

Briefings: Patrol Essentials for Treatment Court



Law Enforcement Operationalized Justice Related Responses
**Module 7 – Trauma from Two Perspectives &
Officer Wellness**

Disclosure

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- Points of views or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

Briefings Training Series Goal

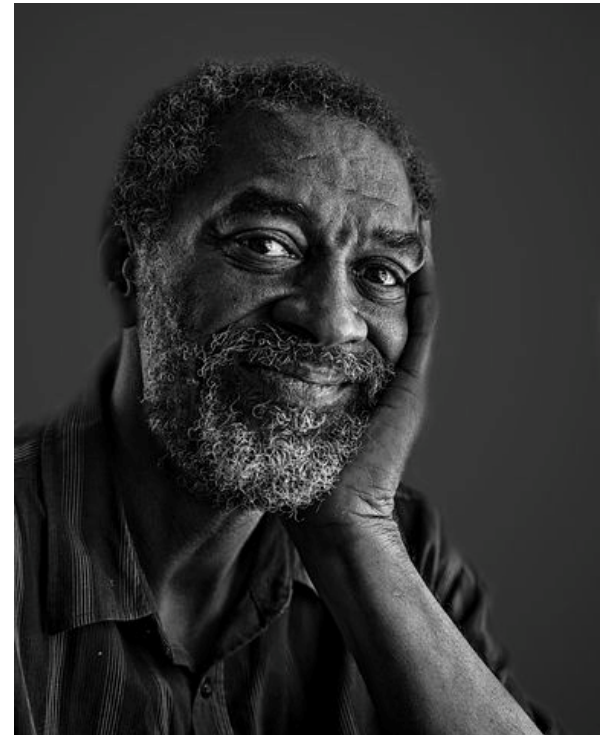


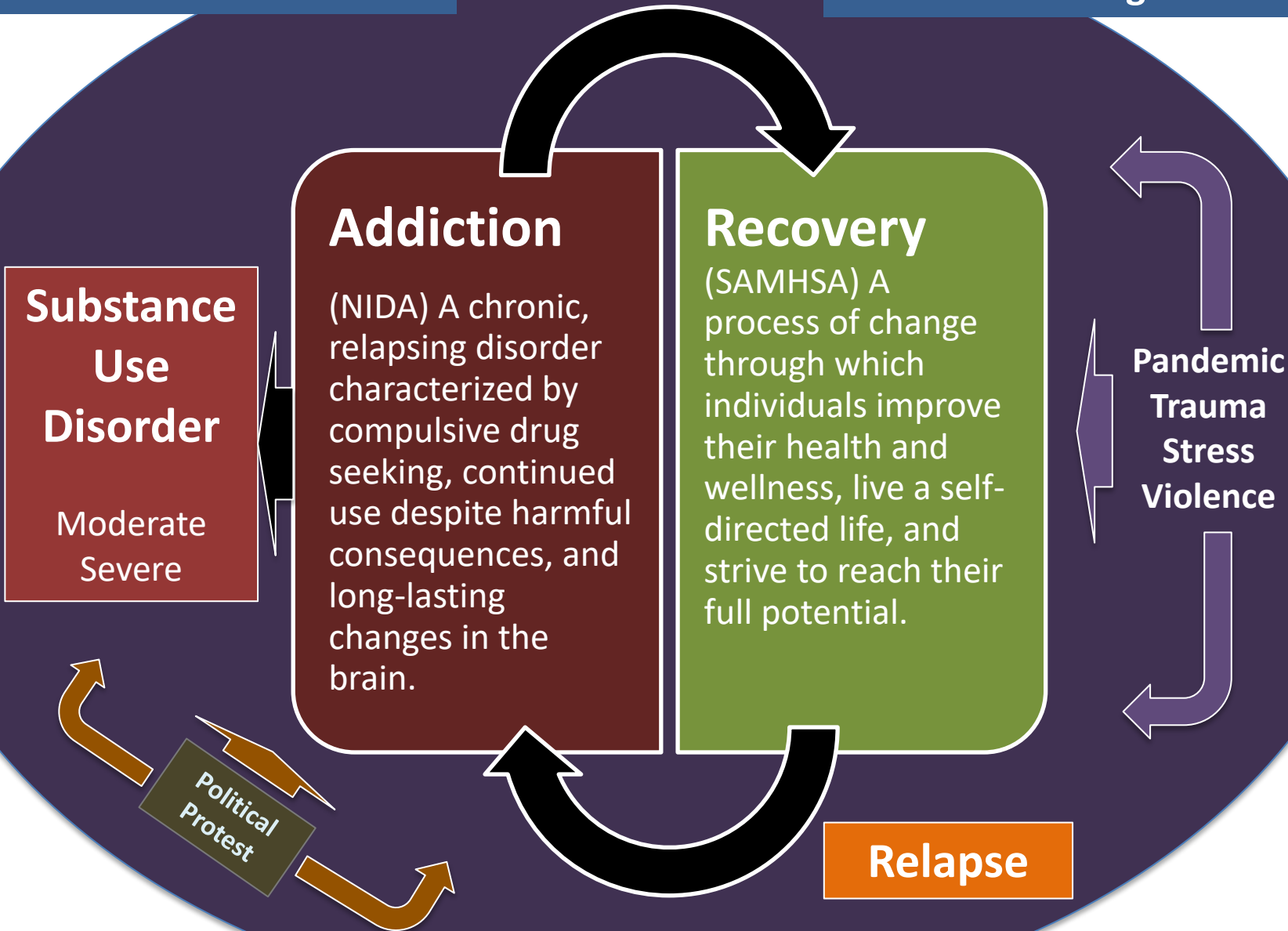
The overall purpose for this series of four virtual trainings is to:

