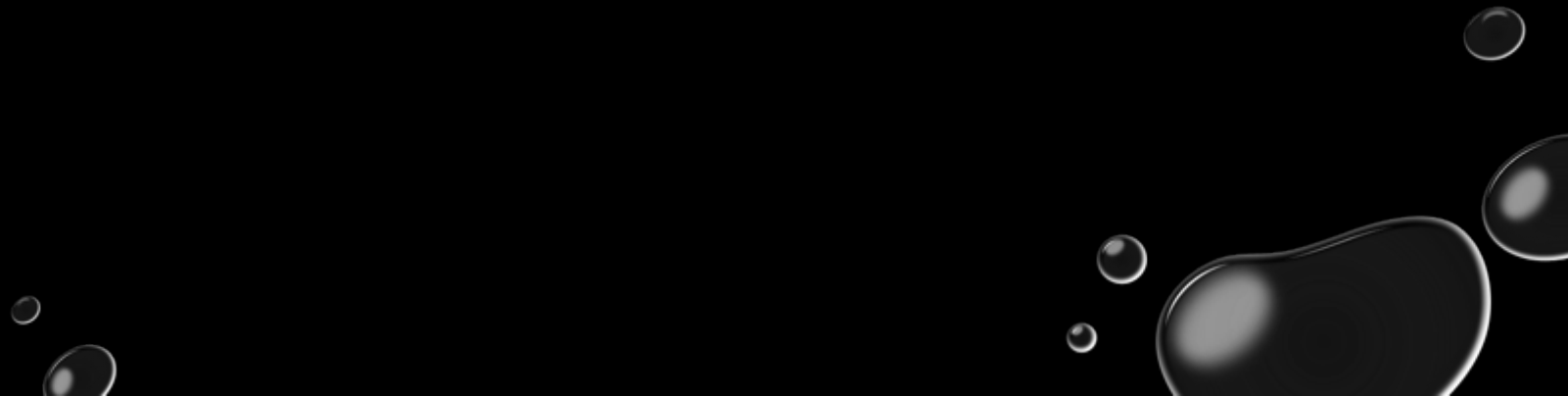


MENTAL WELLNESS & TRAUMA INFORMED CARE

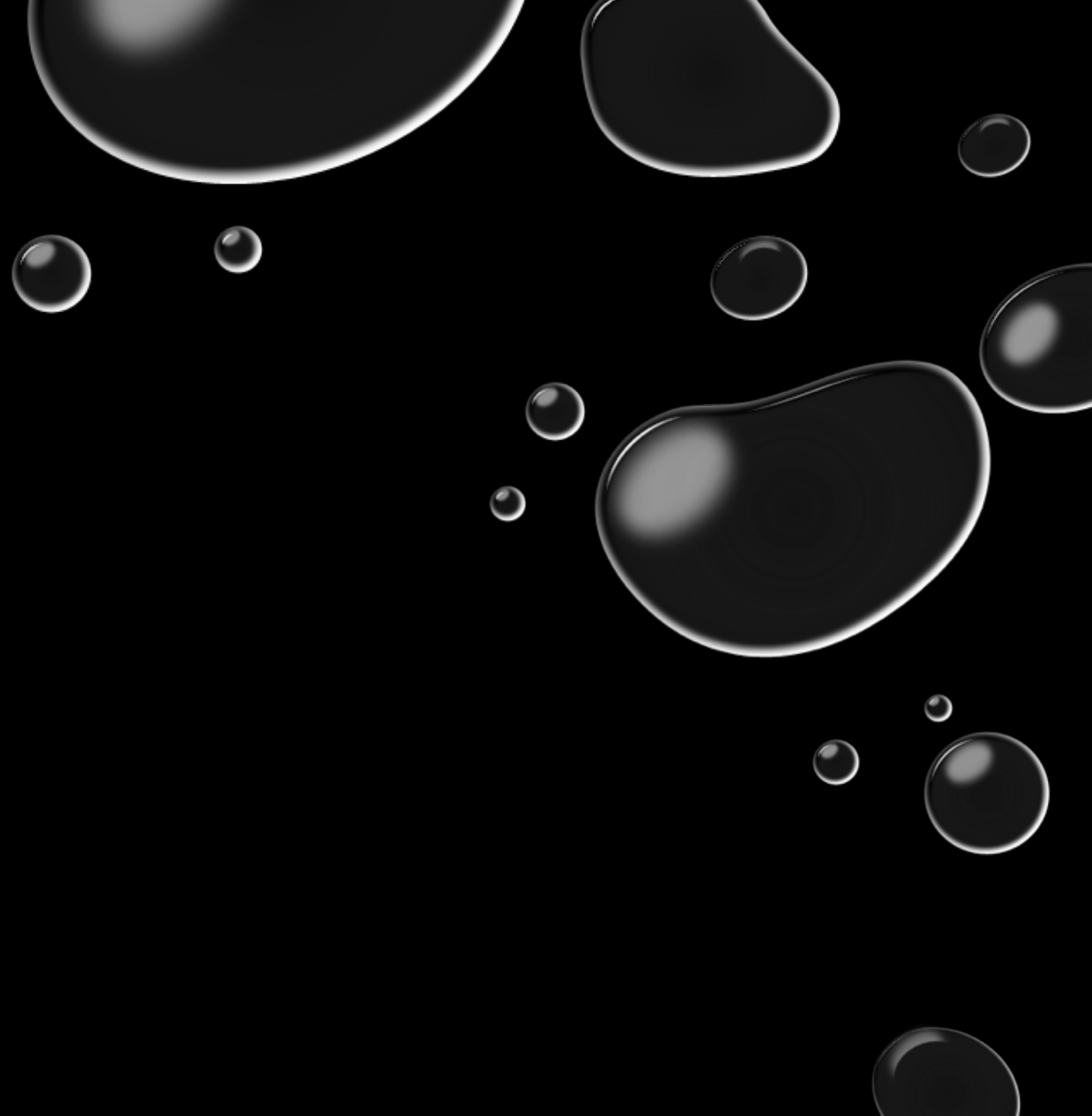




CLASS FORMAT

- *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

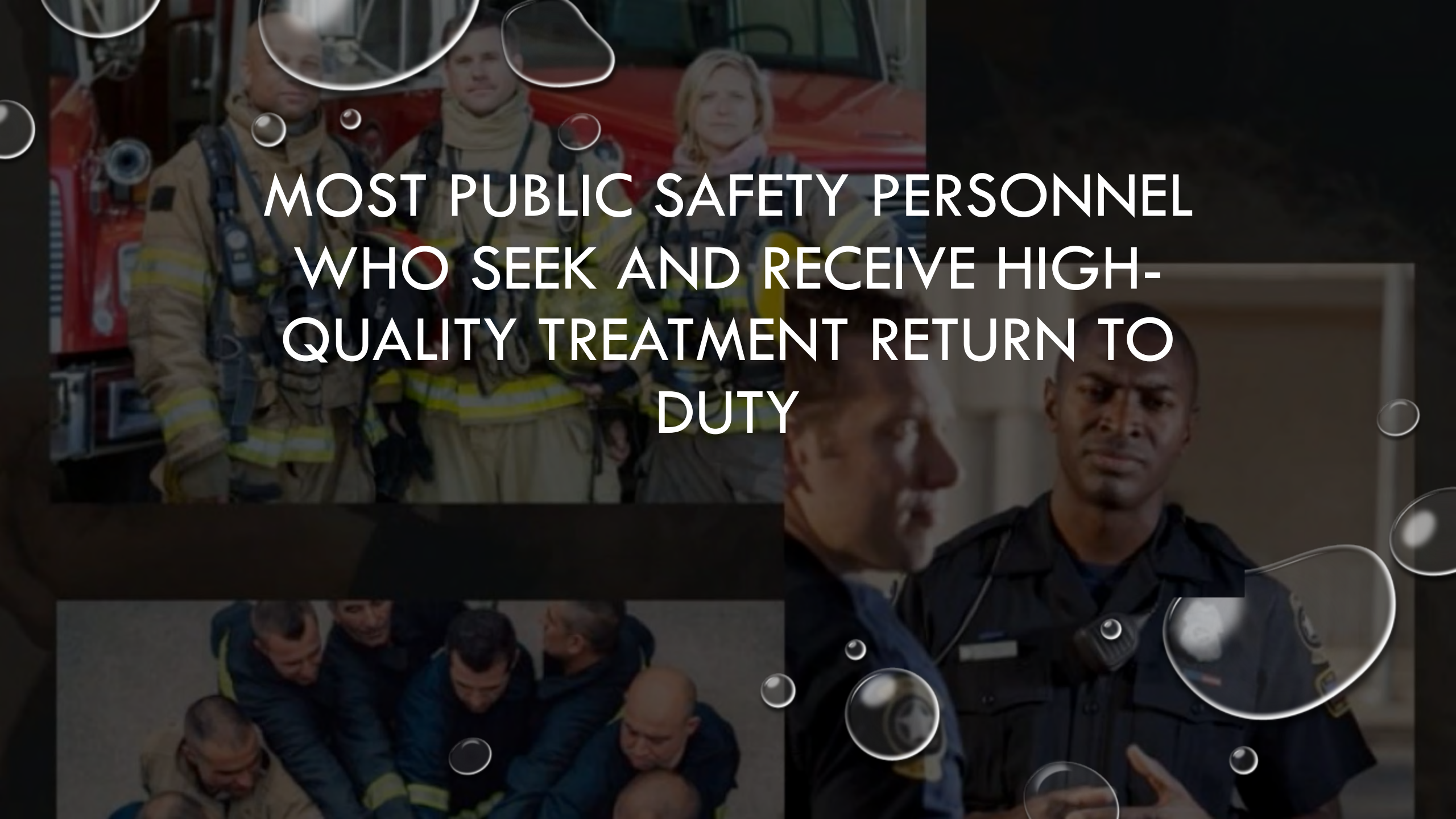


SUICIDES IN LAW ENFORCEMENT

- 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.





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

The background of the image features a pair of hands holding a heart shape formed by a stethoscope. The heart is dark, matching the stethoscope. Numerous water droplets of various sizes are scattered across the image, some appearing to be on the stethoscope or the hands. The overall color palette is dark and moody, with the blue text providing a strong contrast.

