



CISM & Peer Support Team

&

Recognizing Symptoms of Post
Traumatic Stress Disorder

Why we are here

- Discuss the ECCFPD CISM & Peer Support Program
- Identify available resources
- Answer questions

What we will cover today

- Introduce the ECCFPD Critical Incident Stress Management (CISM) Program
- Introduce the Peer Support Team, SOP, Supporting Docs
- Discuss the CISM Peer Support Statement of Understanding
- Introduce the Death & Dying Checklist for the community
- Introduce the CISM Team Brochure
- Educate about Firefighter Suicide Prevention

What is CISM & Peer Support

- Review SOP 13-1

Resources

- Peer Support Team
 - Peer Support Statement of Understanding
- Death & Dying Checklist for the community
- CISM Team Brochure
- MHN- Your Employee Assistance Program
 - Brochure

Firefighter Suicide Prevention

Recognizing Symptoms of Post Traumatic Stress
Disorder

You Tube Video

<http://youtu.be/uP1OPCax2oQ>

Our Dirty Little Secret

- Everyone in the Fire Service will be exposed to a traumatic event sometime in their career
- Negative stigma attached to PTSD and mental illness
- Employees of Contra Costa Fire Districts have been exposed to the death of a co-worker at least 17 times in the past 10 year
- Our responsibility to be vigilant and recognize signs and symptoms of PTSD in each other





JAMES ROBERT HAINES 1969
 LEROY JENKINS 1974
 JOHN R. WELSH 1975
 RICHARD L. TOLER 1977
 RENE PENALOZA 1994
 DAVID EUGENE VANNI 2000
 MICHAEL A. IMPASTATO 2002
 TERRY L. WERNER 2004
 JAMES J. CAPRA 2006
 KENT LEVERTON 2006
 MATTHEW CHARLES BURTON 2007
 SCOTT PETER DESMOND 2007

MICHAEL FRANCIS BRAZ 2006
 DAVID GEHLING 2008
 JOHN H. FERRANTE 2009
 JOHN WILLIAM NUNES 2009



Definitions:



Traumatic incident or critical incident: any event that causes unusually strong emotional reactions that have the potential to interfere with the ability to function normally.

Post Traumatic Stress Disorder: an anxiety disorder that occurs in the aftermath of a traumatic event

Contributing Factors

- Excessive exposure to horrific events
- Personal level of involvement in a traumatic event
- Sustaining significant physical injury
- Strong feeling of personal responsibility for event or intense feelings of guilt
- Death of a co-worker or child



Signs and Symptoms

- Restlessness
- Sleeplessness
- Hyper activity
- Inability to relax
- Jumpiness
- Difficulty concentrating
- Mental replays or dreams
- Shutting off emotions
- Avoiding triggers – people, places
- Angry or irritable
- Difficulty sleeping
- Difficulty concentrating
- Always feeling on guard
- Very startled when surprised
- Feelings of shame, despair, or hopelessness
- Difficulty controlling one's emotions
- Problems with family or friends
- Impulsive or self-destructive behavior
- Changed beliefs or changed personality traits



THOSE TRAUMATIC CALLS
NEVER GET TO YOU, DO THEY?
YOU'RE A ROCK, BUDDY!



PAUL COMBS
Fire Engineering
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Consequences