- help participants gain an understanding of the importance of law enforcement involvement in treatment courts.

Activity: Police Culture

- Write in your chat box 3 words/phrases that speak to you of police culture







Trainer Introductions

FACULTY

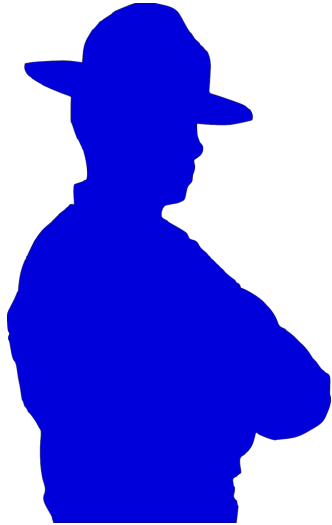
Briefings

Module 7: Trauma From Two Perspectives & Officer Wellness

- **Terminal Performance Objective (TPO):** As law enforcement professionals the students will gain an understanding of the impact of trauma, secondary trauma, vicarious trauma, and the importance of officer wellness systems

Briefings

ENABLING PERFORMANCE OBJECTIVES (EPO)



EPO#1 – Define trauma, secondary trauma, and vicarious trauma

EPO#2 – Identify the signs and symptoms of secondary trauma on law enforcement officers

