

Taking Care of All of You

**Presented by
Joe LaCognata, Chaplain**

OUTCOMES

- Realize you may be impacted by your work
- Know what we can do to help you
- Learn what you can do help yourself

**Realize you may
be impacted by
your work**

CRITICAL INCIDENTS

- Critical incidents are unusually challenging events that have the potential to create significant human distress and can overwhelm one's usual coping mechanisms.

PSYCHOLOGICAL CRISIS

- An acute response to a trauma, disaster, or other critical incident wherein:
 - Psychological homeostasis (balance) is disrupted (increased stress)
 - One's usual coping mechanisms have failed
 - There is evidence of significant distress, impairment, dysfunction

IMPORTANT!

- The defining moment of many traumatic events is the interpretation of the event, not simply exposure alone

- **Eustress** = Motivating stress
- **Distress** = Excessive stress
- **Dysfunction** = Impairment

COGNITIVE DISTRESS

- Sensory Distortion (acute)
- Inability to Concentrate
- Difficulty in Decision Making
- Preoccupation (obsessions) with Event
- Confusion (“dumbing down”)
- Inability to Understand Consequences

BEHAVIORAL DISTRESS

- Impulsiveness
- Risk-taking
- Excessive Eating
- Alcohol/ Drug Use
- Hyperstartle
- Sleep Disturbance
- Withdrawal
- Family Discord
- Hypervigilance
- 1000-yard Stare

PHYSICAL DISTRESS

- Tachycardia or Bradycardia
- Headaches
- Hyperventilation
- Muscle Spasms
- Fatigue/ Exhaustion
- Indigestion, Nausea, Vomiting


EMOTIONAL DISTRESS

- Anxiety
- Irritability
- Anger
- Fear, Phobia,
Phobic Avoidance
- Depression
- Mood Swings
- Grief
- Posttraumatic
Stress (PTS)

COGNITIVE DYSFUNCTION

- Suicidal/Homicidal Ideation
- Paranoid Ideation
- Persistent Diminished Problem-solving
- Dissociation
- Disabling Guilt
- Hallucinations
- Delusions
- Persistent Hopelessness/ Helplessness

BEHAVIORAL DYSFUNCTION

- Violence
 - Antisocial Acts
 - Abuse of Others
 - Diminished Personal Hygiene
 - Immobility
 - Self-medication
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PHYSICAL DYSFUNCTION

- Chest Pain
- Persistent Irregular Heartbeats
- Recurrent Dizziness
- Seizure
- Recurrent Headaches
- Blood in vomit, urine, stool, sputum
- Collapse / loss of consciousness
- Numbness / paralysis
- Inability to speak / understand speech

EMOTIONAL DYSFUNCTION

- Panic Attacks
- Infantile Emotions in Adults
- Immobilizing Depression
- Posttraumatic Stress Disorder (PTSD)

MIAMI-DADE VIDEO



PTSD STATISTICS

- General population – 7%
- Firefighters – 15%-22%
- Police officers – 35%

IAFF CENTER OF EXCELLENCE

- For behavioral health treatment and recovery
- For IAFF members only
- Upper Marlboro, Maryland



UCF RESTORES

- A clinical research center dedicated to the study of all facets of anxiety, trauma and posttraumatic stress disorder (PTSD) including, treatment, resilience and prevention.
- Orlando, FL



FRANCISCAN CENTER

- Operation Restore
- A safe environment to work through critical incidents and process cumulative stress
- Tampa, FL



PREDICTING PTSD

- Dose - response relationship with exposure
- Personal identification with event
- Very important beliefs violated

