Survival Beyond the Call

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Miami-Dade Fire Rescue

Overview

- ❖ **Components**
  - ✓ **Organizational**
  - ✓ **Program**
- ❖ **Program Overview**
  - ✓ **Peer structure**
  - ✓ **Peer response statistics**
  - ✓ **Mental health awareness educational videos**

Organizational Commitment

❖ **Organization-wide understanding and agreement that a need exists**

❖ **Courage to identify needed areas of change in the organizational culture**

❖ **<u>Empowering,</u> <u>Resourcing</u> and <u>Supporting</u> of Organizational Champions**

❖ **On-going building of <u>buy-in</u>, <u>support</u>, and <u>participation</u> from all "Stakeholders" both uniformed and civilian**

  ▪ **Management**
  ▪ **Rank & file**
  ▪ **Union leadership**

Program Overview

- ➤ **Pre-Crisis**
- ➤ **Crisis Response**
- ➤ **Post-Crisis (Follow-Up)**

Elements of the Crisis Spectrum

The Program

❖ **Peer-led Critical Incident Stress Management (CISM) program**
  - ▪ **Pre-Crisis**
    - ✓ **Ongoing training and education**
    - ✓ **Increased awareness and accountability through increased trained peer presence**
    - ✓ **Relationship building with the professional counseling community**
  - ▪ **Crisis Response**
    - ✓ **Appropriate and timely**
  - ▪ **Post Crisis Follow-Up**
    - ✓ **Possible bridging to professional counseling if needed and requested**

Pre-Crisis

❖ **Introductory as well as ongoing training and education is critical**

❖ **Recruit Training – Family Night**

❖ **Officer Development Program**

❖ **Battalion Wellness-Health-Awareness-Topical (WHAT) Drills**

  ▪ **Increased awareness of unmitigated stress related health challenges**

  ▪ **Increased awareness of both positive and negative coping skills**

  ▪ **Increased resiliency through the encouraging of good coping skills**

  ▪ **Increased awareness of how to access available resources**

Pre-Crisis "Continued"

- ❖ **Training of Peer personnel**
  - ✓ **ICISF CISM Individual & Group crisis response classes**
  - ✓ **Applied Suicide Intervention Skills Training (ASIST) classes**
  - ✓ **Federation of Fire Chaplain classes**
- ❖ **Clinical oversight**
- ❖ **Development of innovative Peer Support initiatives**
  - ✓ **CISM Therapy Dog Program**
- ❖ **Decrease the culture of invincibility**
- ❖ **Decrease the negative enabling side of the fire service "Brotherhood"**
- ❖ **Increase the positive influence of the Brotherhood Initiative**
  - ✓ **IAFF Local 1403 partnership**
  - ✓ **IAFF Peer Support**
- ❖ **On-going identification and vetting of rehab centers and available resources (Addiction/PTSD)**

Crisis Response

❖ **CISM TEAM Response upon request to a critical incident**
- **TEAM = Lead Peer- Peer Chaplain-Additional Peer**
- **When available MDFR CISM Therapy Dog is deployed**

❖ **Upon request**
- **Individual one-on-one Chaplaincy Peer Response**
- **Individual one-on-one CISM Team Peer Response**
- **Individual one-on-one Local 1403 Brotherhood Initiative**

Post-Crisis

- ❖ **Timely, welcomed and appropriate follow-up by designated trained peer**
  - ✓ **The amount of follow-up depends on situation**
- ❖ **Bridging to possible professional clinician counseling assistance if deemed needed and requested**
- ❖ **It's all in the numbers**
  - ✓ **CISM Group Interventions**
    - ▪ **2016 - 14 Group Interventions (118 participants)**
    - ▪ **2017- 12 Group Interventions (86 participants)**
  - ✓ **Peer Chaplaincy Response**
    - ▪ **2016 - 2,727**
    - ▪ **2017 - 3,027**

