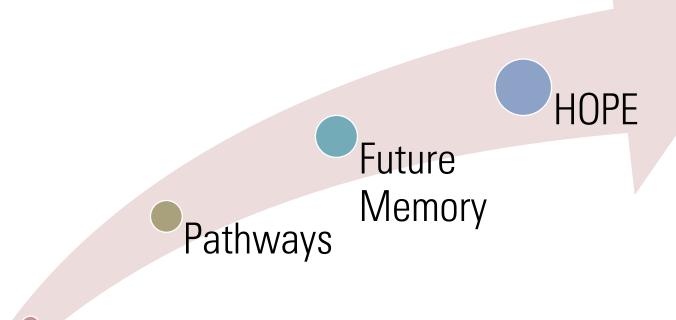
Hope

Anger

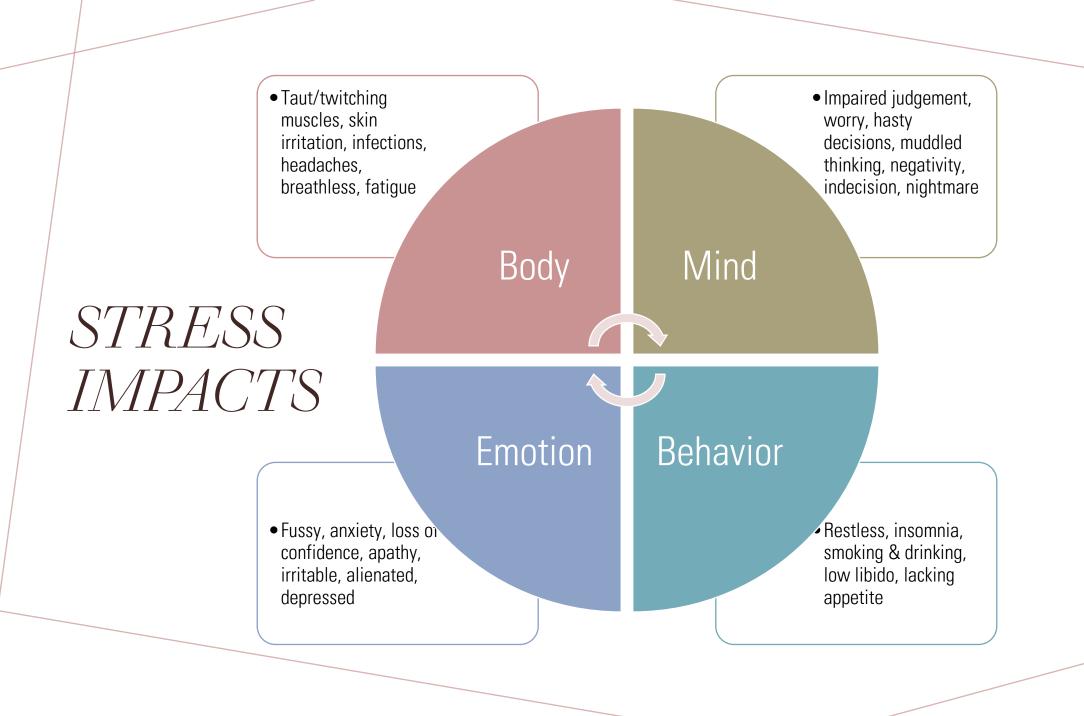
Despair

Apathy

HOPE INCREASING

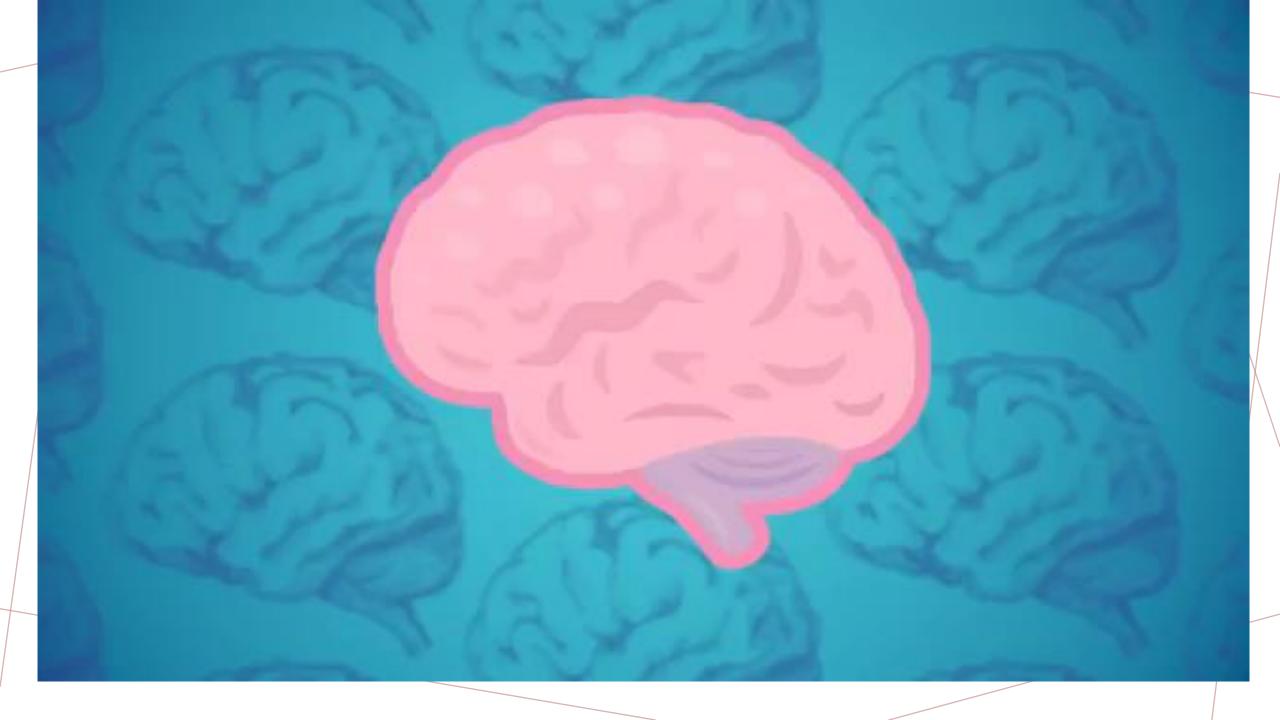


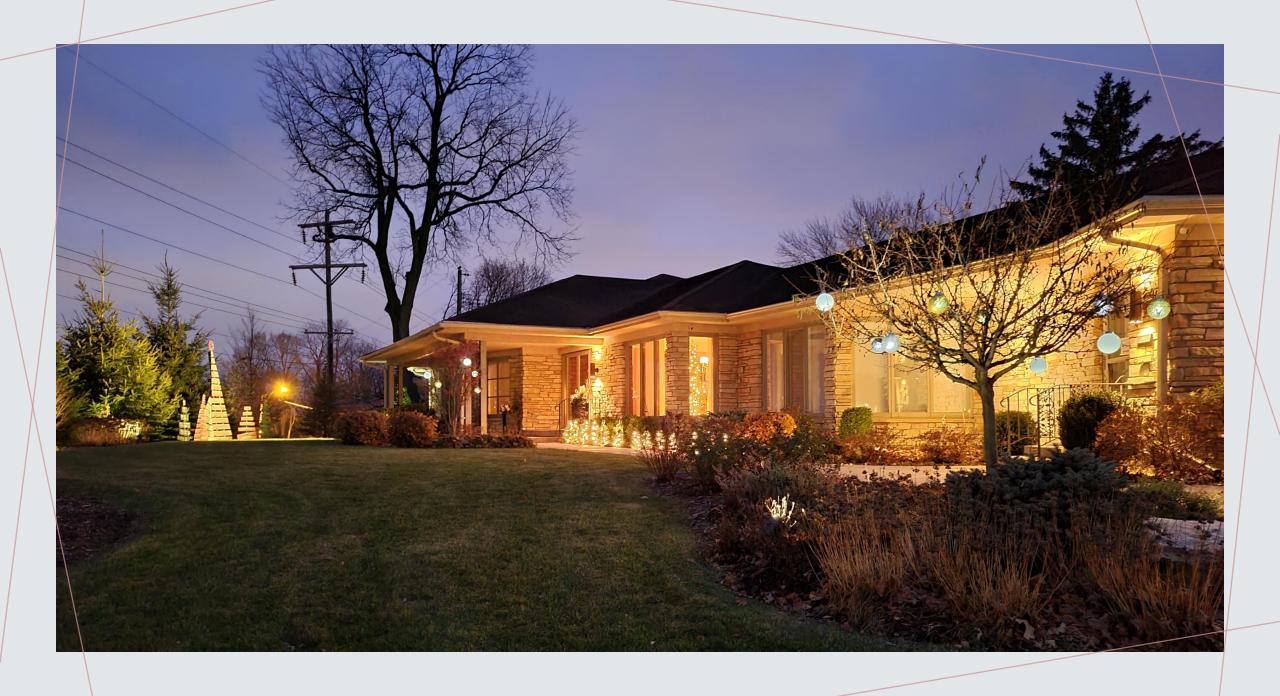
Goals





CONCLUSION





RESOURCE LINKS

- https://ovc.ojp.gov/program/vtt/introduction
- https://www.samhsa.gov/sites/default/files/programs_campaigns/childrens_mental_ health/atc-whitepaper-040616.pdf
- https://www.acesaware.org/ace-fundamentals/principles-of-trauma-informed-care/
- https://www.health.harvard.edu/blog/trauma-informed-care-what-it-is-and-why-its-important-2018101613562
- www.josephbojang.com/quiz Hope score questionnaire

RESOURCE LINKS

- https://nami.org/
- https://lcisf.org/
- Green Cross Academy of Traumatology Accredit | Certify | Deploy
- Azizi Marshall | Mental Health Expert + Speaker + Creative Entrepreneur
- <u>Blue H.E.L.P. Honoring the Service of Police Officers Who Died by Suicide</u> (bluehelp.org)
- Firefighter Behavioral Health Alliance (ffbha.org)

NO COST TRAINING

Healthcare:

O'Fallon, IL January 18 – 19, 2023

Macon Co, IL January 25 – 26, 2023

Water/Wastewater:

O'Fallon, IL February 8 – 9, 2023

Electrical Systems:

O'Fallon, IL March 8 - 9, 2023

https://teex.org/course-calendar



DISASTER MANAGEMENT FOR WATER AND WASTEWATER UTILITIES

MGT-343

Course Description

The National Infrastructure Protection Plan identified water and wastewater (WWW) systems as critical infrastructure (CI). These systems are vital to the communities' public health and economic development. The interdependencies between, WWW, other CI sectors, and emergency management necessitate a common understanding by stakeholders of water sector impacts. This course provides an opportunity for these stakeholders to work together to improve community resiliency.

We will guide you through issues concerning preparing for, responding to, mitigating, and recovering from incidents affecting WWW facilities. The course introduces natural and man-made hazards to which WWW systems may be vulnerable.

Participants successfully completing this course will receive a course certificate of completion. Individuals who complete this course in combination with MGT317, MGT341 and MGT345 are eligible for the TEEX Infrastructure Disaster Management Program Certificate.



THANK YOU!

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LI: Logsdon-Group