

911 For First Responders:

Tools for Enhancing the Therapeutic relationship

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Introductions

- Title
- Certifications
- Experience
- Greeting



Fire Service



Engine



Truck/Ladder



Squad



Ambulance

Fire Services Assignments

- Firefighting
- EMS
- ARFF – Aircraft Rescue and Firefighting
- Special Ops
 - HazMat
 - Scuba Teams
- Wildland
- Prevention
- Media Relations
- IAD



Fire Departments

Three Types:

- Career and combination – 35% or 10,500 departments
 - Career – Full time paid (18% or 5,400)
 - Combination – Full-time/POC/vol./part-time
- Volunteer – 65% or 19,500 departments



Police Service



Squad car/Patrol car



Motorcycle



Unmarked squad



Police "Paddy" Wagon

Types of Police Assignments

- Patrol
- Gang crimes
- Narcotics
- SWAT
- Organized Crime
- Bomb & Arson
- IAD



Police Departments

- All Career
- Volunteers within the local Police department



Military Service



Branches of the Military



Military Assignments

- Logistics
- Systems technician
- Human Resources
- Intelligence Corps
- Mechanic
- Pilot
- Infantry
- Command
- Elite operator



Elite Operator



Rangers/Delta



SEALS



Special Ops



PJ's



Raiders

Military

- Active – full time and deployed anytime (1.3 mil)
- Reserves – drill one weekend a month and two weeks a year, deployed anytime as well (1mil)



Fire Service Rank Structures

- Fire Chief/
Commissioner
- Assistant Chief
- Deputy Chief
- Battalion Chief
- Captain
- Lieutenant
- Engineer/driver/
chauffeur
- Firefighter/EMT
 - Candidate
 - Probie



Law Enforcement Rank Structures

- Police Chief/Chief of Police/
Superintendent
- Deputy Chief
- Commander
- Captain
- Lieutenant
- Sergeant
- Officer



Military Rank Structure

Commissioned Officer

General

LT. General

Major General

Brigadier General

Colonel

LT. Colonel

Captain

First Lieutenant

Second Lieutenant

Chief Warrant Officer

Warrant Officer (Non-commissioned)

Enlisted

Sergeant Major of the _

Sergeant Major – E9

Master Sergeant

First Sergeant

Staff Sergeant – E6

Major Sergeant

Corporal – E4

Private First Class/LCpl

Private/Private 1st class

Private/Recruit

Experiences

- Civil unrest
- Shootings/Stabbings
- ASI
- Assaults
- CPR
- Suicides
- Accidents
- War
- Fires
- Family/Friends



Fire Services

- 60,825 injuries annually (NFPA 2019)
- 100 LODD (line-of-duty death) annually (NIOSH)
 - On scene, responding, returning, training, EMS
- CFD = 577 LODD since 1835 (avg. **three** annually)
- FDNY = 1171 LODD since 1865



Law Enforcement

- 10 year period between '10 – '19 by the National Law Enforcement Officer Memorial Fund (NLEOMF)
- Over 50,000 assaults each year
- Over 14,000 assaults with injuries
- Average of 163 deaths per year
- Death by State as of 2019 by the Officer Down Memorial Page:
 - Texas 2,052
 - California 1,683
 - New York 1,789
 - Illinois 1,129



Military

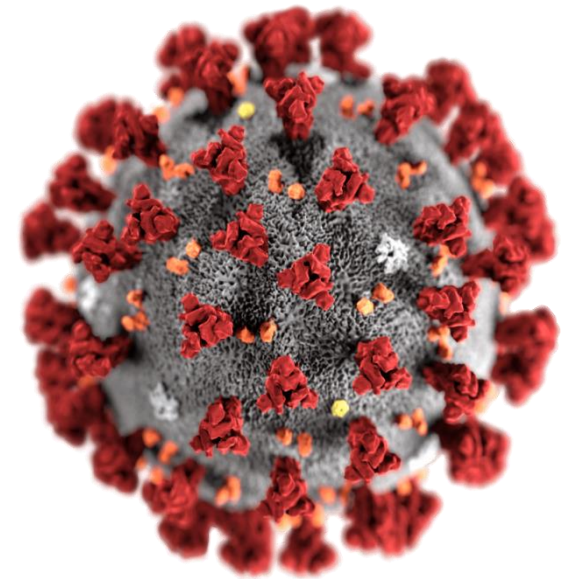
- Deaths of soldiers 2014 - present = 93
- Deaths since Operation Enduring Freedom 2001 = 7,033
- **(unintentional injuries, suicides, and homicides)** are the leading cause of death among active duty members of the U.S. Armed Forces, accounting for about 4 out of 5 deaths
- Almost 50% of military experience 1 or more injury each year.



