

Prevent Suicide WI Teleconference
May 16, 2017

CARE FOR THE CARETAKERS

Responding to the
Elevated Risk of Suicide Among First Responders

First Responders: Demographics

- Law Enforcement
- Corrections
- Dispatch
- Fire/Rescue



Sources of Elevated Risk

- Demographics
- Schedules
- Fatigue
- Helper Personality/ACE
- Exposure to Pain
- Vicarious Trauma
- Scrutiny
- Isolation/Lack of Appropriate Resources

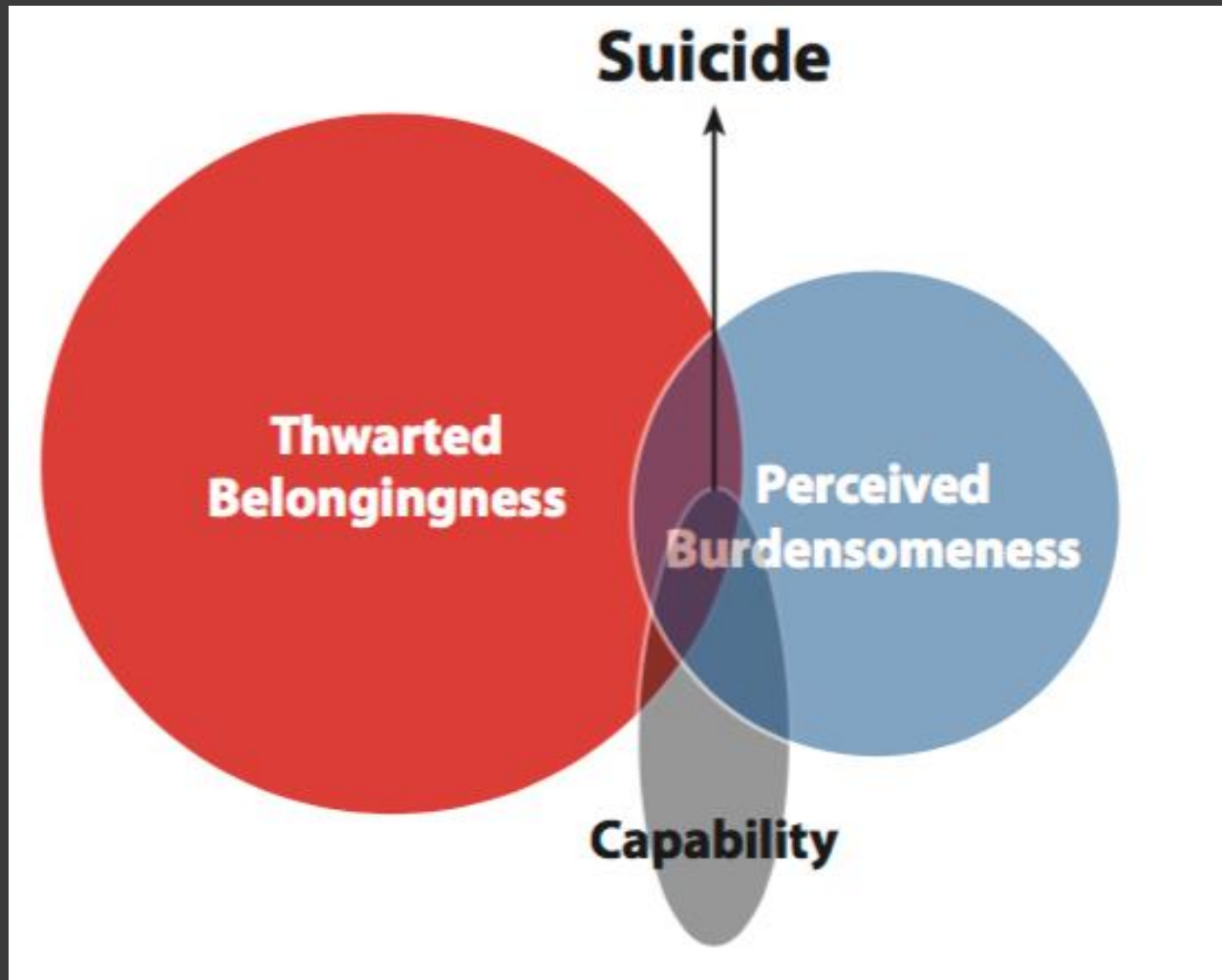


Protective Factors

- ◉ Working in Teams
- ◉ Good Physical Health
- ◉ Support Systems
 - Family life
 - Peer support
- ◉ Stress Management
 - Yoga for First Responders©
 - HeartMath©



Applying Dr. Joiner's Theory



Caring for the Caretakers

⦿ Professionally

- Appreciate helper mindset
- Adapt training materials for each group
- Be forthright
- Train support circle
- Advocate for access to appropriate services

⦿ Personally

- Value their work
- Reduce myths
- Promote protective factors/safe zones



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Best Practices

- Kenosha County/Kenosha PD
- WI Department of Corrections
- WI DOJ Training and Standards Bureau
- Florida State Fire College
- FBI National Academy Alumni Officer Safety and Wellness Committee
 - FB Page: First Responders First
- Illinois State Firefighters Peer Support



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Questions

Contributions

Feedback