MENTAL HEALTH

*WE CANNOT HELP OTHERS IF WE
ARE NOT WELL*

The background of the slide features a large, semi-transparent seal of the San Jose Police Department. The seal is a five-pointed star with a circular center. Inside the circle is a bundle of wheat. The words "SAN JOSE" are arched across the top of the circle, and "POLICE" is arched across the bottom. Below the star, the text "ESTABLISHED 1850" is visible. The entire slide has a dark grey background with several realistic-looking water droplets of various sizes scattered around the edges.

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

FIGHT

Flight

or



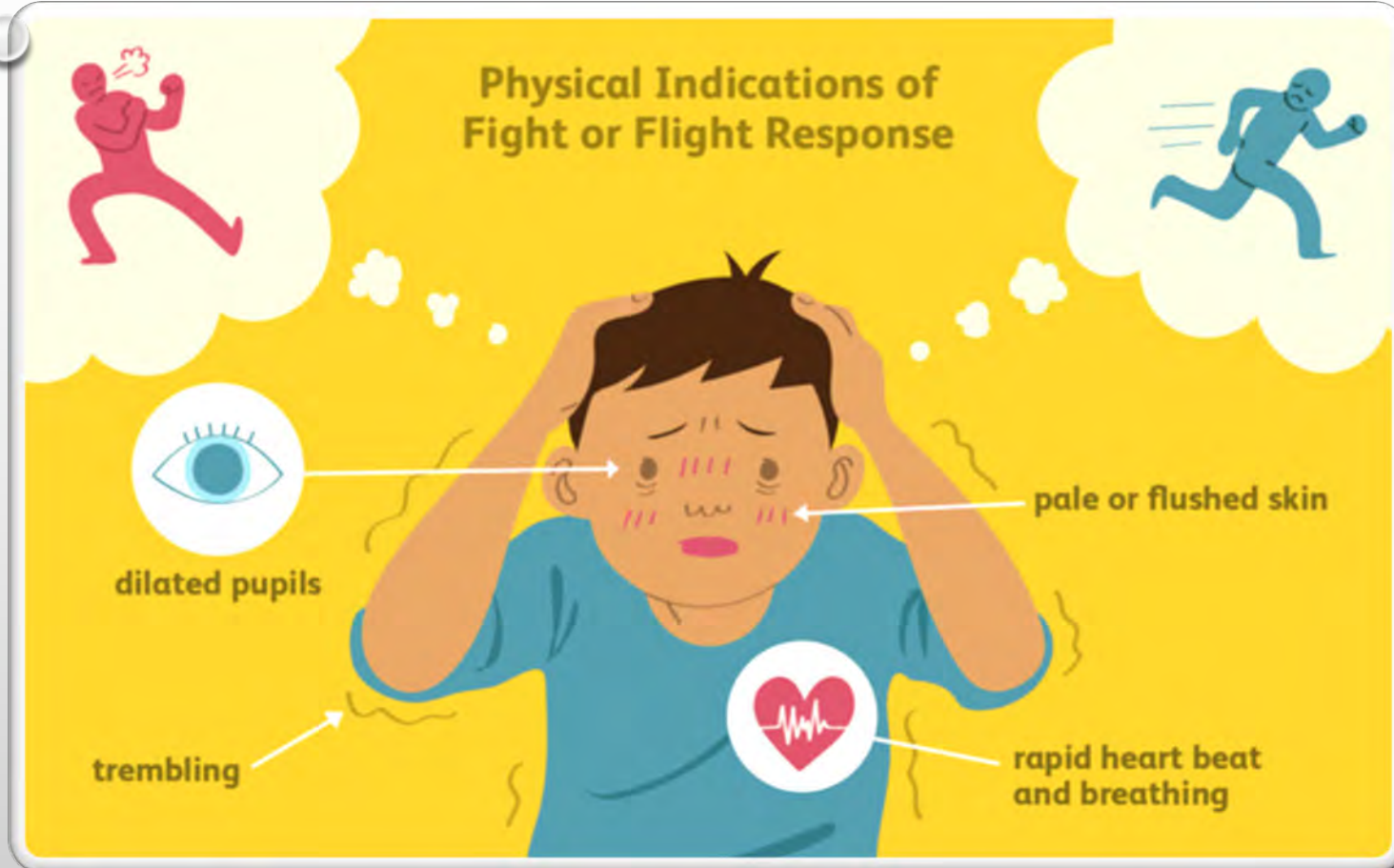
Stand your ground, defend
your position, attack, dig in,
persevere!