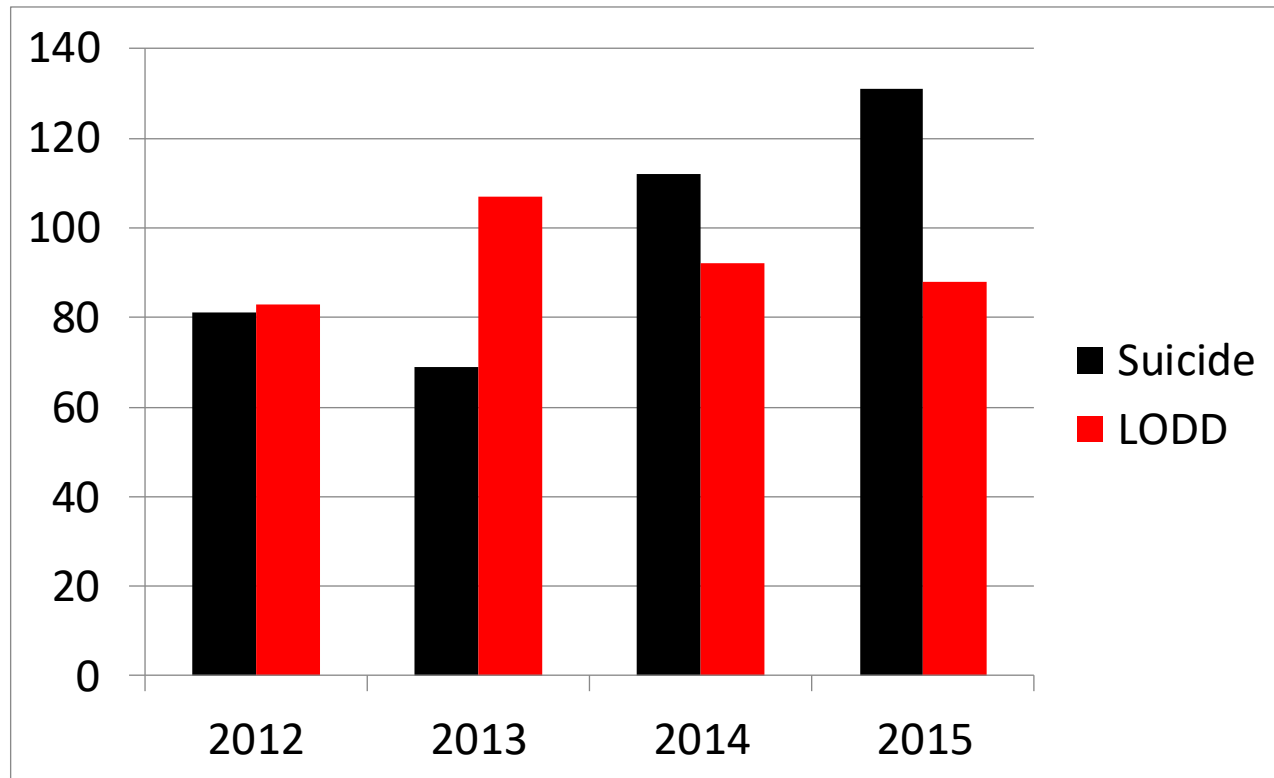
PTSD: LINE OF DUTY INJURY

- Not a disease; not genetic
- Connotes an accident that training can help prevent and that we can help them recover from

SECONDARY PTSD

- Formally recognized in DSM-V
- Spouses and others who live with those who suffer from PTSD
- Can mirror the behavior of the one affected
- We need to be aware of the impact we have on our loved ones

FIREFIGHTER DEATHS



Firefighter Behavioral Health Alliance (www.ffbha.org)
United States Fire Administration (www.usfa.fema.gov)

SUICIDE

	Firefighters	General Population
Ideation	47%	14%
Plans	19%	4%
Attempts	16%	5%

Stanley, I. H., Hom, M. A., Hagan, C. R., & Joiner, T. E. (2015). Career prevalence and correlates of suicidal thoughts and behaviors among firefighters. *Journal of Affective Disorders, 187*, 163–171. <http://doi.org/10.1016/j.jad.2015.08.007>

**Know what we can
do to help you**

PEER SUPPORT

- No one better than a firefighter...

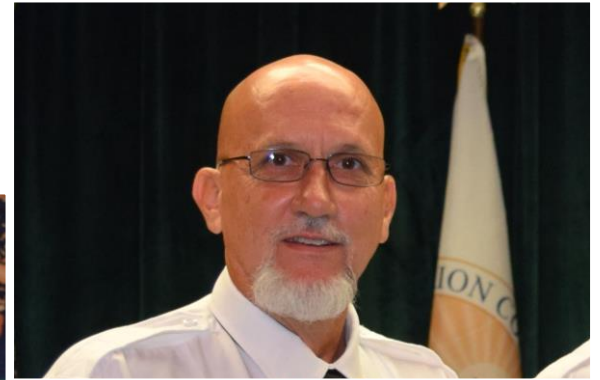


CHAPLAINCY

Chaplain 2
Paul McCarthy



Chaplain 3
Danny Giltner



Chaplain 100



Joe LaCognata



Chaplain 4
Tom Golden



Chaplain 5
Josh Mader

CRISIS INTERVENTION

- A short-term helping process designed to stabilize and mitigate the crisis response
- Critical Incident Stress Management
 - Individual
 - Crisis Management Briefing
 - Defusing
 - Critical Incident Stress Debriefing

