

1/18/2023 Minutes

Call to order at 1207.

Minutes approved 1st: Rose Ann Vasquez 2nd: Sharon Tariol

Presentation: Suicidality In First Responders.
Robyn Rehbein LCC CFRC

- Why she is here
- Definition of responder
- Trauma impact of First Responder career
- Risk factors
- Impact of job on First Responders:

A responder is someone designated or trained to respond to emergencies.

Suicide statistics (responders).

- 2019: 241
- 2020: 190
- 2021: 185
- 2022: 182
- 2023: (January) 5

Responder suicides are not considered line of duty deaths. Responder suicides are 1.39 times more likely than the general public. Minimal mental health care. Average law enforcement: 180 critical incidents.

Trauma impact

- Cumulative trauma leads to high risk behavior
- Internal politics and management
- Home life stress and regular daily stress
- Societal stress
- Trust is a big issue
- Emotional roller coaster. Adrenaline rush, fight/flight, tired, apathetic, detached, and isolated. It takes 24 hours off duty to recover

Career impact:

- See the world differently; cynical.
- Dark humor.
- All consuming
- Deny negative aspects of job to justify continuing career
- Impact relationships and home life

Risk factors plus

- Occupational stress and mental health issues
- Critical sleep schedule
- Barriers to seek help

- Hyper-vigilance: constant state of readiness. Remain isolated at home, responder cliques.

Normal suicide prevention aspects plus

- Wellness programs
- Peer support group training
- Culturally competent mental health professionals
- Debriefing following trauma
- Law Enforcement Mental Health and Wellness Act grant 2020

Balanced self of self

- Spouse/partner
- Physical and emotional
- Parenting and family
- Extended family
- Friends

Training for CRC on 2/10 is full. Email jordan@lapion.org for possibility of getting into a repeat class.

Organizational updates:

- Planning meeting for Wellness activity will be next month
- SOS- not heard back from Kellie Monk to continue follow through
- LC3 planning recovery event

Adjourned at 1:30

Next meeting: February 15, 2023