



Promoting wellness and recovery

Mike DeWine, Governor Lori Criss, Director

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Steven M. Click First Responder Liaison, Trauma Informed Care

eryday, we are faced with trauma, stress and sometimes, emergency situations

In addition to work, life happens

Home

Kids

Health

All to often, our focus is on helping and taking care of others, not ourselves

We must remember that **WE** are important too...



- Stress and Trauma can effect us <u>physically</u>
 - Hyper-tension
 - Heart Attacks
 - Digestive Issues
 - Lack of Sleep

- It can also effect us <u>mentally</u>
 - Lack of Concentration
 - Mental Mistakes
 - Memory Issues







- > Stress and Trauma can effect us *Emotionally*
 - Anxiety
 - > Guilt
 - Grief
 - Denial
 - > Fear
 - Feeling of panic
 - Uncertainty
 - Loss of emotional Control
 - Depression
 - Inappropriate emotional response
 - Apprehension
 - Feeling overwhelmed
 - Intense anger



- Stress and Trauma can effect us <u>Behaviorally</u>
 - Change in societal perception
 - Loss of, or increase in appetite
 - Withdrawal
 - Emotional outbursts
 - Suspiciousness
 - Inability to rest
 - > Startle reflex
 - Alcohol consumption
 - Hyper-alert to environment
 - Change in sexual behavior



Stress and Trauma can effect us **Spiritually**

- Anger at God or higher power
 - Loss of faith
 - New over-reliance on faith

Questioning one's ability to forgive or be forgiven

Change in sense of self, own abilities



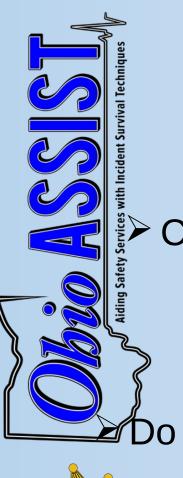
So, what can we do to help ourselves and others?

Exercise (in moderation based on previous levels of exercise)

Structure your "free" time

Accept the event has changed your "old normal" and know that there will be a "new normal," but that you are NOT crazy

- Talk, talk, talk
- Avoid self-medication with drugs or alcohol
 - Let people help you



Spend time with others

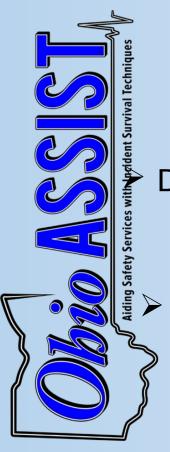
Co-workers who were involved in the same incident can benefit from talking about their shared experience

Let yourself have bad days or hours. It's OK

Journal if it helps get things out

Do things you enjoy. Its not only <u>OK</u> to be happy, smile and laugh, it's imperative!!!

You are not the only one feeling stress from the event: family, friends and co-workers



Don't make big life changes: relationships, buy a car/bike/boat, sell or buy a house, etc.

Make as many decisions about your personal life as you can. <u>Take</u> <u>back control</u>.

> Rest!!!



Reoccurring thoughts, dreams or flashbacks are a normal reaction.

Don't fight it, let the mind process the event

> Do the best you can to eat a healthy and well-balanced diet



How can Family and Friends Help?

Listen. Best thing they can do

Spend time with the person. They don't REALLY want to be alone all the time

- Reassure them that they are safe
- Help with tasks around the house but don't take over

vive them some personal time but be available if they want company

Their anger, fear and frustration may not be aimed at you



Be very careful about what you say

> Don't offer to be there for them, if you can't be.

Don't tell them it could have always been worse, they know that more than you know.

Be careful about saying you understand, they might challenge you, How?



- > Don't "baby" them. They need to regain control of their life.
 - Do say, "I'm glad you are OK."



Why?

Your culture and personality make you a fixer

bu take charge, bring order to chaos and ensure the safety of those around you

"Oxygen Mask Analogy"

On an airplane, you are instructed to place your oxygen mask on first, then help others

Can help others if you are out of the fight



If you don't, who will?

Your personal mental health and well being is YOUR responsibility

have a responsibility to yourself, your family and even your co-workers

You have to be 100% everyday

If not, you or someone else can get hurt, or worse



My agency doesn't care!!!!

You're right, it doesn't.

No agency can, *it's an agency*

People within the agency care

Take the initiative to take care of yourself and others you care about

Resources

hio Mental Health and Addiction Services - (877)

hio Employee Assistance Program - (800) 221-

75-6364

Alcoholics Anonymous – (888) 653-0269

Al-Anon – (888) 425-2666

Chio Crisis Text Line - Text 4hope to 741741



Contact Information

Steven M. Click
First Responder Liaison
Ohio Mental Health & Addiction Services
30 East Broad Street
36th Floor
Columbus, Ohio 43215
614-466-9938
Steven.click@mha.ohio.gov



Questions.....

