Critical Incident Stress and the Family

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Critical Incident Stress and the Family

Topics:

- Statistics
- · Benefits
- Death
- · Critical Incident Stress



2012/2014

Police Victimization

- Assaults/injuries
- · Body armor
- · Death
- Post Traumatic Stress

HTTERNA

LODD: Line of Duty Death PSOB: Public Safety

Officers' Benefit



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Benefits

- Federal
- Washington State
- College tuition & fees in-state school benefits

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Law Enforcement Myths

- · LEOs:
 - Take care of our own
 - Always part of the law enforcement family



- . GENERAL PUBLIC:
 - Families are prepared to lose officers in the line of duty
 - · Family will be rich when a death occurs

months.

Law Enforcement Suicide



- Stigma
- Funeral
- · Follow Up

her places

2008 NY Officer and Taser

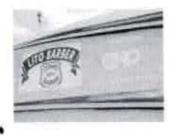


Survivors' Stress



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PTS symptoms



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Survivors

- Spouse
- •In-Laws
- Children
- Significant others
- Parents
- Extended family
- Siblings
- Co-workers

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Grief



- Acute
- Chronic

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Additional Issues

- . 9/11
- Hepatitis C
- HIV/AIDS
- 2 reasons OSHA requires baseline blood test?

made

Officer's Personal Checklist

- · Gather all personal papers in one place
- Review personal insurance benefits including beneficiary information
- Review emergency notification info at least once per year (when setting clocks back?)

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Critical Incident Stress Management



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Critical Incident Stress "Terrible Ten"

Line of duty death
Line of duty serious injury
Multiple casualties
Death or serious trauma to children
Victim known to the responders
Fellow worker suicide
Prolonged incidents
Excessive media incident
Emotionally significant events
Officer involved shootings

increase a

Crisis—The Family

- · A state of turmoil
- · An emotionally significant event
- · A turning point for better or worse

Special Consideration

What elements of the job emotionally affects families?

Family Systems

- Established rules
- Established roles
- · Traditions and a rich history
- Unique communication styles
- · Unique coping mechanisms

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LEO Personality Trait Profile Need to be in control Obsessive ideare to do a perfect job) Compulsive (tend to repeat same actions) Highly motivated by internal factors Action oriented High need for stimulation. Have a need to see results (immediate gratification) Easily bored: Risk takers Rescue personality Highly dedicated Strong need to be needed LEO Personality Traits vs. Critical Incident Stress Reactions · Need to be in control -Display reactions to grief = weakness -Dependence on others = anxiety · Obsessive (desire to do a perfect job) -Something unexpected will go wrong -The unexpected will happen · High need for stimulation —Grieving creates numbness · Rescue personality -I failed, there is nothing I can do LEO Personality Traits vs. Critical Incident Stress Reactions . Compulsive (tend to repeat same actions for similar events) - traditional -Unusual deathliass requires flexible reactions and new adoptations

· Risk takers

-Life is on hold • Easily bored

-judgment affected by grieving

-Complete lock of energy

· Need to see results (immediate gratification)

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LEO Personality Traits vs. Critical Incident Stress Reactions

- Action oriented
 - Can't speed things up, i.e., trials, grieving, administrative decisions.
- · Highly motivated by internal factors
 - -Reluctance to finish projects or meet new people
- · Strong need to be needed
- -Loss of a person who needed you
- · Highly dedicated
 - Feelings of guilt, inability to focus on areas of responsibility

distant.

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Work / Family Balance Summary

- What affects you on the job affects your family and quality of life
- Know the risks/dangers of your job
- Know the signs/symptoms of Stress and stress overload
- o Soicidal thoughts

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Work / Family Balance Summary

- Incorporate into your daily life the regimens of stress release
- Keep your personnel records up to date
- ✓ Have a sensible financial plan
- Talk with your family about the risks of your job
- Make your home your refuge

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