



Officer Wellness

Dealing with Stress



Objectives



To understand the mental, physical and emotional stress and demands of the law enforcement career.



To understand the toxic physiological process that occurs during the course of a normal LE workday.



Develop and put into practice strategies that alleviate the cumulative stress of the LE occupation



Identify the components of optimum wellness and the resources that assist in attaining optimum wellness.

**The cumulative process
marked by emotional
exhaustion and withdrawal
associated with increased
workload and institutional
stress, DOES NOT have
to be trauma-related. It's...**



Burnout

Compassion Fatigue

The emotional strain of witnessing or working with those suffering from traumatic events.



What is trauma ?

A deeply distressing or disturbing experience:

Vehicle accident

Health scare

Sudden job loss

Losing a loved one

Natural disaster

Emotional, physical or sexual abuse





Secondary Trauma

A side effect or result of seeing or hearing about acts of cruelty or suffering which cause permanent and often profound changes in workers. Its symptoms mimic those of post-traumatic stress.



What does secondary trauma do?



It shapes a person's basic beliefs about identity, world view, and spirituality.

Creates symptoms that are **ADAPTATIONS** - *What we see as the problem is the person's solution.*

Affects the brain and all of the bodily systems



Case Study



Effects of Secondary Trauma

You can never do enough

Hypervigilance
(Officer safety)

Diminished
creativity

Decreased ability
for complexity

Minimizing

Chronic
exhaustion/physical
ailments

Inability to
listen/deliberate
avoidance

Dissociative
moments –
forgetting what you
do



Effects of Secondary Trauma

Sense of
persecution

Guilt

Fear

Anger and
cynicism

Inability to
empathize/numbing

Addictions

Grandiosity

Feeling
helpless/hopeless/w
orthless

(this is otherwise
known as suicide)



What
we lose

“Every 18 hours an officer commits suicide” *Dr. Kevin Gilmartin

High Divorce Rates

Domestic violence is common.

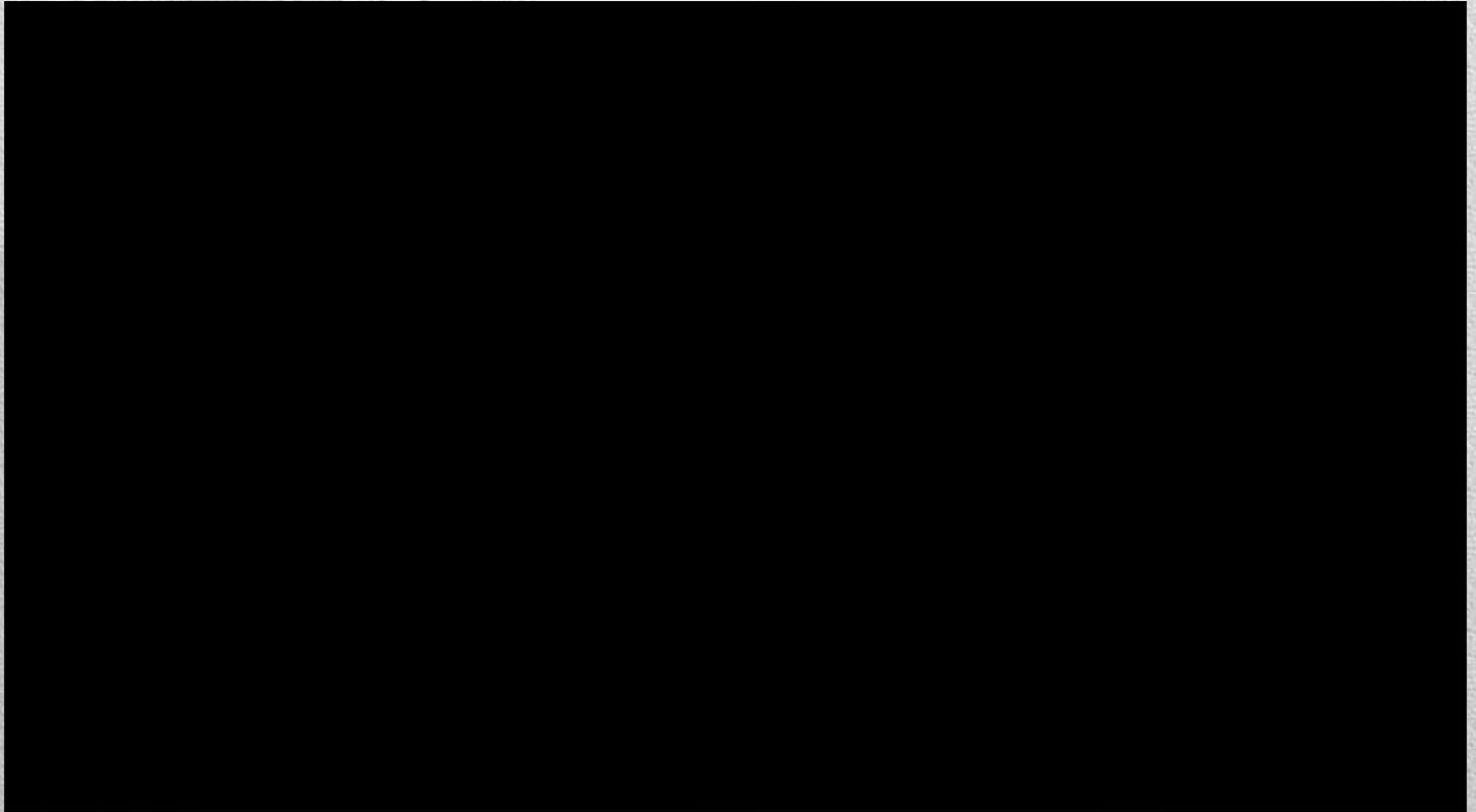
More prone to potentially fatal health issues

