

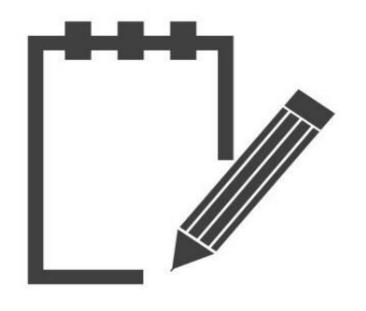


Anxiety and Post-Traumatic Stress Disorder

Law Enforcement and Community: Crisis Intervention Team Training

Module Overview





Anxiety and Post-Traumatic Stress Disorder (PTSD)

- Anxiety Disorders
- PTSD
- Health-Related Risks
- Treatment
- Law Enforcement and First Responders
- Dealing with Trauma

Anxiety





Anxiety is a feeling of worry, nervousness and general unease (that we all feel at times).

Anxiety Disorders



- Panic Attack
- Phobias
- Generalized Anxiety
- Obsessive Compulsive
- Post Traumatic Stress





Common Symptoms of Anxiety





Excessive Worry



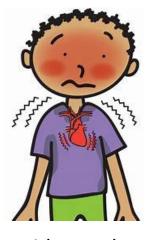
Excessive Sweating



Avoidance



Stomach Pains



Rapid Heartbeat



Restlessness



Agitation



Poor Sleep



Chest Pains

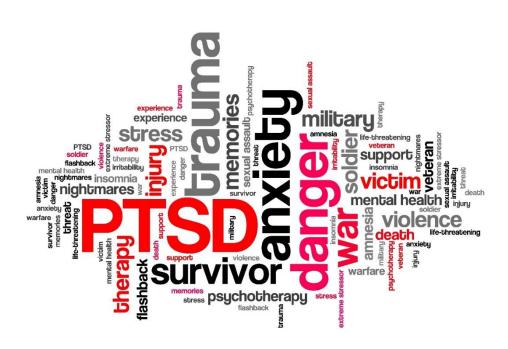


Shortness of Breath

Post Traumatic Stress Disorder



PTSD can occur after an individual has been exposed to actual or threatened death, serious injury, or sexual violation



Post-Traumatic Stress Disorder (PTSD)



Possible Traumatic Events

- Combat exposure
- Sexual or physical abuse
- Terrorist attack
- Community violence

More events...

- Serious illnesses or accidents, like a car crash
- Natural disasters, like a fire, tornado, hurricane, flood, or earthquake

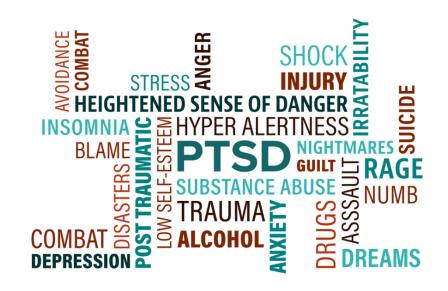
SYMPTOMS OF PTSD



Re-experiencing

Avoidance

Hyperarousal



Video - PTSD



What It Feels Like To Have PTSD - YouTube

PTSD in Children and Adolescents



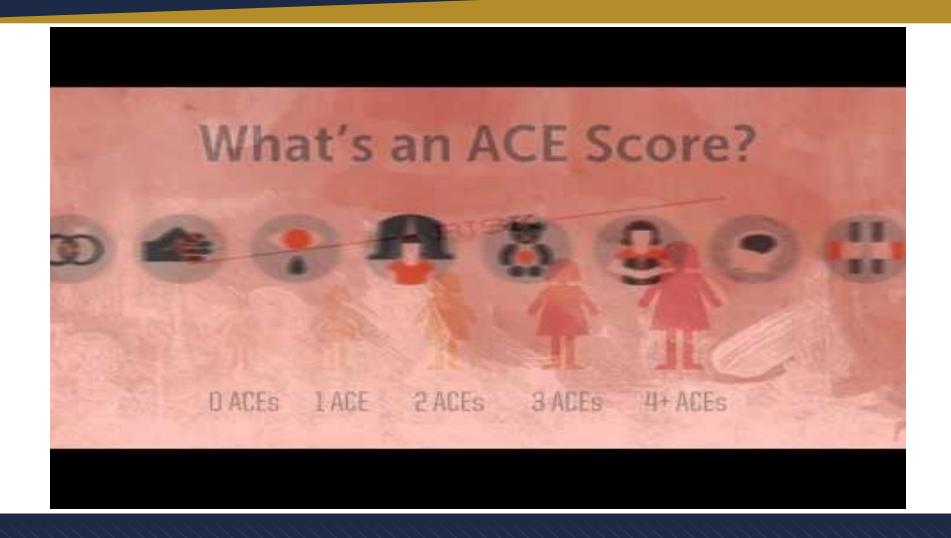
• Nightmares, flashbacks, avoidance



- At risk for substance abuse or misuse
- Traumatic play
- At increased risk for impulsive acting out
- Related behaviors include sexual acting out, delinquency, or regressive behaviors (e.g., fear of sleeping, bedwetting)

Video – PTSD Children/Adolescents





PTSD and Trauma Health-Related Risks



- Cardiovascular disease
- Alcohol and drug use or misuse
- Mental health problems

- Gastrointestinal issues
- Hypertension
- Sleep Problems

- Chronic pain
- Domestic violence







PTSD - How common is it?



