


THE 911 BUDDY CHECK PROJECT


DANIEL M. MILLS



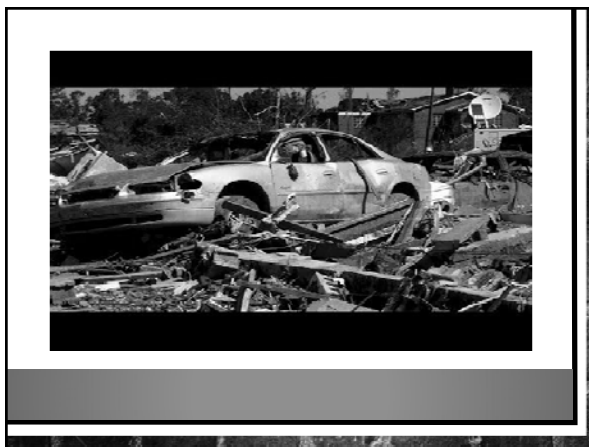
PREREQUISITE

- ENTER WITH AN OPEN MIND AND FREE OF PREJUDICE


DANIEL MILLS



- Flight Medic
- Firefighter
- Paramedic
- Educator
- Veteran
- Former Substance Abuser



“1-YEAR-OLD AIRLIFTED FROM CALERA MOBILE HOME FIRE; 3 OTHERS SERIOUSLY INJURED”



- MY CENTENNIAL EVENT
- WEDNESDAY 0915 JANUARY 28TH, 2015
- SHELBY COUNTY, ALABAMA
- 1 YR OLD BURN PATIENT
 - 98% FULL THICKNESS BURNS

“ THE SUICIDE RATE IN FIRST RESPONDERS IS HIGHER THAN IN THE GENERAL POPULATION AND ON PACE WITH THE RATE OF SUICIDE IN THE MILITARY. ”

ANN FARINA, PRESIDENT OF THE CODE GREEN CAMPAIGN



WHAT IS A BUDDY CHECK?

911 BUDDY CHECK

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OUR BROTHERS AND SISTERS

- HOW MANY OF YOUR PEOPLE HAVE MENTAL HEALTH ISSUES, DRUG AND ALCOHOL PROBLEMS, MARRIAGE ISSUES, FINANCIAL TROUBLES, MEDICAL ISSUES OR POST TRAUMATIC STRESS?

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WHAT IS POST TRAUMATIC STRESS TO YOU?

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THE RIDERS

- RIDERS ARE THE CALLS THAT WON'T LEAVE YOU ALONE.
- THE SIGHTS, THE SOUNDS, THE SMELLS THAT TAKE YOU BACK TO 'THAT CALL.'
- DO YOU HAVE RIDERS?

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WHERE ARE WE FAILING?

- WE FAIL IN THE PREPARATION.
 - *"FAILING TO PREPARE IS PREPARING TO FAIL."* J. WOODEN
- ZERO FOCUS ON MENTAL HEALTH TRAINING AND WELLNESS.
- WE TREAT OUR EMPLOYEES LIKE RENTAL CAR'S.... SAY WHAT???

IDENTIFYING BEHAVIORAL HEALTH ISSUES

Anxiety and Stress

Post Traumatic Stress

Depression

Substance Abuse

ANXIETY AND STRESS

- ACUTE: ON SCENE OR WITHIN 24 HRS
 - PREFRONTAL CORTEX SHUTS DOWN, OVERWHELMING FEELING.
 - FIGHT OR FLIGHT RESPONSE
- DELAYED: 48 OR MORE HRS POST INCIDENT.
 - SIMILAR SYMPTOMS TO ACUTE STRESS.
 - *"PANIC AFTER THE STORM."*

CUMULATIVE STRESS= BURN OUT?

- AN INDIVIDUAL'S PATTERN OF NEGATIVE AFFECTIVE RESPONSES THAT FURTHER REDUCES HIS OR HER OWN JOB SATISFACTION, PRODUCTIVITY AND JOB PERFORMANCE AND IS KNOWN TO INCREASE ABSENTEEISM AND TURNOVER

CUMULATIVE STRESS= BURN OUT?