Give way, retreat, discard,
remove yourself, give up,
move on.

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?

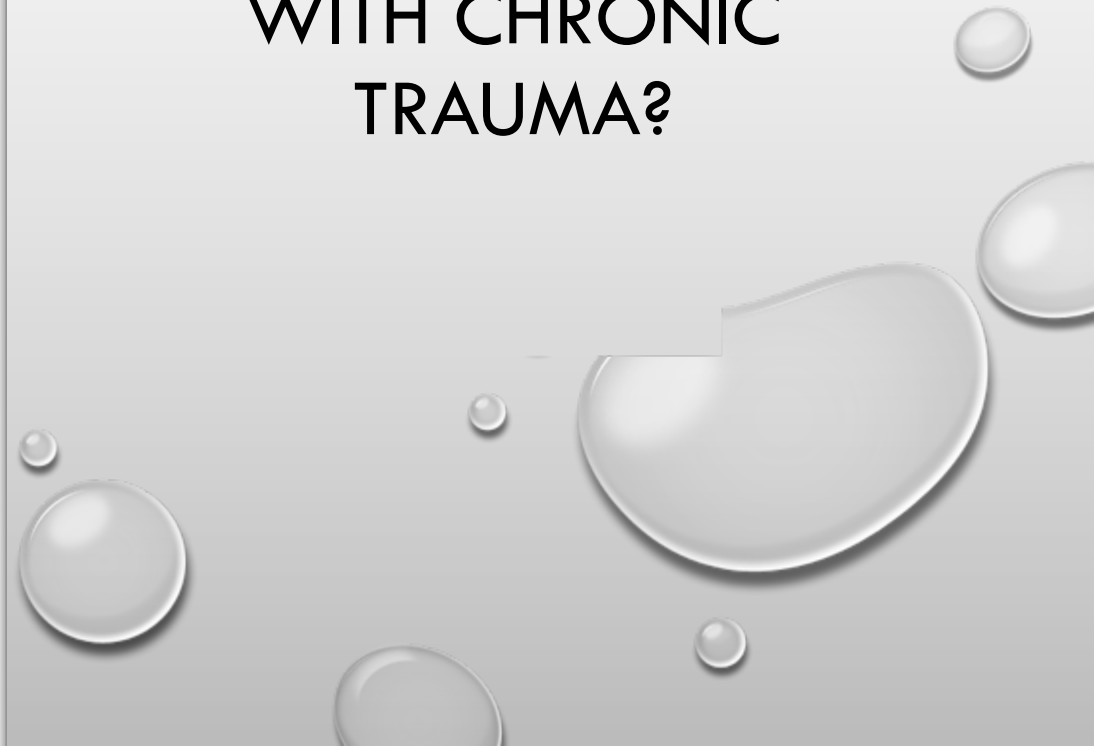


HOW DOES FIGHT OR FLIGHT IMPACT YOU AT WORK?

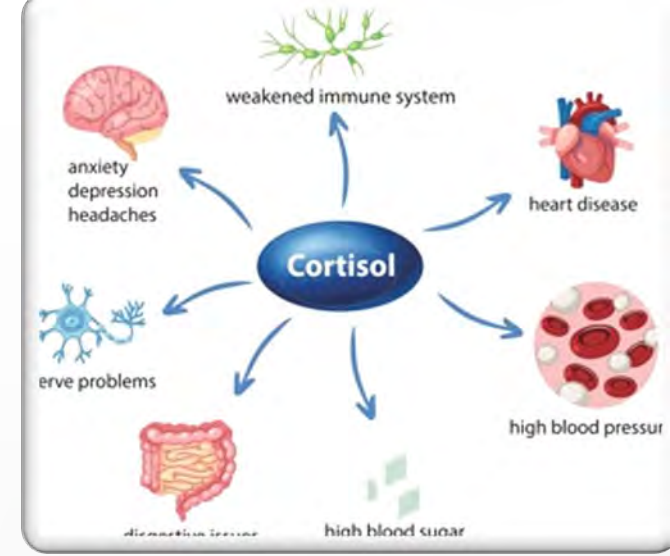
- IN PATROL WHEN YOU HEAR THE ALERT TONE?
- IN PATROL WHEN YOU HEAR AN OFFICER IN FOOT PURSUIT OR C3 FILL?
- WHEN ON-CALL AND YOU GET A CALL AT 0200?
- WHAT DOES THIS DO TO YOU PHYSICALLY AND EMOTIONALLY?