COVID 19

- Anxiety of Becoming Infected or infecting others
- Traumatic effects of responses
- Quarantine/Isolation
- Child and Elder Care
- Emotional exhaustion and grief
- Financial Stress
- Domestic Violence
- LODD

NOTE: First responders and military have to go to work



Traumatic Events

- Borderline Bar & Grill, Thousand Oaks, CA, 2018
- Tree of Life Synagogue, Pittsburgh, PA, 2018
- Las Vegas Route 91 Festival, 2017
- Pulse Nightclub, Orlando, FL, 2016
- Ghost Ship fire, Oakland, CA, 2016
- Boston Bombing, 2016
- Sandy Hook shooting, Newton, CT, 2012
- WTC attack, 2001
- Columbine, 1999
- University of Texas – 16 killed, 1966
- Camden, NJ – Howard Unruh walked down the street shooting anyone in his sight, 1949

What is your “Normal”

“Whether there are subtle changes or drastic ones, no warrior views life the same after engaging in the things of battle”

Jeffery Denning, Army veteran and author of “Warrior SOS”

Stress Limit

- Our autonomic nervous system has taken in more stimulation than it can handle.
- We are overwhelmed or “Hit our Limit.”
- We may experience dissociation when our nervous system is strained to the limit.



Behavioral Health Issues

- Sleep deprivation/interruption
- Stress – physical/emotional
- Dreams/Nightmares
- Recurrent thoughts/Visions
- Dependence on pain medications
- Relationship/Marital issues
- PTSD
- Anger
- Alcohol abuse
- Suicide



Badge of Life Study for LEOs

- 2008 police suicides: 141
- 2009 police suicides: 143
- 2012 police suicides: 126
- 2016 police suicides: 108
 - In 2016 the average age was 42
 - Years of experience was 17
 - 87% were males and 13% were female.
 - 80% involved guns
- More officers die of suicide than from gunfire and traffic accidents combined.

Military Suicides

- In the US:
 - suicide attempt every 31 seconds
 - average of 1 person dies by suicide every 11.9 minutes
 - a rate of **13.3 per 100,000**
- A military report established that there were 6000 or more **veteran suicides** per year from 2008 to 2017. The report also stated that veterans consist of 13.5% of all deaths by **suicide** in US adults but only make up 7.9% of the US adult population. <https://deploymentpsych.org/disorders/suicide-main>
- Active military suicides = 20.2 per 100,000
- Selected Reserves component = 24.7 per 100,000
- National guard = 27.1 per 100,000

FDNY CSU Self-Reported Complaints 2005-2016

1. Marital/family
2. Anxiety
3. Depression
4. Substance abuse
5. Mental/physical health due to WTC exposure
6. Other incident stress



Local 2 EAP Service

2,803 contacts over 15 years (avg. 187 a year)

1. Marital/relationship issues
2. Work-related
3. Alcohol
4. Legal/financial
5. Drugs
6. PTSD



Florian Program

Core Services:

- Treatment for co-occurring disorders such as: substance abuse, PTSD, anxiety, depression and ADHD
- On-site detox with medication assistance
- Comprehensive psychiatric evaluations
- Individual and group counseling
- Pain assessment and treatment
- Family Education



Florian Program

Core Services:

- One-on-one counseling and group therapy with a peer/professional
- Counseling with certified fire chaplain
- Culturally aware staff
- Peer support groups
- Exercise, yoga, team building and equine-assisted therapy





rosecrance

life's waiting

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www.rosecrance.org

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