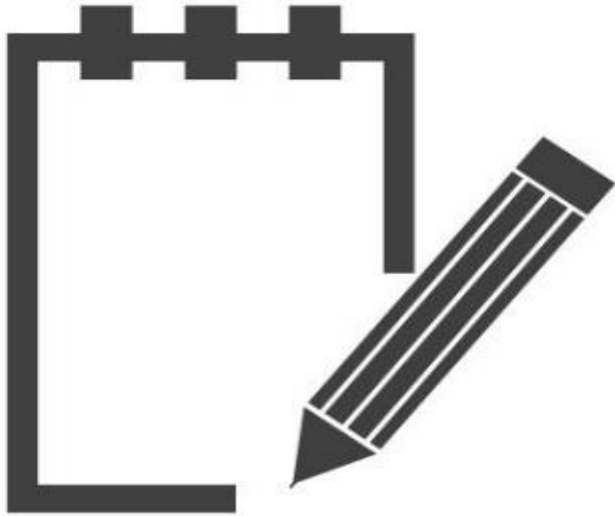


Recognizing Impact & Officer Wellness

Law Enforcement and Community:
Crisis Intervention Team Training

Module Overview



- **Recognizing Impact**
- **Trauma and Vicarious Trauma**
- **Emotional Health**
- **Suicide Risk**
- **Empathy**
- **Integrated Wellbeing**



- Salem State University
- Salem ED 2011-2019
- Private Practice 2020-Current
- ashleybrookslicsw@gmail.com

Impact



What creates Impact?

- Novelty
- Intensity
- Duration
- Timing
- Relevance

Carl Jung

“That which we resist,
Persists”

Trauma



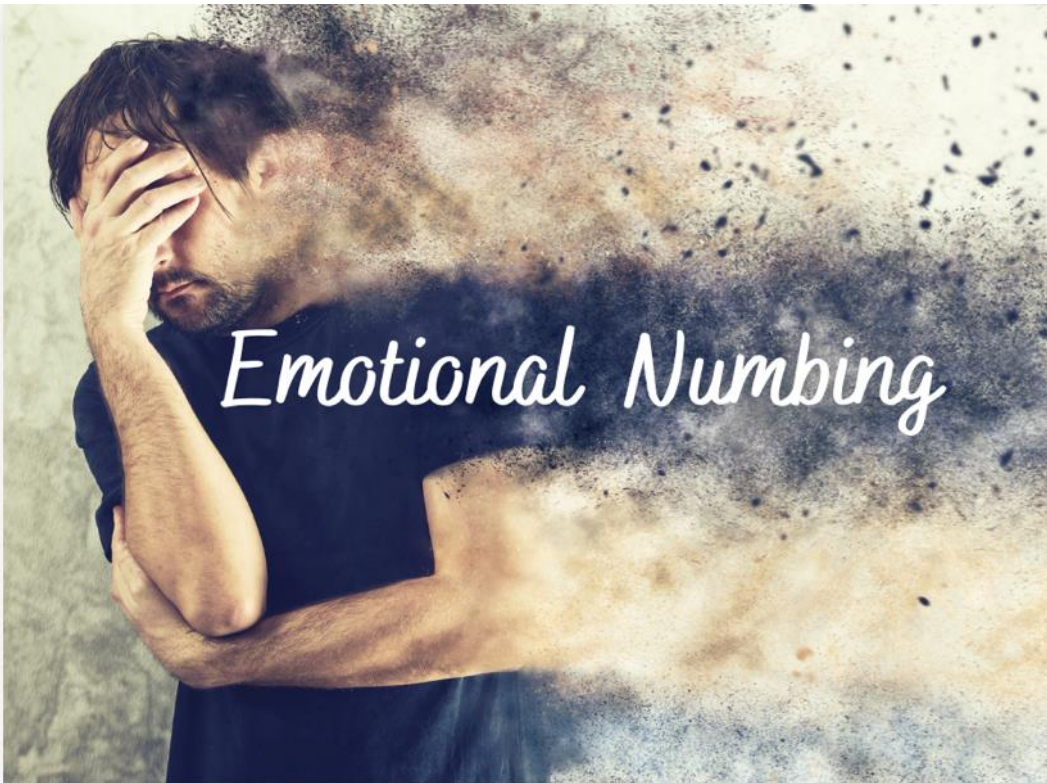
"An emotional response to a terrible event"

[apa.org](https://www.apa.org)

Vicarious Trauma



- The cumulative effect of witnessing human suffering and tragedy over time
- Symptoms Include: emotional numbing, cynicism, difficulty maintaining relationships, feelings of helplessness/hopelessness, compassion fatigue