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



SYMPTOMS OF CHRONIC TRAUMA

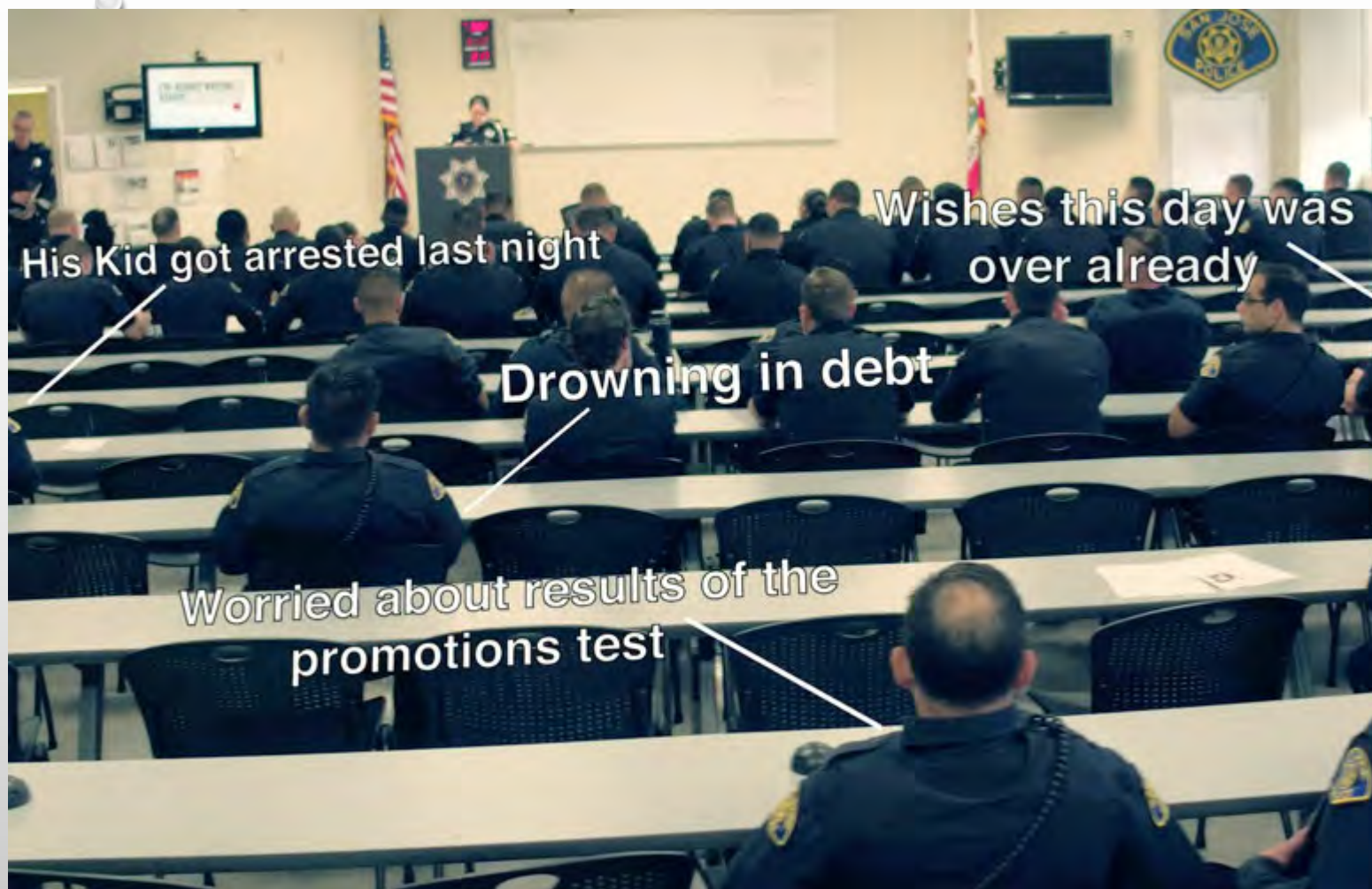


- IRRITABILITY
- FATIGUE
- HEADACHES
- DIFFICULTY CONCENTRATING
- RAPID, UNORGANIZED THOUGHTS
- DIFFICULTY SLEEPING
- DIGESTIVE PROBLEMS
- CHANGES IN APPETITE
- FEELING HELPLESS
- A PERCEIVED LOSS OF CONTROL
- LOW SELF-ESTEEM
- LOSS OF SEXUAL DESIRE
- NERVOUSNESS
- FREQUENT INFECTIONS OR ILLNESSES
-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

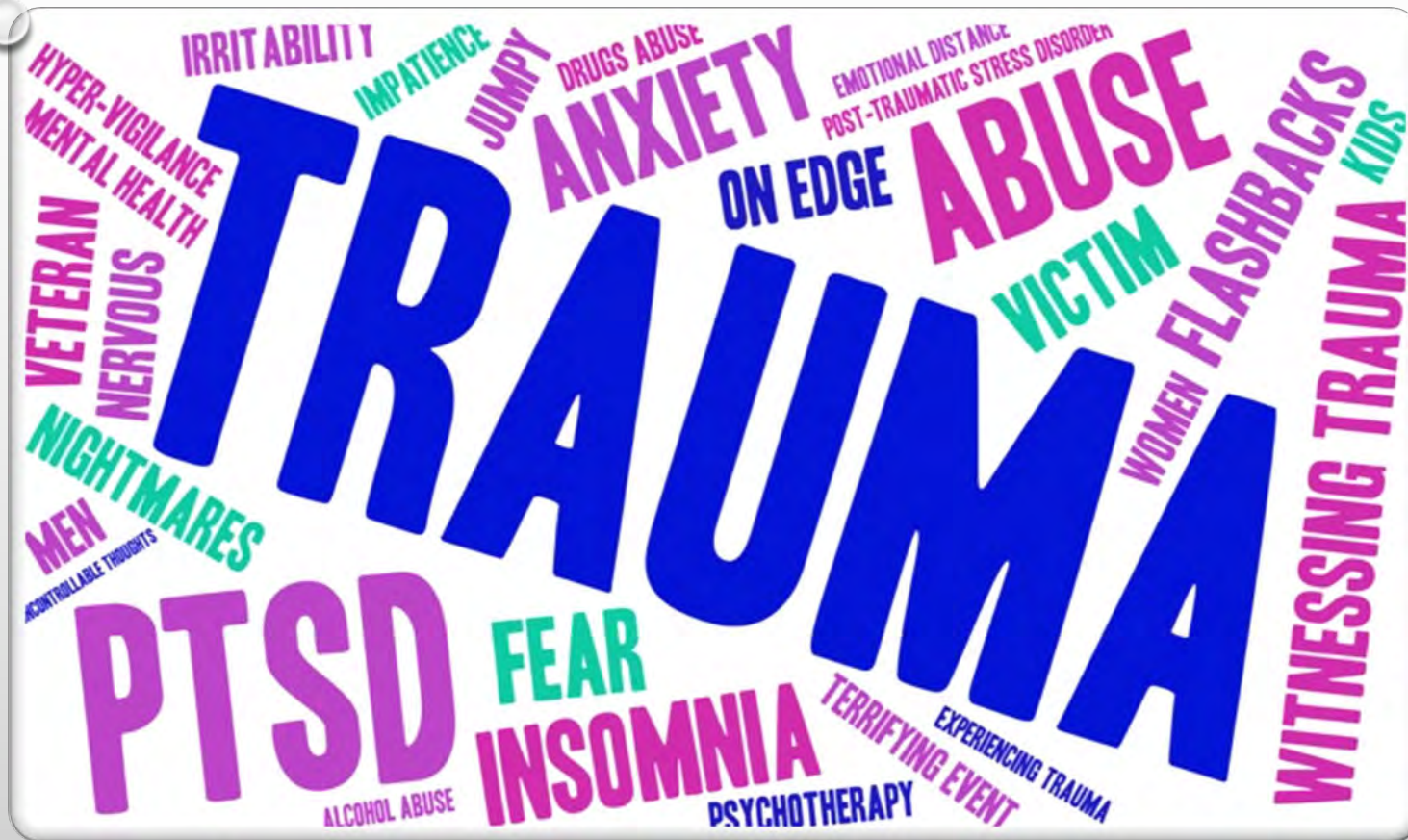


GIVE EXAMPLES OF WHEN YOU HAVE BEEN EXPOSED TO:

- 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.



WORKING TOGETHER FOR STRONGER COMMUNITIES

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

More than **1in3**

women experienced sexual violence involving physical contact during her lifetime.



Nearly **1in4**

men experienced sexual violence involving physical contact during his lifetime.