- Diabetes
- Heart disease

WHEN?

The issue is not *IF* we are affected by secondary trauma, but rather *WHEN* we will be affected...

It's NOT about the nail!!!



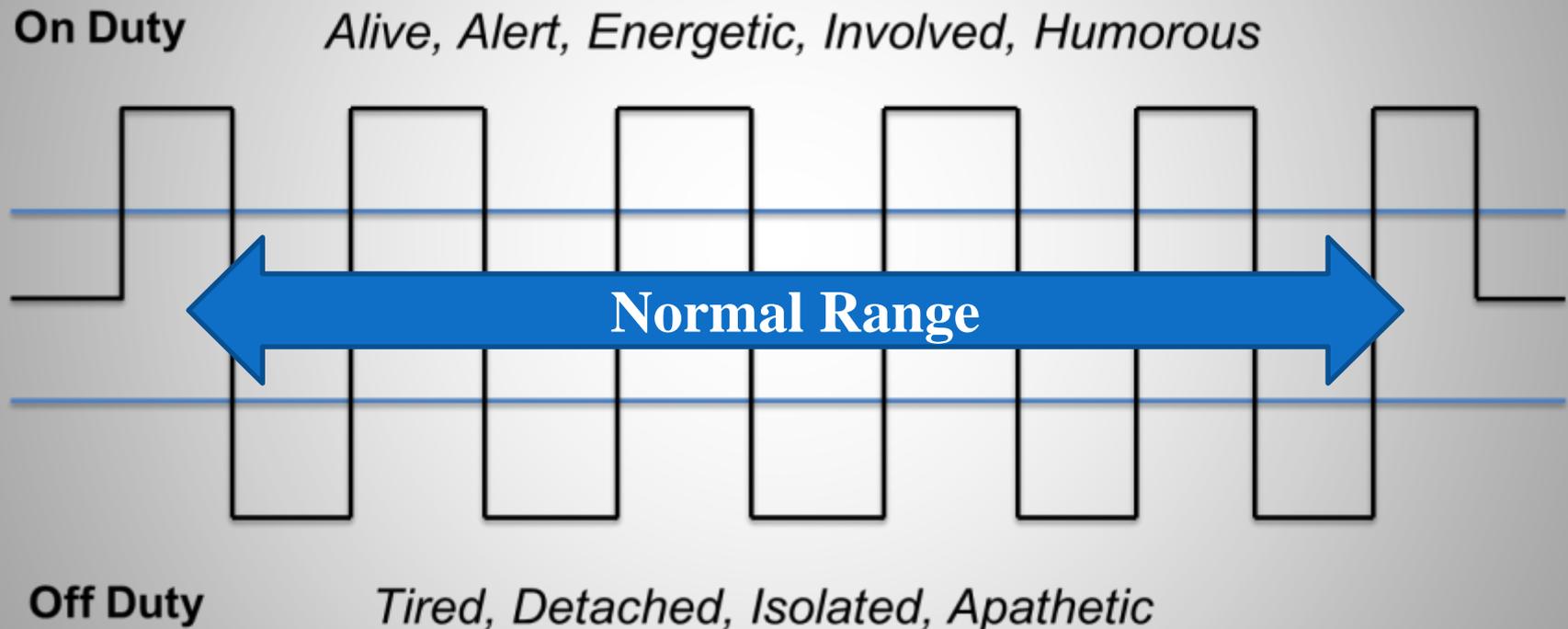
HYPERVIGILANCE

An enhanced state of sensory sensitivity accompanied by an exaggerated intensity of behaviors whose purpose is to detect threats. It is also accompanied by a state of increased anxiety which can cause exhaustion.

Emotional Survival for Law Enforcement
Kevin M. Gilmartin, Ph.D.



The Hypervigilance Biological Rollercoaster



Emotional Survival for Law Enforcement
Kevin M. Gilmartin, Ph.D.