EPO#3 – Recognize the value of peer support systems

EPO#4 – Identify the key elements of suicide prevention

EPO#5 – Define officer wellness

EPO#6 - Identify the ABCs of a self-care wellness model

TRAUMA AND DRUG COURT PARTICIPANTS

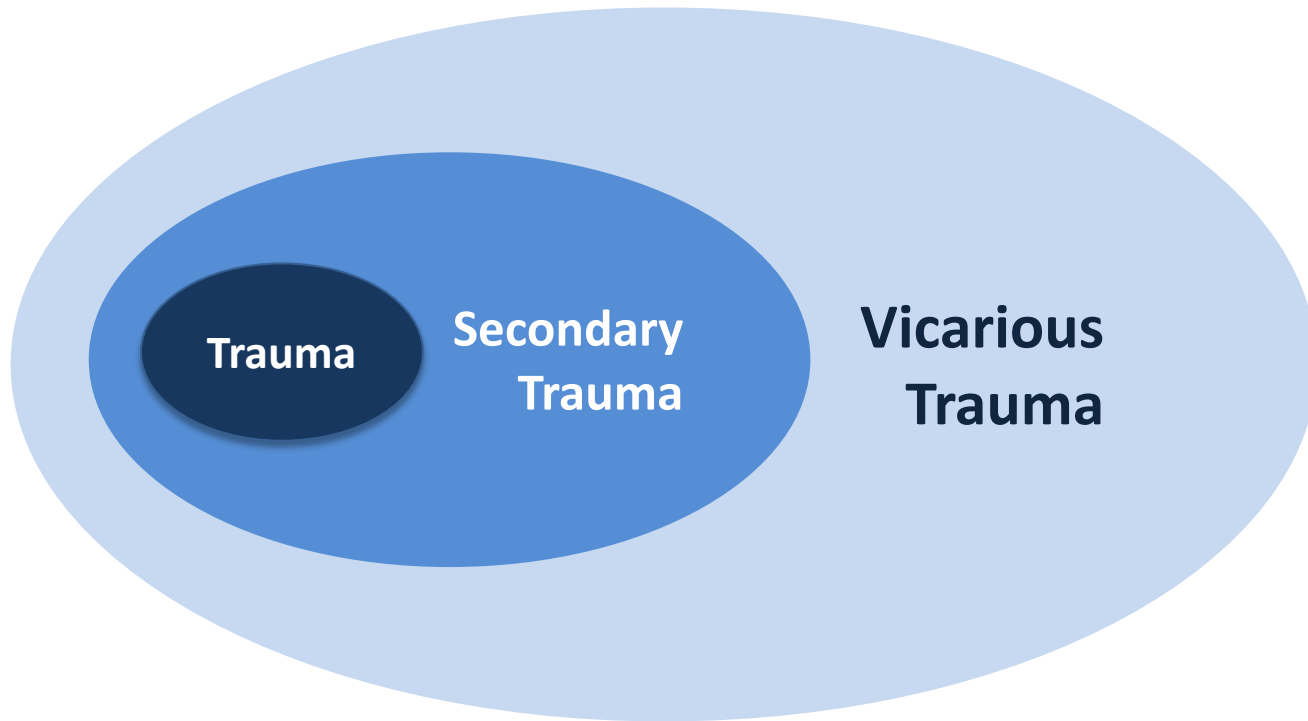


- 25%+ men physical or sexual abuse or another serious traumatic event
- 80%+ women
 - 50%+ needed trauma-related services
 - 33%+ PTSD

The Three “E’s” of Trauma

- ***Events*** and circumstances
- The individual’s ***Experience*** of these events or circumstances determine whether it was a traumatic event
- The long-lasting adverse ***Effects*** on an individual

Experience ← **See** **Hear**



CURRENT TRAUMA DIAGNOSIS

- **Acute Stress Disorder**
 - Occurs shortly after traumatic event
 - Experience of symptoms lasts up to four weeks after the event
- **Post Traumatic Stress Disorder (PTSD)**
 - Occurs sometime after the event
 - Experience of symptoms becomes pervasive
- **Complex Trauma**
 - The experience of multiple, chronic and prolonged, adverse traumatic events