- Anxiety
- Stress
- Substance Abuse
- Divorce
- Depression
- Suicide



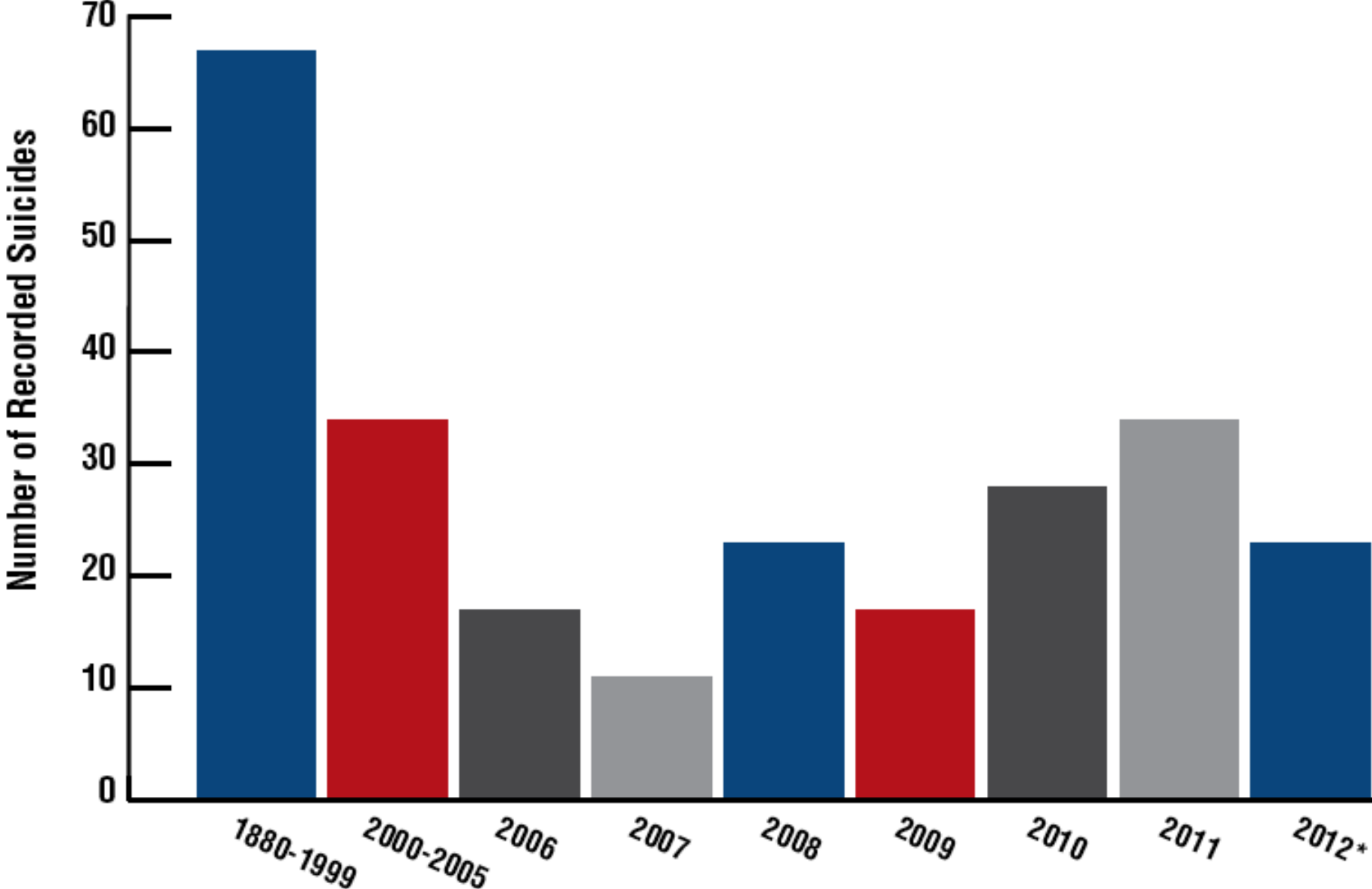
Binge Drinking

- Defined as being legally drunk (BAC > 0.08%)
- Common in the fire service - 58% of firefighters
- 14 times more likely to drive drunk
- 10% of firefighters drove drunk in the last 30 days
- Working with a hang over
- Self-destructive behavior
- Almost 30% of suicides had alcohol in their system
- Viewed as a socially acceptable behavior