TYPES OF TRAUMA LE COMMONLY ENCOUNTERS- SEXUAL ASSAULTS

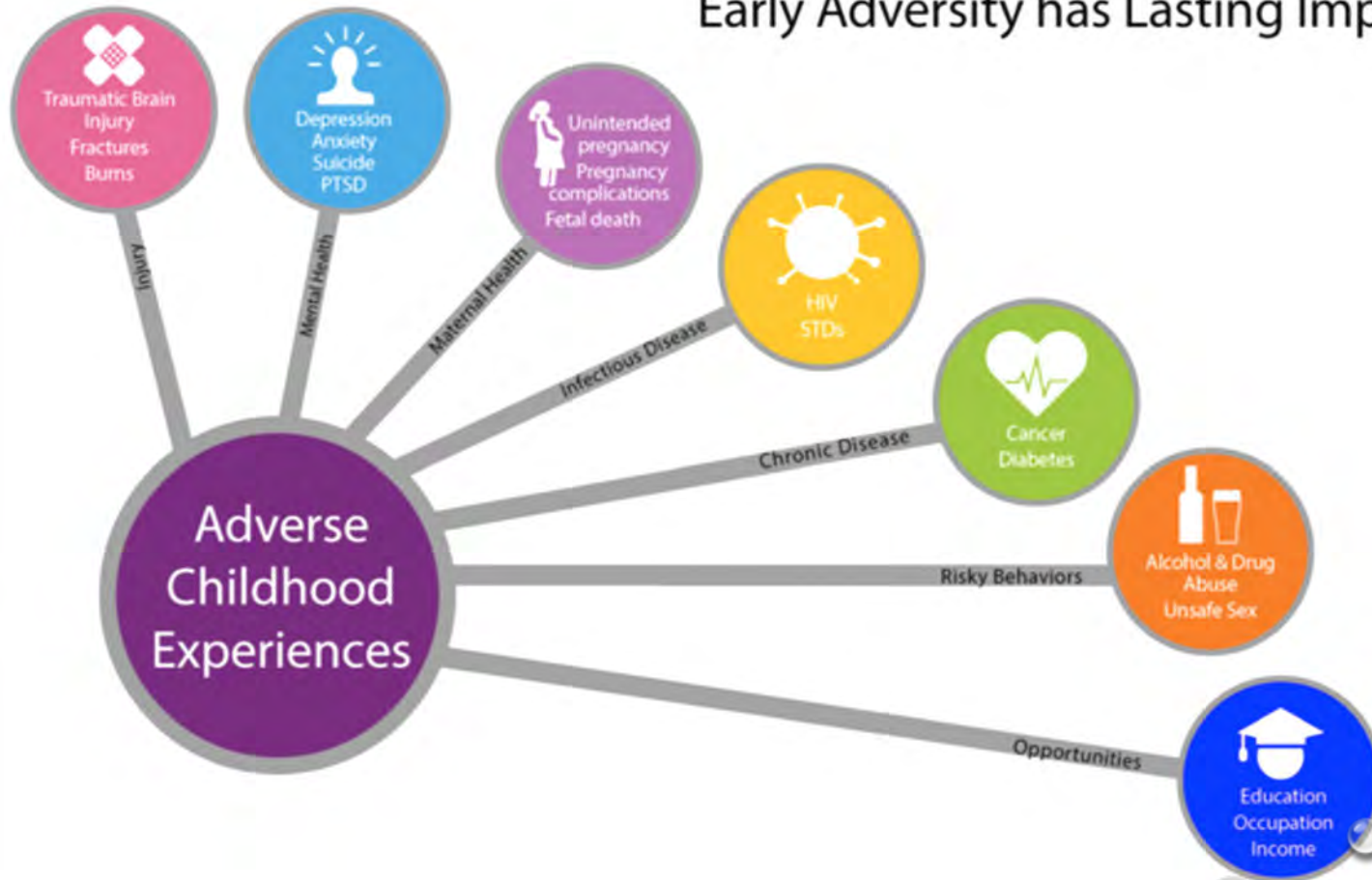
- 12% OF THESE WOMEN WERE YOUNGER THAN 10
- 25% OF THESE MEN WERE YOUNGER THAN 10
- SEXUAL VIOLENCE IS LINKED TO NEGATIVE HEALTH BEHAVIORS, PTSD, DIFFICULTY IN PERSONAL RELATIONSHIPS AND REGAINING A SENSE OF NORMALCY
- SOURCE: CDC



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

Early Adversity has Lasting Impacts



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

- COMBAT
- REFUGEE AND WAR ZONES
- TERRORISM



“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”

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





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

The question we should ask is not

"What's **wrong** with **you**?"



but rather
"what happened to you?"

RESPONDING BY PUTTING THIS KNOWLEDGE INTO PRACTICE

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



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

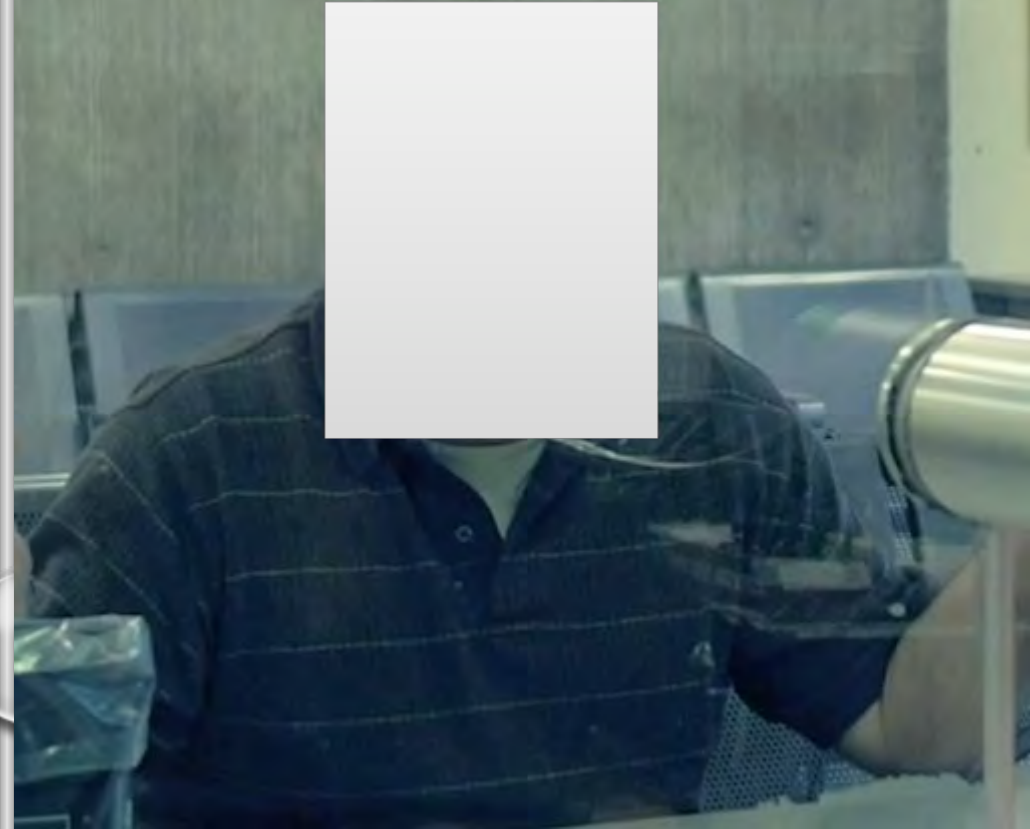




BREAK

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

How will I get
to work without
my car?



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”

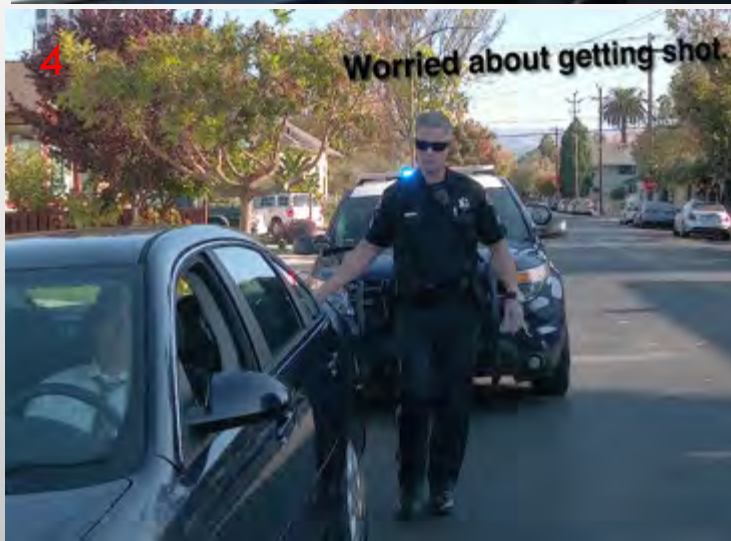


IN THE CAMBODIAN CULTURE, THEY DON'T EVEN HAVE A WORD FOR MENTAL ILLNESS. THEY LOOK AT IT AS THEOLOGICAL CHALLENGE. IT IS A SPIRITUAL ISSUE AND REFERRED TO “ILL WINDS”.