REFERRALS

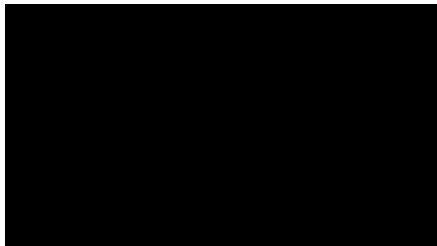
- Employee Health Clinic
- Counseling
 - Marriage and family
 - Financial
 - Substance abuse
 - Mental health

BASIC NEEDS

- What can I do for you right now that you would find helpful?

CATHARTIC VENTILATION

- “Catharsis” means to purge
- One of the greatest gifts we give

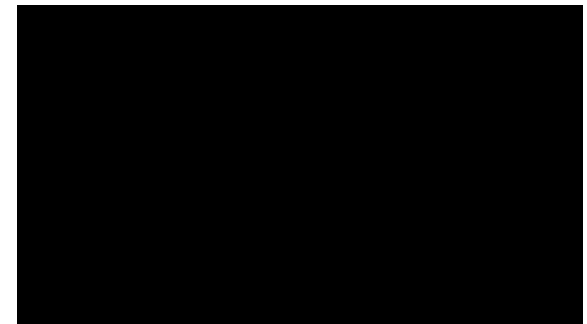


LIASION/ADVOCATE

- EAP
- SOGs
- Contract

SPIRITUAL SUPPORT

- The use of spirituality in counseling is not uncommon. AA has a membership of over 2 million.
- Benefits
 - Meaning and purpose in life
 - Unconditional acceptance
 - Compassion
 - Authenticity



PROVIDING HOPE

- Acute loss of future orientation or feelings of helplessness
- Offer hope, encourage optimism
- Set expectations for the future
- Remind people of their own ability to move forward

COGNITIVE REFRAMING

- Having a fuller perspective can change everything



**Learn what you can
do to help yourself**

- **Being** better is easier than **getting** better

COGNITIVE SELF-CARE

- Read and journal
- Talk to others
- Practice receiving support from others
- Be positive
- Set realistic goals and expectations

EMOTIONAL SELF-CARE

- Spend recreational time with others
- Build and maintain significant relationships
- Increase self-esteem
- Allow yourself to express emotions
- Play