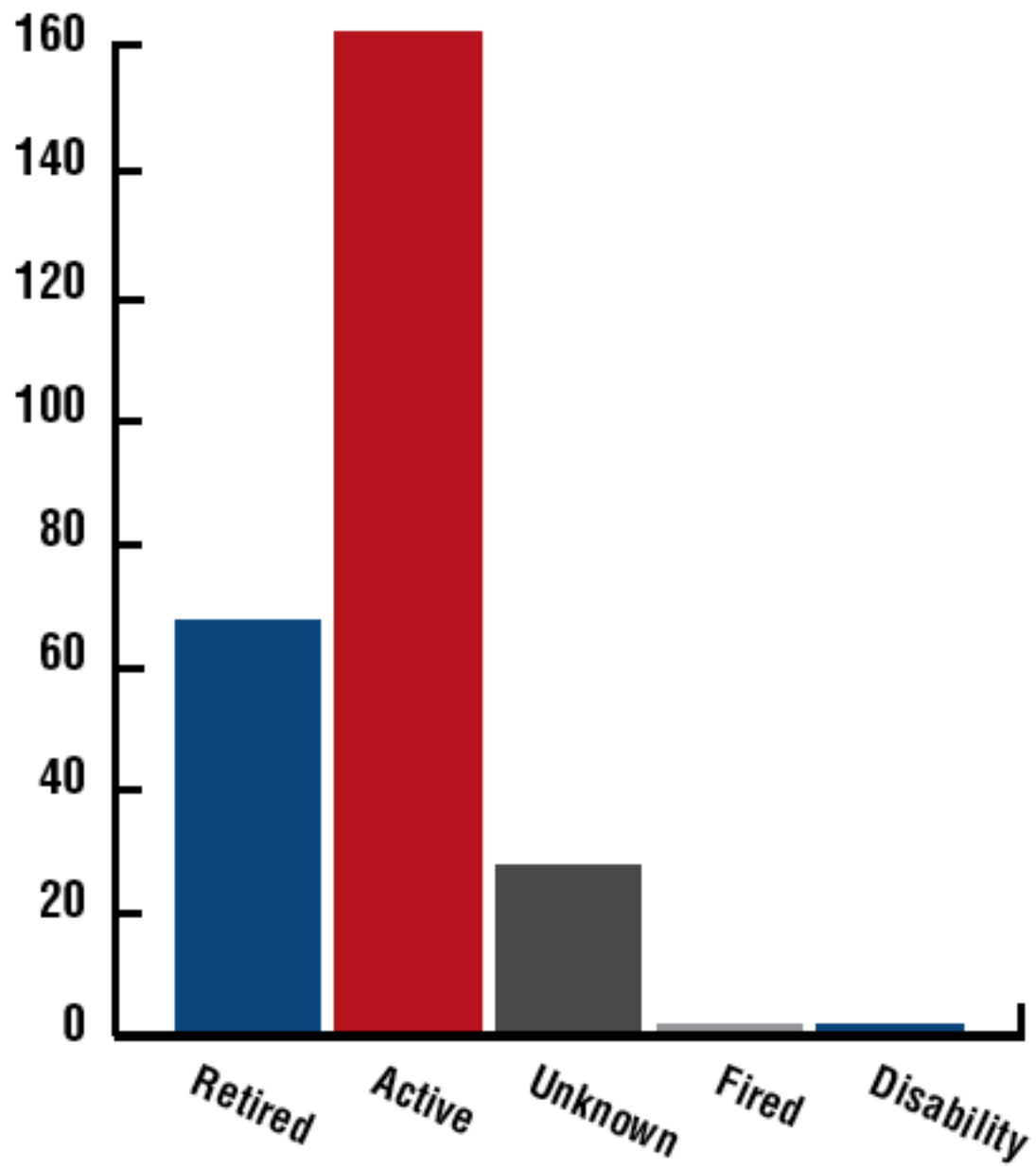




Suicides by Year



Suicides by Active vs. Retired



LODD vs Suicide

- 2012 LODD: 83
- 2012 Firefighter Suicides: 66
- 2013 LODD: 101
- 2013 Firefighter Suicides: 63
- 2014 LODD: 87
- 2014 Firefighter Suicides: **89**



Warning Signs

- Appearing depressed or sad most of the time
- Talking or writing about death or suicide
- Withdrawing from family and friends
- Feeling hopeless
- Feeling helpless
- Feeling strong anger or rage
- Feeling trapped
- Experiencing dramatic mood changes
- Abusing drugs or alcohol
- Exhibiting a change in personality
- Acting impulsively
- Experiencing a change in sleeping habits
- Experiencing a change in eating habits
- Losing interest in most activities
- Performing poorly at work or in school
- Giving away prized possessions
- Writing a will (with other warning signs)
- Feeling excessive guilt or shame
- Acting recklessly

Our Responsibility

- Change our culture
- Recognize warning signs and symptoms
- Critical Incident Stress Debriefing
- Reach out and talk it out
- Know available resources



Resources

Refer to Handout

- Peer Support
- Diffusing's / Debriefings
- Employee Assistance Program
- National Volunteer Fire Council
- Firefighter Behavioral Health Alliance
- U.S. Department of Health and Human Services
- Chaplain Programs
- National Programs on Suicide
- National Suicide Prevention Lifeline
- Counseling Service for Fire Fighters
- American Counseling Association
- Safe Call Now
- National Fallen Firefighters Foundation
- American Addiction Centers



Any Questions

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Thank You