- THE PRESENCE OF A CONSTANT NEGATIVE ATTITUDE TOWARD ANY ASPECT OF AN INDIVIDUAL'S WORK, GOES THROUGH THREE PHASES: EMOTIONAL EXHAUSTION, DEPERSONALIZATION AND LOSING ONE'S SENSE OF PERSONAL ACCOMPLISHMENT

BURN OUT

- ABUSE OF THE 9-1-1 SYSTEM.
- EXTENSIVE TIME SHIFT LENGTH.
- EXTENDED LENGTH OF SERVICES.
- HIGH CALL VOLUME.
- SLEEP DEPRIVATION.
- LACK OF ADMINISTRATIVE SUPPORT

HOW DOES STRESS AND ANXIETY EFFECT US?

- STRESS EFFECTS US ON MANY AVENUES:
 - PHYSICALLY- HEADACHES, GI ISSUES, SLEEP ISSUES, HEART PROBLEMS, EVEN ACNE.
 - MENTALLY- DIFFICULTY CONCENTRATING, MOOD SWINGS, LACK OF INTEREST, FEELING OVERWHELMED.

HOW DOES STRESS AND ANXIETY EFFECT US?

- SPIRITUALLY- QUESTIONING BELIEFS, ANGER AT GOD, WITHDRAWING FROM CHURCH.
- EMOTIONALLY- SADNESS, FEELING OF DOOM, EMOTIONAL OUTBURSTS.

WHO'S AT RISK?

- ANY EMERGENCY PROVIDER WHO HAS BEEN EXPOSED TO A TRAUMATIC EVENT IN WHICH BOTH OF THE FOLLOWING HAVE BEEN PRESENT:

WHO'S AT RISK?

- THE PERSON HAS EXPERIENCED, WITNESSED, OR BEEN CONFRONTED WITH AN EVENT OR EVENTS THAT INVOLVE ACTUAL OR THREATENED DEATH OR SERIOUS INJURY, OR A THREAT TO THE PHYSICAL INTEGRITY OF ONESELF OR OTHERS.
- THE PERSON'S RESPONSE INVOLVED INTENSE FEAR, HELPLESSNESS, OR HORROR.

POST TRAUMATIC STRESS



WHAT IS POST TRAUMATIC STRESS?

- PTSD: IS A DISORDER THAT CAN DEVELOP AFTER A PERSON IS EXPOSED TO A TRAUMATIC EVENT, SUCH AS SEXUAL ASSAULT, WARFARE, TRAFFIC COLLISIONS, OR OTHER THREATS ON A PERSON'S LIFE.
- POST TRAUMATIC INJURY, POST TRAUMATIC STRESS SYNDROME.

RISK FACTORS FOR PTS

FBHA:

- SEPARATION OR DIVORCE.
- GRADUATION FROM A RURAL HIGH SCHOOL (ESPECIALLY YOUNG PRESENTERS—THOSE WHO DEVELOP SYMPTOMS AT AGE 24 OR YOUNGER).

RISK FACTORS FOR PTS

- WAR EXPERIENCE
- PREDISPOSITION TO MENTAL ILLNESS
- SLEEP DEPRIVATION

SIGNS AND SYMPTOMS OF PTS

- RELIVING THE EVENT
- FLASHBACKS
- UPSETTING MEMORIES
- NIGHTMARES
- UNCOMFORTABLE REACTIONS TO SIMILAR SITUATIONS
- REMEMBERING KEY ASPECTS OF THE EVENT
- AVOIDANCE

SIGNS AND SYMPTOMS OF PTS

- EMOTIONAL NUMBING
- DETACHED FEELINGS
- LOSS OF INTEREST IN NORMAL ACTIVITIES
- FAILURE TO SHOW MOODS
- AVOIDING LOCATIONS SIMILAR TO THE EVENT
- HOPELESSNESS
- IRRITABILITY

DEPRESSION

- WIKI SAYS THAT DEPRESSION IS A STATE OF LOW MOOD AND AVERSION TO ACTIVITY OR APATHY THAT CAN AFFECT A PERSON'S THOUGHTS, BEHAVIOR, FEELINGS AND SENSE OF WELL-BEING.