But..... we are **RESILIENT!!**

- able to recoil or spring back into shape after bending, stretching, or being compressed
- able to withstand or recover quickly from difficult conditions

WE ARE NATURALLY RESILIENT

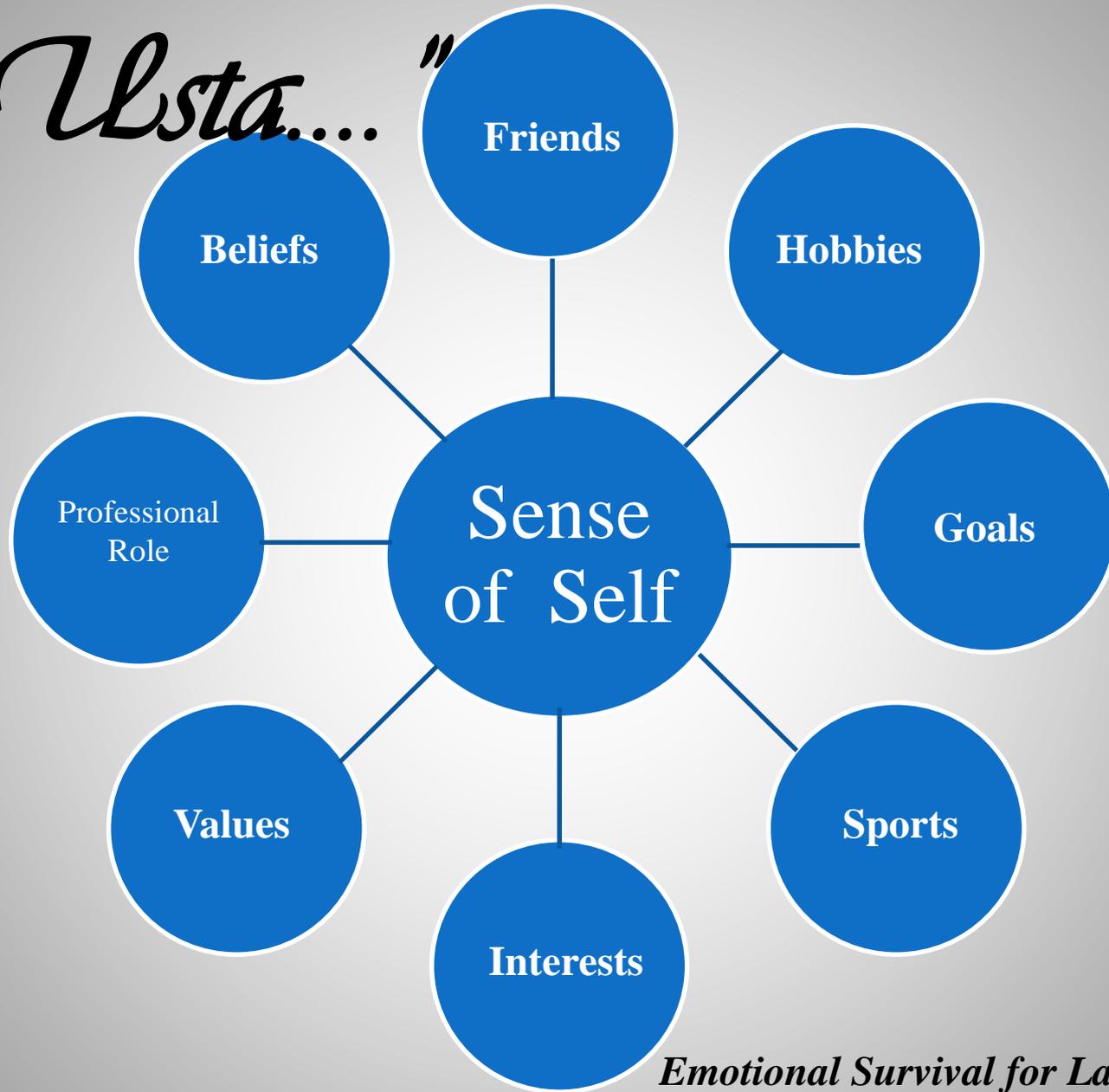
The Domains of Personal Resilience

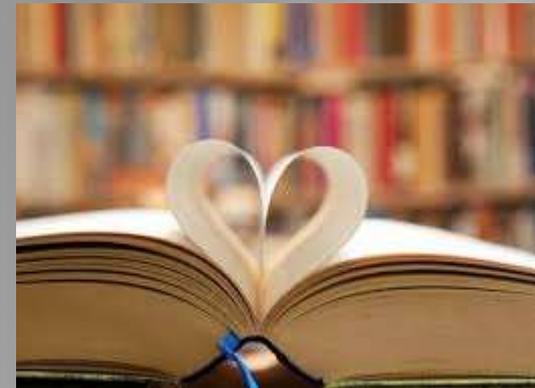


Response
Ability



"7 Usta...."





What's Important Now?



RESOURCES

BPD Peer Support

BHS App & Services

Health Insurance

Friends & Family

Each Other

Officer Safety and Wellness

State of Wellness at BPD

What percentage of BPD officers report experiencing a mental health issue (e.g., depression, anxiety, PTSD, etc.) within a 12-month period?



Officer Safety and Wellness

Peer Support



Officer Safety and Wellness

Resources

BHS – Free, confidential, 24/7 counseling.

Substance abuse counseling

- Harbor Grace
- Tranquility Woods

Nutritional guidance

- Nourish
- FX Well

Cell service discounts (AT&T FirstNet)

Financial planning (InvestED, M&T, Op. Hope)

What
questions do
you have for
me?