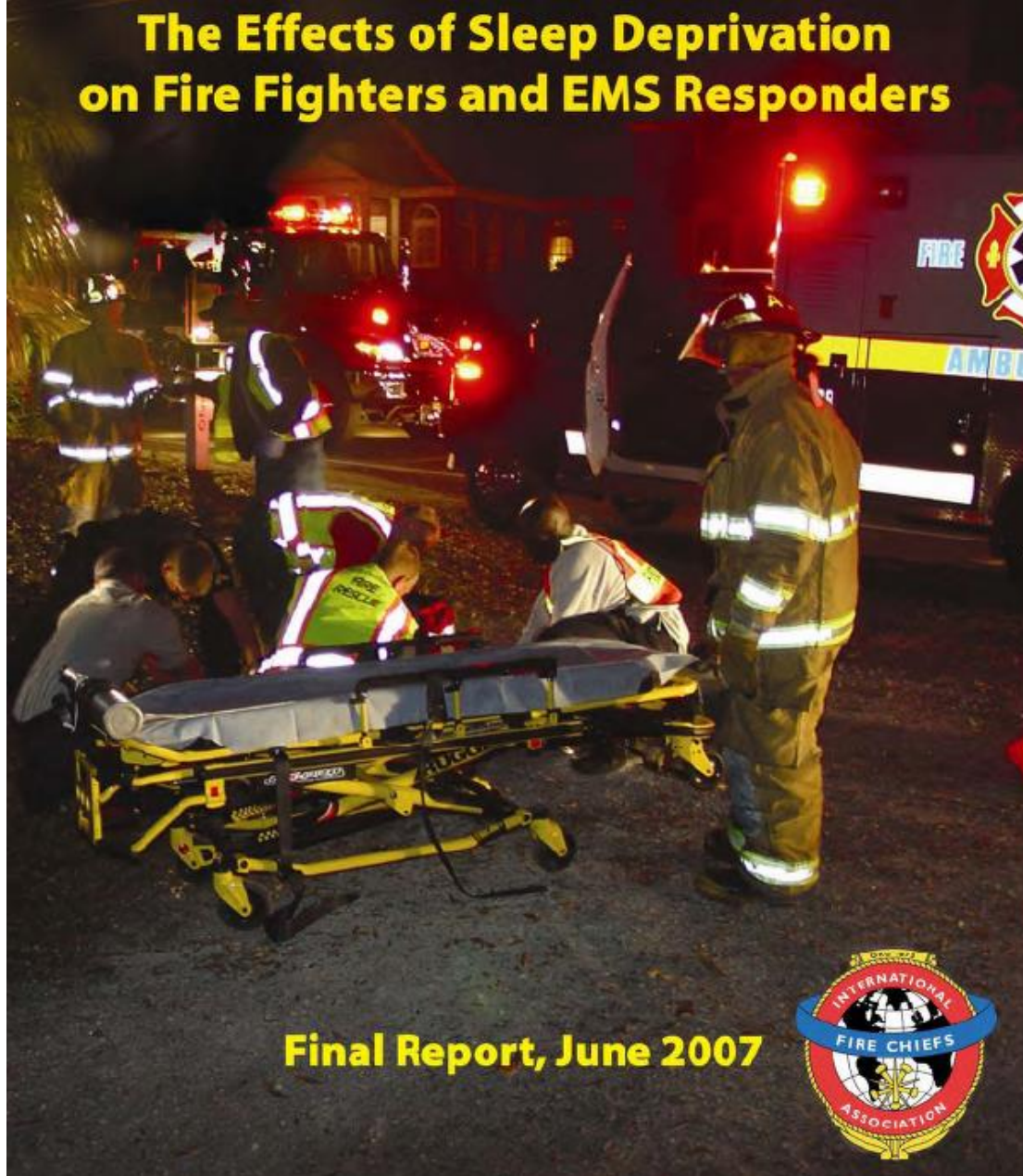
SPIRITUAL SELF-CARE

- Make time to reflect
- Spend time with nature
- Find a spiritual community
- Meditate
- Engage in inspirational activities
- Contribute to causes/volunteer

PHYSICAL SELF-CARE

- Practice good nutrition
- Exercise regularly
- Seek regular medical care
- Engage in hobbies and recreational activities
- Take vacations

The Effects of Sleep Deprivation on Fire Fighters and EMS Responders



Final Report, June 2007




- Immediate effects of sleep deprivation
 - Small amounts of sleep loss can be very dangerous. In one study, sleepy people acted just like drunk people when behind the wheel of a car



- Chronic effects of sleep deprivation
 - A per-night sleep average of less than six hours/night is comparable to smoking a pack of cigarettes per day.
 - Lack of sleep has been linked to heart disease and weight gain

STEPS TO BETTER SLEEP

- Stick to a sleep schedule
 - Pay attention to what you eat and drink
 - Create a bedtime ritual
 - Get comfortable
 - Limit daytime naps
 - Include physical activity daily
 - Manage stress
- 

US FIRE ADMINISTRATION

- Stress is one of the most serious occupational hazards in the fire service, affecting health, job performance, career decision-making, morale and family life.

STRESS MANAGEMENT

- Meditation or Mindfulness
 - Breathing (self)
 - Observation (nature)
 - Awareness (daily tasks)
 - Listening (nonjudgmental)
 - Immersion (contentment in the moment)
 - Appreciation (thankful for little things)

STRESS MANAGEMENT

- Controlled Breathing
 - Abdominal breaths
 - Inhale for 2 seconds
 - Pause for 1 second
 - Exhale for 2 seconds
 - Pause for 1 second

STRESS MANAGEMENT

- Muscle Relaxation
 - Lower legs (toes, heels)
 - Thighs (legs out, push down heels)
 - Hands (fists, spread fingers)
 - Shoulders (shrug)
 - Face (smile, pucker)
 - Eyes (squint, raise eyebrows)

RESILIENCE

- Resilience, or “the ability to successfully adapt to stressors, maintaining psychological well-being in the face of adversity” acts as a protective factor against many mental and behavioral health issues.

ENHANCING RESILIENCE

- Calming, optimism and happiness
- Manage stress
- Social support
- Self-esteem

OUTCOMES

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