DEPRESSION

- PEOPLE WITH DEPRESSION EXPERIENCE PROFOUND SADNESS, GUILT, AND LOSS OF INTEREST IN ACTIVITIES, WHILE PEOPLE WITH BIPOLAR DISORDER EXPERIENCE THOSE SYMPTOMS ALONG WITH PERIODS OF HIGH ENERGY, EUPHORIA, AND IRRITABILITY.

DEPRESSION

- HORMONES ALSO PLAY A ROLE IN MOOD. DURING TIMES OF STRESS, THE ADRENAL GLANDS RELEASE CORTISOL INTO THE BLOOD STREAM, WHICH INCREASES BLOOD SUGAR, SUPPRESSES THE IMMUNE SYSTEM, AND AIDS THE METABOLISM OF FAT AND PROTEIN. HIGH CORTISOL LEVELS ARE USEFUL IN SHORT-TERM "FIGHT OR FLIGHT" SITUATIONS, HOWEVER, OVER TIME THEY ARE ASSOCIATED WITH DEPRESSION AND ANXIETY.

DEPRESSION

- ARE WE IN CONSTANT COMBAT ? CLOSE QUARTERS COMBAT? PROLONGED BATTLE?



SUBSTANCE ABUSE

- SUBSTANCE ABUSE ISN'T RESERVED FOR THE HEROIN ADDICTS OR THE JUNKIES ON THE STREET.
- ALCOHOL, FOOD, PILLS, TOBACCO, COCAINE, CAFFEINE?



WHY?

- WAY TO DISCONNECT
- SOCIAL CONNECTION
- PHYSICAL DEPENDENCE
- FAMILY HISTORY
- SCRIPTS AREN'T ENOUGH ANYMORE

SIGNS AND SYMPTOMS OF ABUSE

- CANNOT QUIT DRINKING, OVERTAKING MEDICATION OR CONTROL HOW MUCH YOU DRINK OR TAKE.
- NEED TO DRINK/TAKE MORE TO GET THE SAME EFFECT.
- HAVE WITHDRAWAL SYMPTOMS WHEN YOU STOP. THESE INCLUDE FEELING SICK TO YOUR STOMACH, SWEATING, SHAKINESS, AND ANXIETY.

SIGNS AND SYMPTOMS OF ABUSE

- SPEND A LOT OF TIME DRINKING/ TAKING DRUGS AND RECOVERING.
- HAVE GIVEN UP OTHER ACTIVITIES SO YOU CAN PARTY.
- KEEP ABUSING EVEN THOUGH IT HARMS YOUR RELATIONSHIPS AND CAUSES HEALTH PROBLEMS

WHAT TO WATCH FOR

- POOR MOOD
- DECREASED PRODUCTIVITY
- ABSENTEEISM OR TARDINESS
- PHYSICAL CHANGES
- RISK TAKING
- SUDDEN CHANGES IN BEHAVIOR

TOP 5 WARNING SIGNS – THINK “RAILS” FBHA

- RECKLESSNESS/IMPULSIVENESS
- ANGER
- ISOLATION
- LOSS OF CONFIDENCE IN SKILLS AND ABILITIES
- SLEEP DEPRIVATION


TOP REASONS OR FIRE/EMS SUICIDES

ESTIMATED 40% REPORTING TO FBHA. OUR TOP KNOWN REASONS FOR FF AND EMS SUICIDES ARE

- FAMILY AND MARITAL RELATIONSHIPS
- DEPRESSION
- MEDICAL
- ADDICTIONS
- POST TRAUMATIC STRESS

MAYDAY, MAYDAY, MAYDAY

- WHEN TO CALL A MAYDAY
 - WHEN OUR PEOPLE ARE IN OBVIOUS DISTRESS?
 - ANY OF THE SIGNS AND SYMPTOMS DISCUSSED ARE DISPLAYED.
 - DUI'S, SUICIDES, FAILED DRUG SCREENS, ARRESTS..... IT'S TOO LATE.