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?





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 |



RESOURCES FOR THE COMMUNITY



- 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

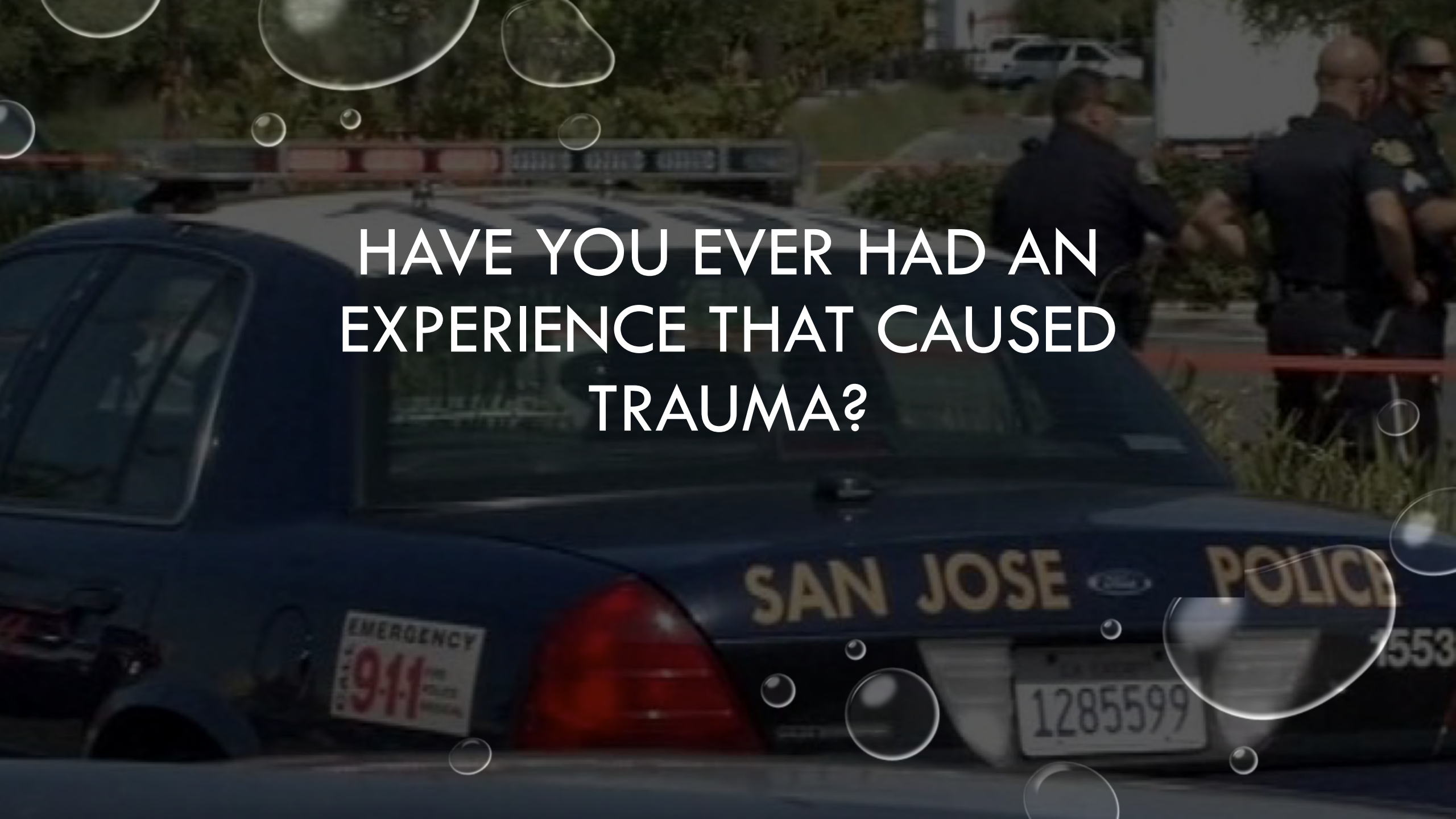
Case Studies

**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.**



nationalpolicesupportfund.com

BREAK

A dark blue San Jose Police car is the central focus, with its rear and side visible. The words "SAN JOSE" and "POLICE" are printed in gold on the side. A red and white emergency light bar is mounted on the roof. In the background, two police officers in dark uniforms are standing near a red crime scene tape. The scene is outdoors with trees and a building in the distance. Numerous translucent bubbles of various sizes are overlaid on the image, particularly in the upper left and lower right areas.

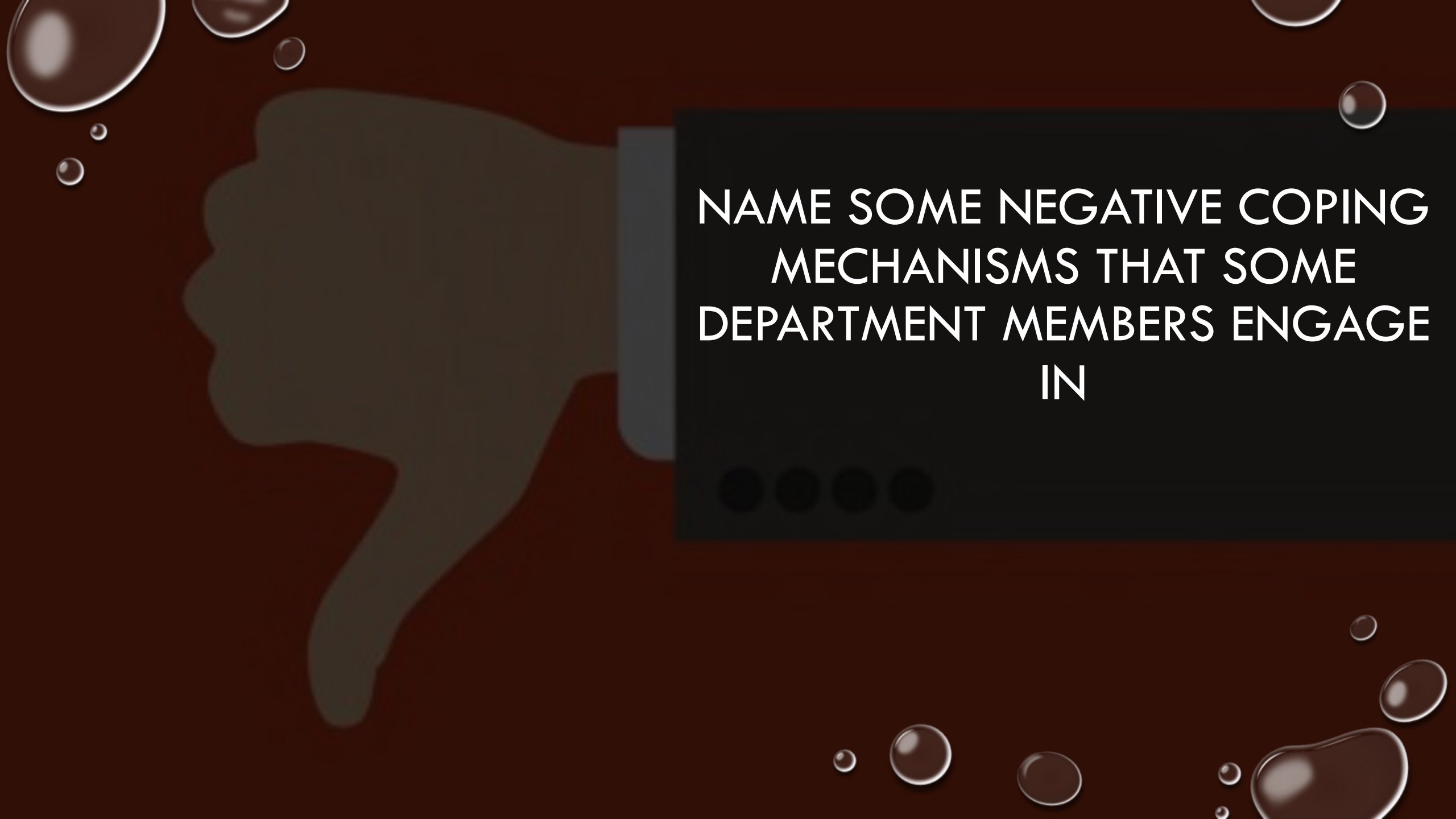
HAVE YOU EVER HAD AN
EXPERIENCE THAT CAUSED
TRAUMA?