SYMPTOMS OF TRAUMA

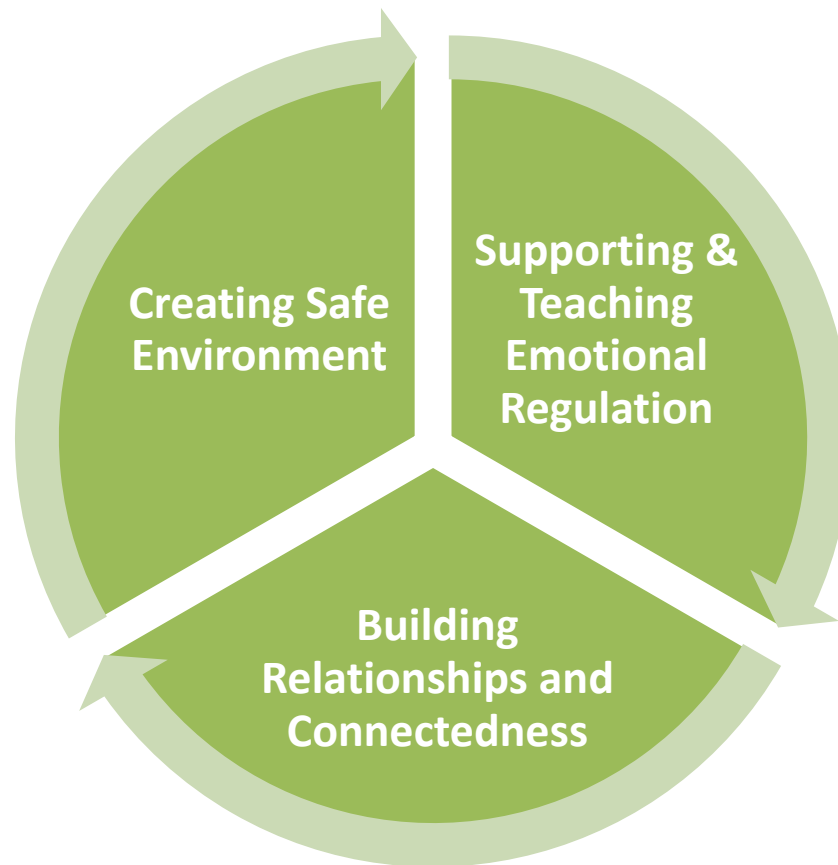
Re-Experiencing	Avoidance	Mood & Cognition	Arousal & Reactivity
<ul style="list-style-type: none">• Intrusive memories• Nightmares• Flashbacks• Distress with reminders of event	<ul style="list-style-type: none">• Persistent effortful avoidance of trauma-related thoughts, feelings, or external reminders	<ul style="list-style-type: none">• Trouble recalling features of event• Negative beliefs about self/world• Blaming self or others for event• Negative emotions• Feeling alienated	<ul style="list-style-type: none">• Irritable or aggressive behavior• Self-destructive or reckless behavior• Hypervigilance• Trouble concentrating• Sleep disturbance

Trauma Triggers

- A trigger is something that sets off an action, process, or series of events (such as fear, panic, upset, agitation)

- Bedtime
- Room checks
- Large men
- Yelling
- People too close
- Particular time of day/night
- Particular time of year
- Contact with family

TRAUMA INFORMED SERVICES SAMHSA





ANY SETTING IS TRAUMA INFORMED IF...

- **Realize** how widespread trauma is
- **Recognize** signs and symptoms
- **Respond** by putting knowledge into practice
- **Resist** doing further harm

Impact of Trauma on LEO

- **Law Enforcement:**
 - 33% showed high levels of emotional exhaustion
 - 56.1% scored high on the **depersonalization** scale (Hawkins, 2001)
 - **Only 15% were willing to seek personal counseling as a result of vicarious trauma**

ACTIVITY: Police Culture

Write in the Chat Box your thoughts on:

What values, attitudes and beliefs get in the way of LEOs asking for mental health support?



Risk Factors of Vicarious Trauma

- Prior traumatic experiences
- Social isolation, both on and off the job
- A tendency to avoid feelings, withdraw or difficulty expressing feelings
- Lack of preparation, orientation, training and supervision in their jobs
- Being newer employees and less experienced at their jobs
- Constant and intense exposure to trauma with little or no variation in work tasks
- Lack of an effective and supportive process for discussing traumatic content of the work



Signs/Symptoms Secondary Trauma OJP/OVC VT Toolkit

- Increased irritability, aggressive, violent outbursts and behavior
- Feeling emotionally numb or shut down
- Fatigue, sleepiness or difficulty falling asleep
- Being easily distracted, unfocused
- Loss of a sense of meaning in life and/or feeling hopeless about the future
- Relationship problems
- Avoiding work and interactions with clients or constituents
- Destructive coping or addictive behaviors
- Lack of or decreased participation in activities that used to be enjoyable