POSTTRAUMATIC
STRESS
DISORDER

Experiencing trauma is **not rare.**

About 6 of every 10 men and 5 of every 10 women experience at least one trauma in their lives.

PTSD



About <u>7 or 8 out of every 100</u> will have
 PTSD at some point in their lives.

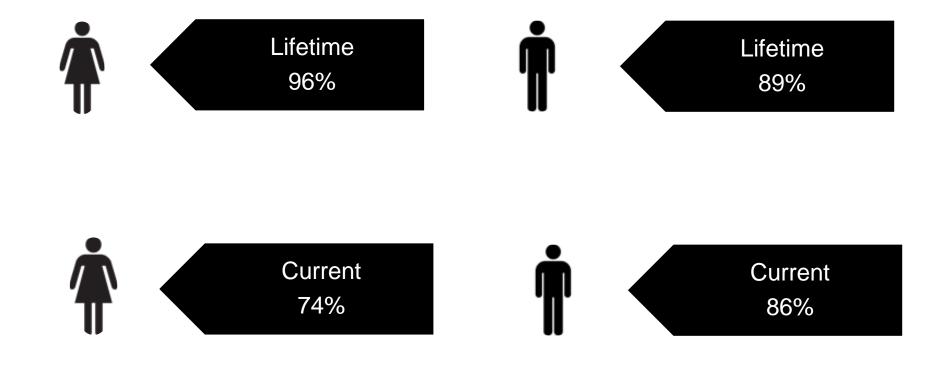
About <u>8 million adults</u> have PTSD during a given year.

 About 4 of every 100 men, and 10 of every 100 women develop PTSD sometime in their lives.



SAMHSA Jail Diversion Grantee Participants of People with Serious Mental Illness: High Rates of Physical and Sexual Abuse



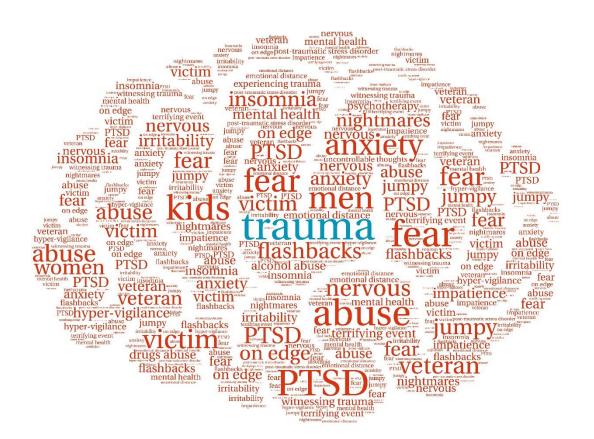


Universal Assumption of Trauma



 Assume that individuals you meet have experienced some trauma

- Rather than ask "What is wrong with you?" - ask "What happened to you?"
 - It's more respectful and accurate



PTSD Interventions/Treatment



Cognitive Behavioral Therapy

- Cognitive Therapy
- Exposure Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)

Other

- Group Therapy
- Family Therapy
- Brief Psychotherapy
- Medications

Video: Service Dog Calms War Veteran's PTSD Reaction





Tips for Responding





- Listen with interest & compassion
- Ask if they served in the military thank them for their service
- Ask:
 - "Are you okay?"
 - "What happened to you?"
 - "What can I do to help?"
- If the person appears to be experiencing a flashback
 - Give them space
 - Don't force them to talk about distressing events
 - Gently re-orient them ("we're in your backyard now...")

CIT Officer Intervenes





I do not even know how to begin to "Thank You" for your class/session "Improving Police Encounters with Returning Veterans" at the CIT Conference in Atlanta. I have been home just over a week and was already confronted by a Marine OIF with PTSD!

Your video helped me interpret reckless driving and anger as possible PTSD symptoms...It saved us from having to go hands on because I was able to reach out with the verbal skills I learned in your class and this situation did not escalate.

In fact, because of that same video and that scenario where the VET had the handgun, I was able to ask the right question "do you have any weapons?". He looked me straight in the eye and began to weep and asked me to take the weapon for safekeeping until he felt he was ready to have it back. What a heart wrenching sight to have this honorable Marine hand over his weapon to me. I gave him and his wife the Veteran Suicide phone number that I put in my contacts during your class/session. On Monday, I will contact the VA in my area and have them follow-up. THANK YOU with all my heart.

PTSD: HARVEY | A Scenario





You and your partner walk into Silver Diner for your lunch break. You notice a white male in his late 60s/ early 70s wearing a baseball cap that reads "Vietnam Veteran" sitting with is back to the wall, yelling at the waiter about another customer blocking his vision of the front door.



Module Wrap-Up

Questions?