EMERGENCY
9-1-1
FOR POLICE
FIRE
MEDICAL

SAN JOSE POLICE

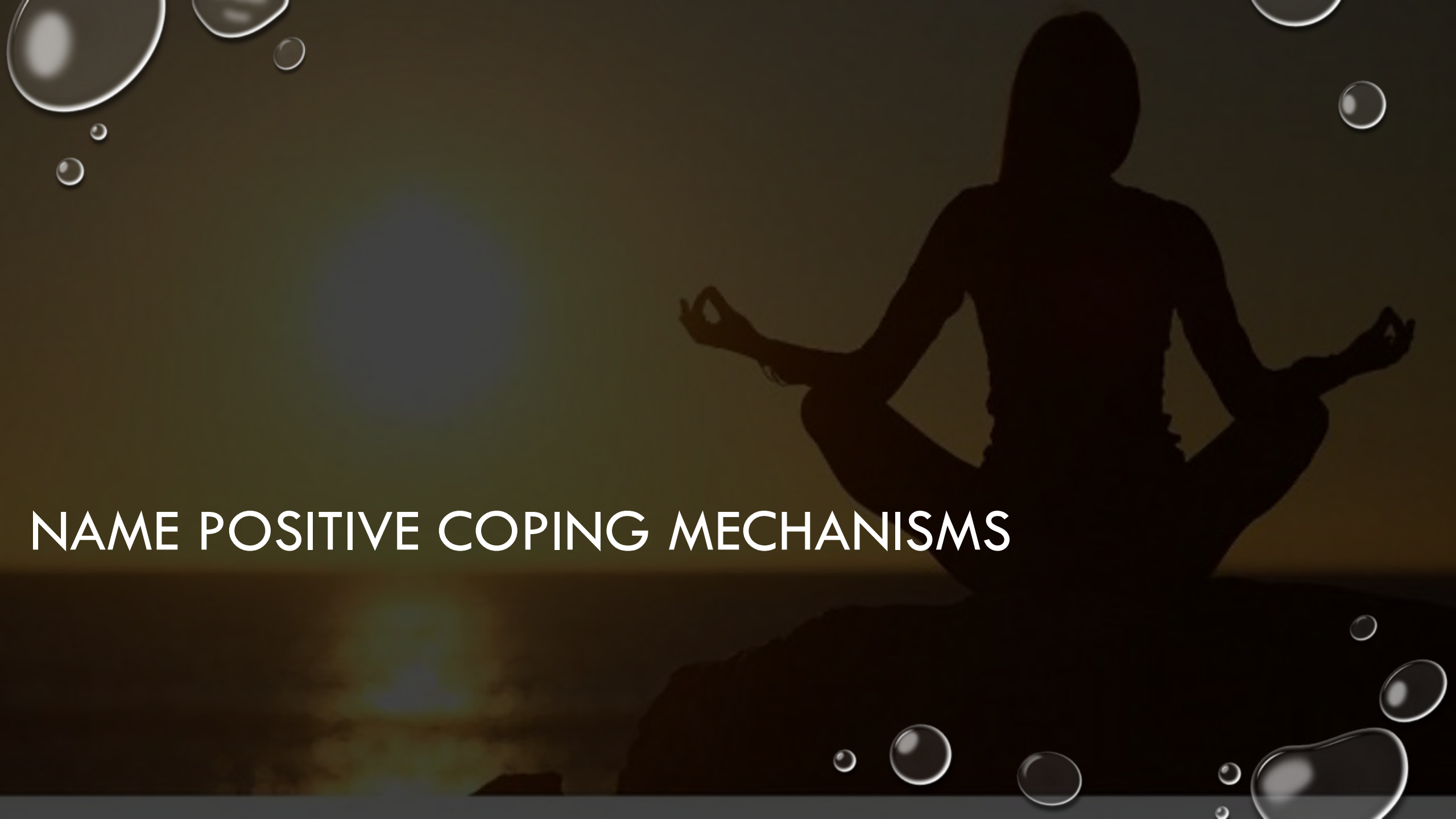
1285599

1553



NAME SOME NEGATIVE COPING
MECHANISMS THAT SOME
DEPARTMENT MEMBERS ENGAGE
IN



The background of the slide features a dark silhouette of a person sitting in a meditative lotus position. The person is centered on the right side of the frame. The background is a gradient of dark brown and black, suggesting a sunset or sunrise over a body of water. Several translucent, realistic-looking bubbles of various sizes are scattered across the image, primarily in the top-left and bottom-right corners. The text 'NAME POSITIVE COPING MECHANISMS' is written in a clean, white, sans-serif font, positioned horizontally across the middle of the image, partially overlapping the meditating figure.

NAME POSITIVE COPING MECHANISMS

GIVING BACK



THE COPS CARE CANCER FOUNDATION PRESENTS....