Signs/Symptoms PTSD

- **Behavioral**
 - Hypervigilance
 - Self-destructive behavior
 - Social isolation
- **Psychological**
 - Flashback
 - Fear
 - Severe anxiety
 - Mistrust

- **Mood**
 - Loss of interest or pleasure in activities
 - Guilt
 - Loneliness
- **Sleep**
 - Insomnia
 - Nightmares
- **Also common**
 - Unwanted thoughts



Protecting Yourself from Vicarious Trauma

- Find objective motivation for work
- Work on resolving personal trauma
- Seek positive role models for coping
- Cultivate buffering personal beliefs
- Maintain clear boundaries with participants, coworkers and supervisors
- Debrief with peers when something happens

Find a Reason to be 'in'

At first it was a gift and a curse. Curse was gotta do something I don't want to do. Make court, meetings, therapy sessions I didn't know I needed. Gift [was] to get record clear and get help. Needed it. Didn't know I needed it at the moment, but I did. It was an epiphany.

I could get a second chance. Put what I did behind me.

Look at us today. You continue to succeed in your business. You are in right state of mind. Productive member of society. When we make it we can reach back and pull others in. Everybody need guidance. I'm grateful because I wouldn't be where I'm at today.

You are being judged by people who actually know you, your character, so it's a huge benefit. You are treated more fairly.

It was like a carrot in front of me. You can get this felony taken off your record. Got my attention.

Debriefing the Incident



- Critical incident stress debriefing
- Peer Support Program debriefing
- Listen not interrogate
- Use it as a “flagging” tool for officers in need of assistance
- Explain possible reactions
- Provide resources

Suggestions for Co-workers

Reach out and talk	Reach out and talk to them individually about the impact of the work
Help	Help them establish a consistent work-to-home transition that creates an important boundary and safe place outside the workplace
Encourage	Encourage them to attend to the basics—sleep, healthy eating, hygiene and exercise
Support	Support connections with family, friends and coworkers
Refer	Refer them to organizational supports such as a peer support team, employee assistance program or chaplain
Encourage	Encourage them to discuss their experience with their supervisor



Suicide and LEOs

- **Average age 42** years old
- **Average years on the job 16**
- **15% – 18%** (150,000) - Officers suffering from Post-Traumatic Stress Disorder (PTSD)
- **92%** were by male officers
- **63%** were single
- **11%** were military veterans
- **91.5%** involved firearms
- **In 83%** personal problems appear prevalent prior to the suicide

Indicators

- Talking about wanting to die, feelings of hopelessness, being trapped
- Increased risk-taking behavior or recklessness
- Looking for a way to kill oneself
- Showing extreme mood swings
- Giving away valued possessions
- Socially isolated or withdrawn
- Noticeable weight gain or loss
- Sleep deprivation or sleeping too much
- Cutting themselves

Suicide Prevention

- Change the Culture
 - Parity of physical and mental wellness
 - Be transparent about challenges of job
- Early warning and intervention protocols
- Training in stressors and indicators
- Event response protocols
- Peer support personnel



Officer Wellness

- Officer Wellness is the idea that **every cop** deserves to be provided with adequate health and safety measures and that their **physical** and **mental** well-being is taken care of by their employers.

Managing Stress at Work

Track your stressors

Develop healthy responses

Establish boundaries

Take time to recharge

Learn how to relax

Talk to your supervisor

Get some support

Eat right

Sleep well

Breathe

The ABCs of Self-Care:

A

- **Awareness** of your own reactions to trauma.

B

- **Balance** between work and home.

C

- **Connection** to other people.

(Headington Institute)

ACTIVITY: Guided Visualization

- You'll journey but you'll be seated
- Your eyes closed or open
- You'll listen to the script
- You'll breathe
- You'll picture what you picture
- You'll return
- You can stop anytime you want





Questions and Answers

THANK YOU!