SELF AID / BUDDY AID

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H A L T

Dealing with stress is not a sign of weakness. It's a sign of strength.

Are you

Hungry

When do you eat?

Is the hunger reminding you about any health issues? If not, grab some snacks for lunch and dinner. You deserve to eat!

Angry

What's are you dealing with? Is your anger reminding you of any issues that are making you angry?

Do you feel angry or frustrated and that's why you're making that anger?

Lonely

Who are you talking to? Do you have anyone to talk to?

Reach out to your support system. Let them know how you're feeling.

Tired

Have you been getting enough rest and going to bed? Do you have a routine?

FEELING SELF DESTRUCTIVE? HALT


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SO WHAT'S THE SOLUTION ?

- _____
PEER SUPPORT
- _____
PEER COUNSELING
- _____
CISD
- _____
PROFESSIONAL COUNSELING
- _____
RELIGIOUS COUNSELING
- _____
PHYSICAL ACTIVITIES
- _____
HEALTHY HABITS

QUIT THE JOHN WAYNE BS

- BE REAL
- BE RELEVANT
- HAVE COMPASSION AND EMPATHY
- BE OPEN MINDED
- TELL YOUR STORY



PEER SUPPORT

- "PEER SUPPORT CAN BE A LIFELINE WHEN ALL OTHER METHODS FAIL." KELLY GRAYSON
- IMPLEMENT A HEALTHY PEER SUPPORT SYSTEM WITHIN YOUR DEPARTMENT.
- GET MEMBER'S TRAINED IN PEER SUPPORT.
- WE HAVE SPECIALISTS IN ALL ASPECTS OF FIRE AND EMS, WHY NOT MENTAL HEALTH?

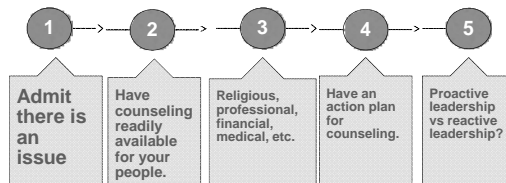
CRITICAL INCIDENT STRESS DEBRIEFING

- CISD IS AN INTEGRAL PART OF THE RESPONSE PROCESS.
- THE EMERGENCY DOESN'T ALWAYS STOP WHEN WE DROP THE PATIENT OFF.
 - DON'T BECOME A SECOND VICTIM.

CRITICAL INCIDENT STRESS DEBRIEFING

- MANDATE A POLICY FOR CISD WITHIN 24-48 HRS POST INCIDENT.
- MAKES GUIDELINES FOR MANDATORY DEBRIEFINGS.
- ALSO MAKE AVAILABLE UPON REQUEST.

COUNSELING



PROMOTE WELL ROUNDED HEALTH AND WELLNESS

- DIET IS A TREMENDOUSLY IMPORTANT PART OF THE HEALTH AND WELLNESS PROCESS.
- EAT CLEAN
- DIETARY COUNSELING
- HEALTHY LIFESTYLE HABITS
- RISK MANAGEMENT
- RECOGNIZE, EDUCATE AND MITIGATE POOR HEALTH HABITS.

WITCHES BREW FOR DEALING WITH STRESS

- YOGA
- GUIDED MEDITATION
- BREATH WORK
- COGNITIVE FRAMING
- POSITIVE AFFIRMATION AND VISUALIZATION

**THERE IS
POWER IN
YOUR
PAIN!**



WHY I FIGHT



RESOURCES

01 911 buddy Check	02 Under the shield	03 CODE GREEN CAMPAIN N	04 Firefighter behavioral health alliance	05 I've got your back 911	06 Igy6	07 Behind the badge
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