FANTASY FLIGHT





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

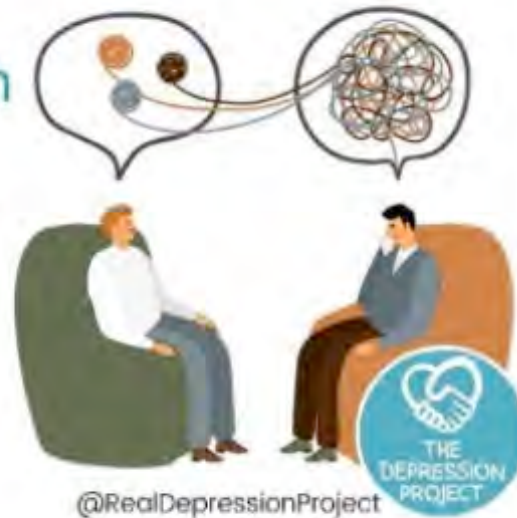
Resources

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



@RealDepressionProject



MEDICAL PROVIDERS

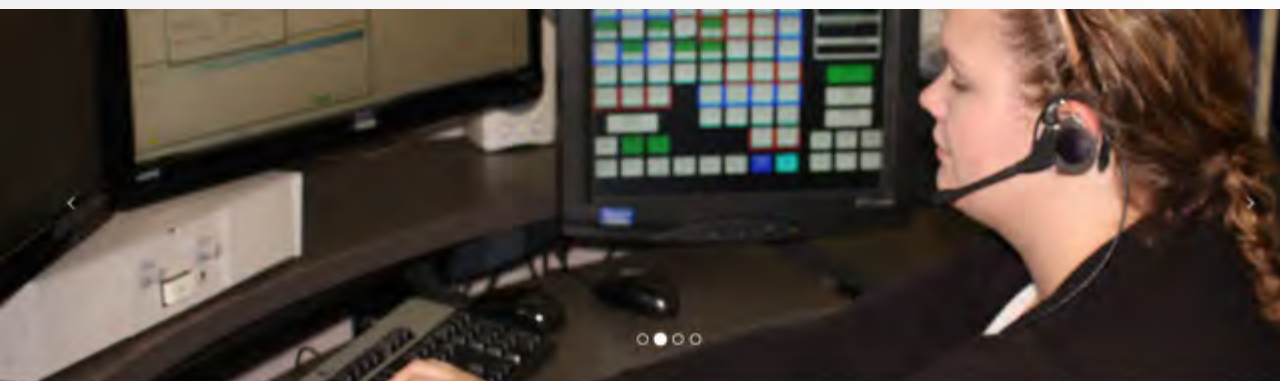
- SUBSTANCE ABUSE PROGRAMS
(THEY PAY 70%)
- FULL TUITION TO WEST COAST
POST TRAUMA RETREAT (FOR FIRST
RESPONDERS EXPERIENCING PTSD
SYMPTOMS)
- EMDR- EYE MOVEMENT
DESENSITIZATION AND
REPROCESSING (PAID VIA EAP)



Managed Health Network (MHN)



DREAMPOWER



First Responder Support Network

Treatment-Education-Research



FIRST RESPONDERS SUPPORT NETWORK

Insurance Information | Pay Online | New Client Forms

AB

Anne Bisek, Psy.D.
Putting first responders and their families first.

Home About Dr. Bisek Psychological Services Training Resources Contact

You Tube

Are you having trouble in your relationships?

Dr. Anne Bisek, Clinical Psychologist
Working primarily with first responders, communications, firefighters, pre-hospital care personnel, law enforcement and military veterans.

The nightmares can end. You can get close to people again. The irritability and headaches can subside. It doesn't have to hurt this bad forever.

If you have had a critical incident, then you may think that you will never be the same person you were before; maybe so, but you can feel better than you do now.

WHEN A CHILD DIES
A RESOURCE WEBSITE

FIREFIGHTERS
LAW ENFORCEMENT
MILITARY

DOC911.NET- DR BISEK



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.

SAFE CALL NOW®
"Saving the lives of those who protect us"

Make a Safe Call Now: 206-459-3020

HOME ABOUT US SEAN'S STORY OUR BOARD SUPPORTERS TRAINING STAFF CONTACT US DONATE



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

No more broken cops or cops' families.

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.

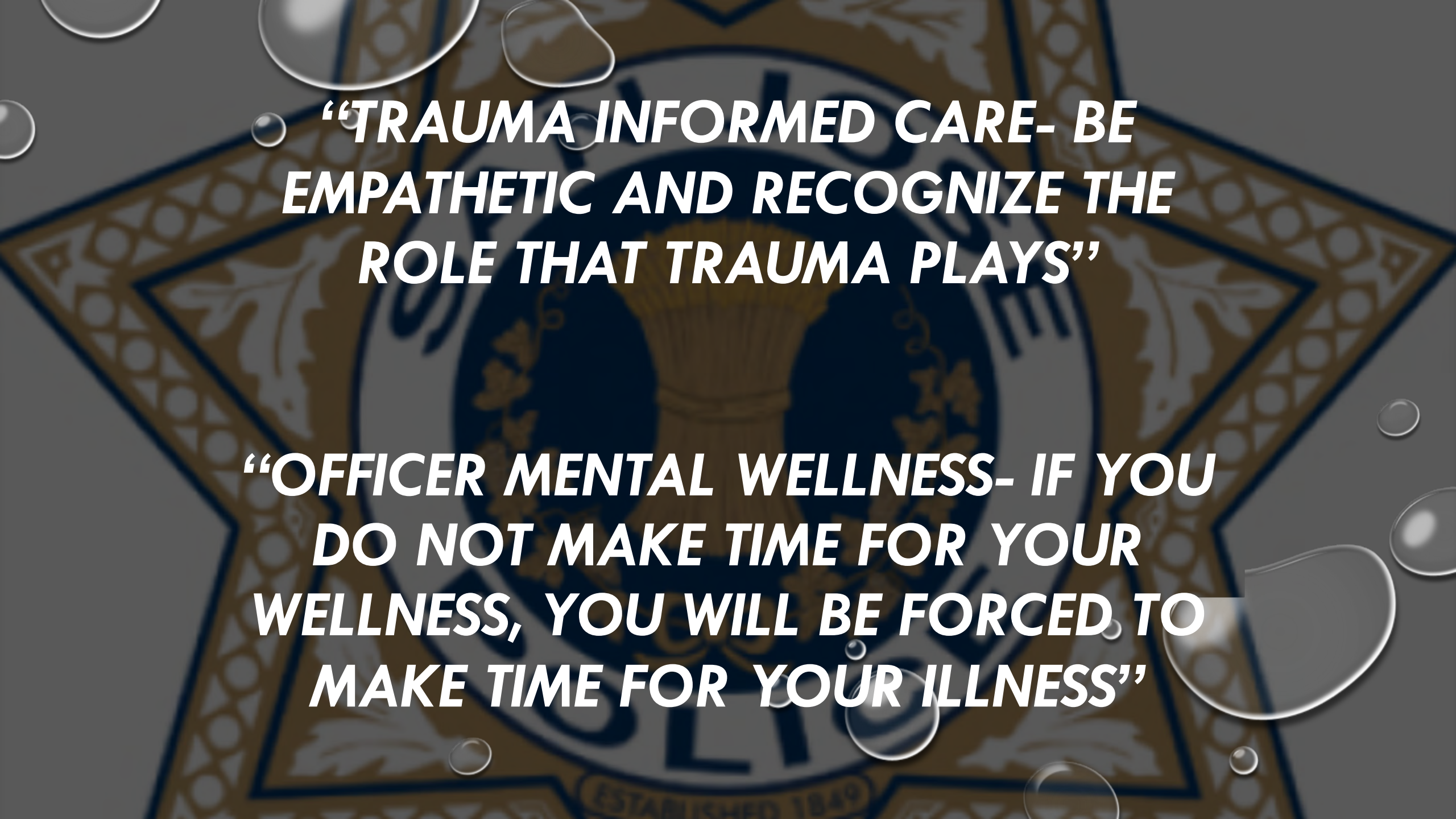


Officer Wellness Resources

- 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



RESOURCES FOR OFFICERS



***“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”***