- Substance use
- Doom scrolling
- Protective defense mechanisms
- Reduced ability to feel emotions
- Social withdrawal and problems with Intimacy

Stress & Anxiety



- Movement and Stretching
- Processing (talking)
- Change of scenery
- Cold water
- Time management
- Tapping

Depression & Anger

Depression

- Emotional
- Physical
- Cognitive
- Behavioral

Anger

- Secondary-safe emotion
- Recognizing smaller irritations
- Locus of control
- Social media detox

Suicide

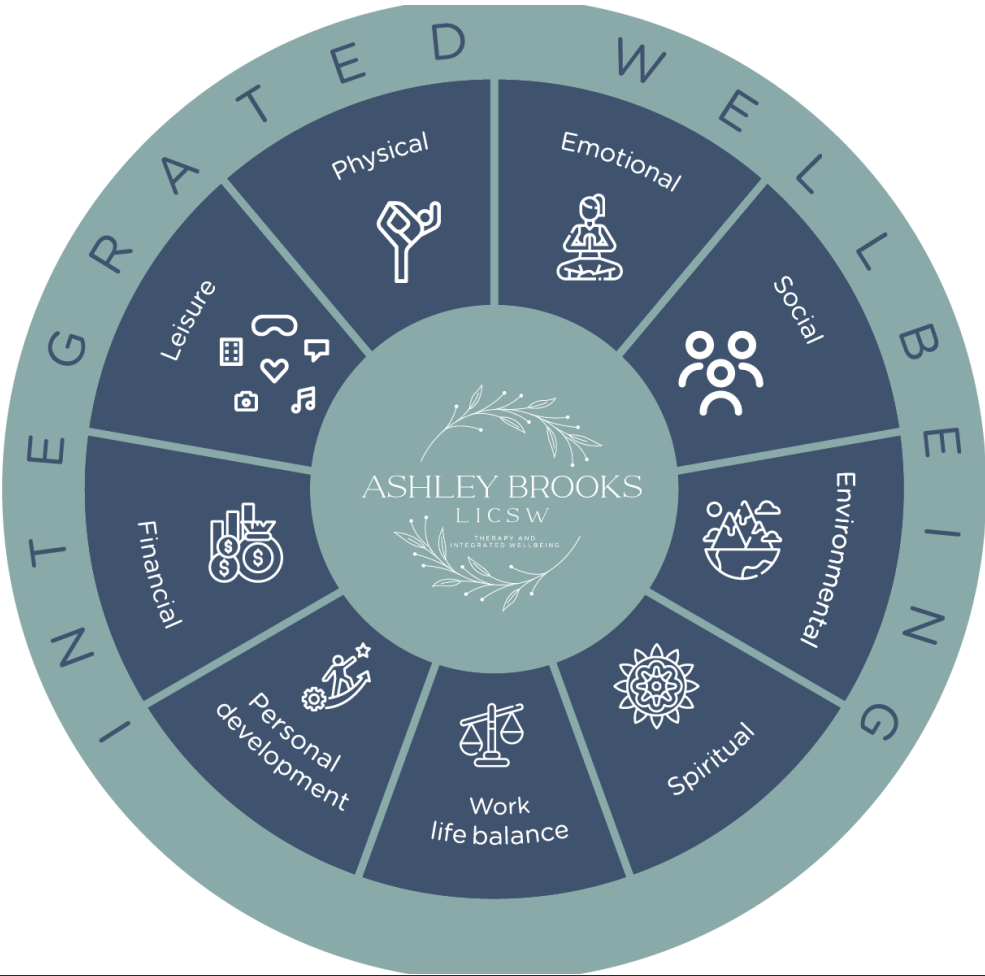


- Mental health issues are now the third leading cause of death for law enforcement personnel
- 54% increased suicide risk compared to the civilian population (McAward, 2022)
- Risk Factors: Isolation, alcohol use, stigma of seeking help

Empathy



Integrated Wellbeing



Take time off
& increase opportunities
for positive impact

Module Wrap-Up

Questions?

Resources



- AABoston.org
- Blue Help <https://bluehelp.org/>
- MA FOP
 - https://www.massfop.org/index.cfm?zone=/unionactive/private_view_page.cfm&page=PEER20SUPPORT
- Boston PD
 - <https://bostonpolicefoundation.org/officer-wellness-and-safety/>
- LEADER program at McLean
 - 617.855.3141
 - www.mcleanhospital.org/treatment/leader