Caring Presence & Confidentiality

❖ **The two <u>most</u> <u>important</u> components for a successful peer support program**
  ✓ **Nothing will destroy trust in a program faster than peer or Departmental breach in these areas.**
❖ **Show up and make sure they know you care**
  ✓ <u>**The Caring Presence**</u>
❖ **Make sure that what is said to you stays with you unless permission is given to share**
  ✓ <u>**Confidentiality**</u>
❖ **The boundaries of confidentiality**
  ✓ **Awareness/disclosure of a desire for self harm**
  ✓ **Awareness or disclosure of a plan to harm others**
  ✓ **Awareness or disclosure of child or elderly abuse**
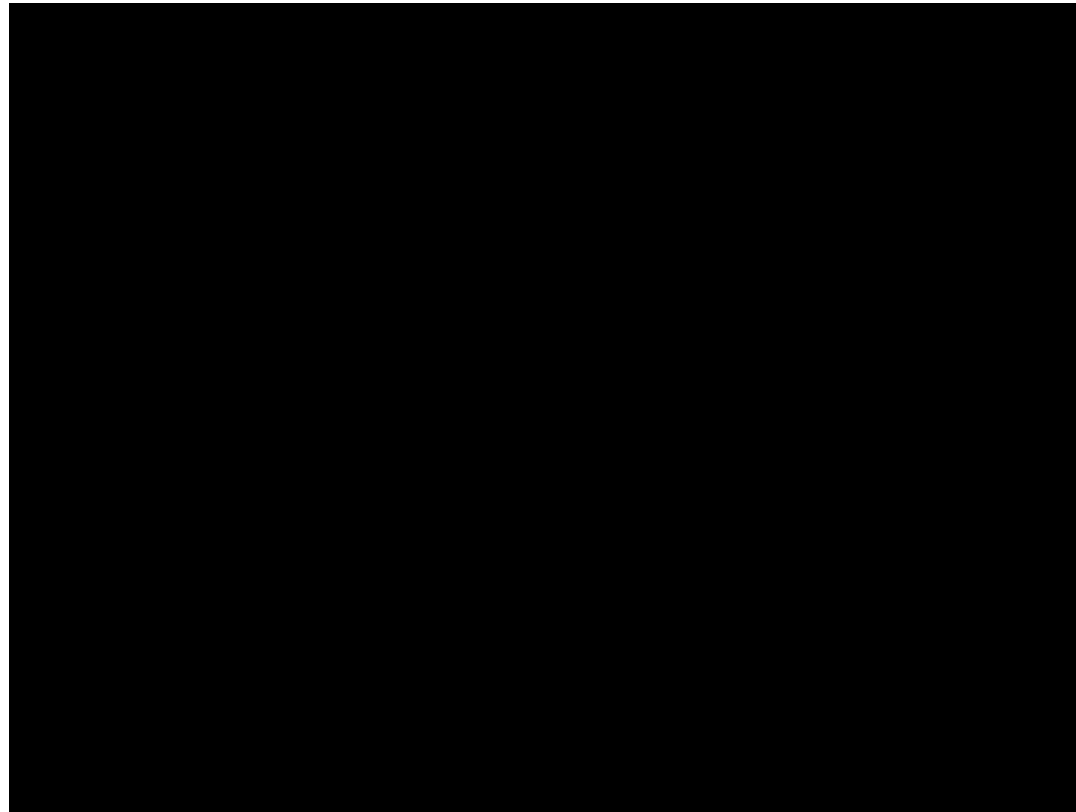
MDFR Initiatives

- ➢ **Awareness video's**
- ➢ **First Responders Helpline**
- ➢ **Station posters**
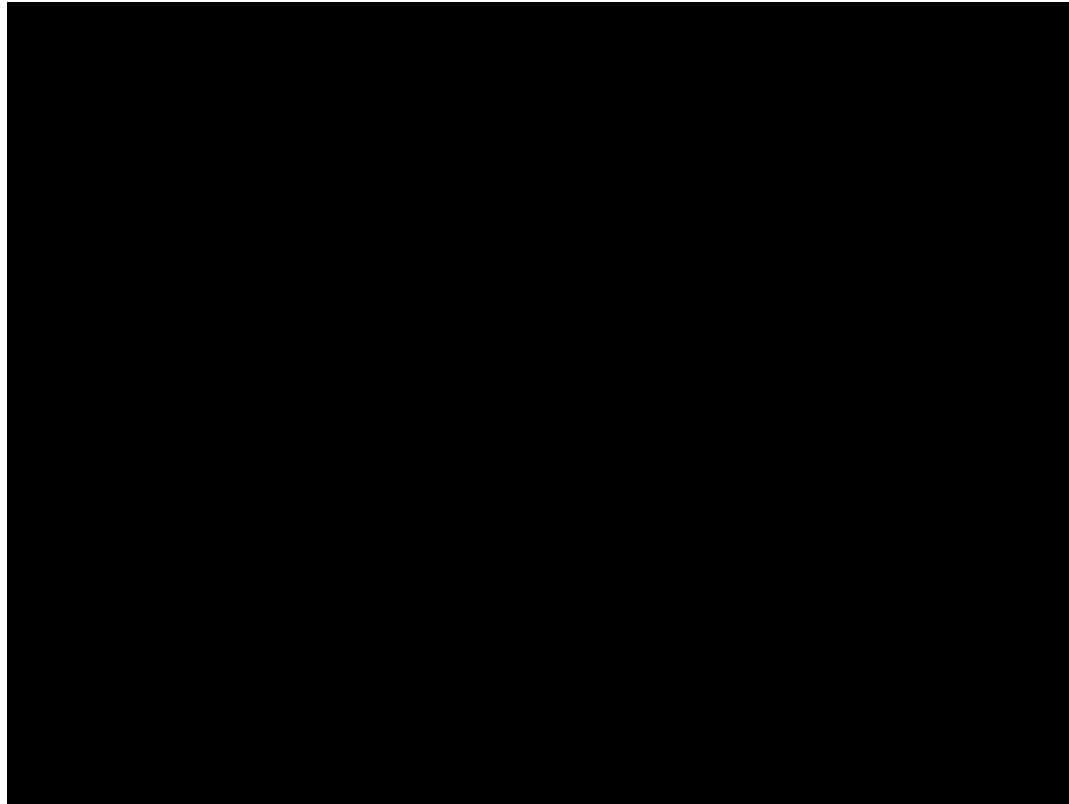- ➢ **Brotherhood Initiative**

PTSD Awareness
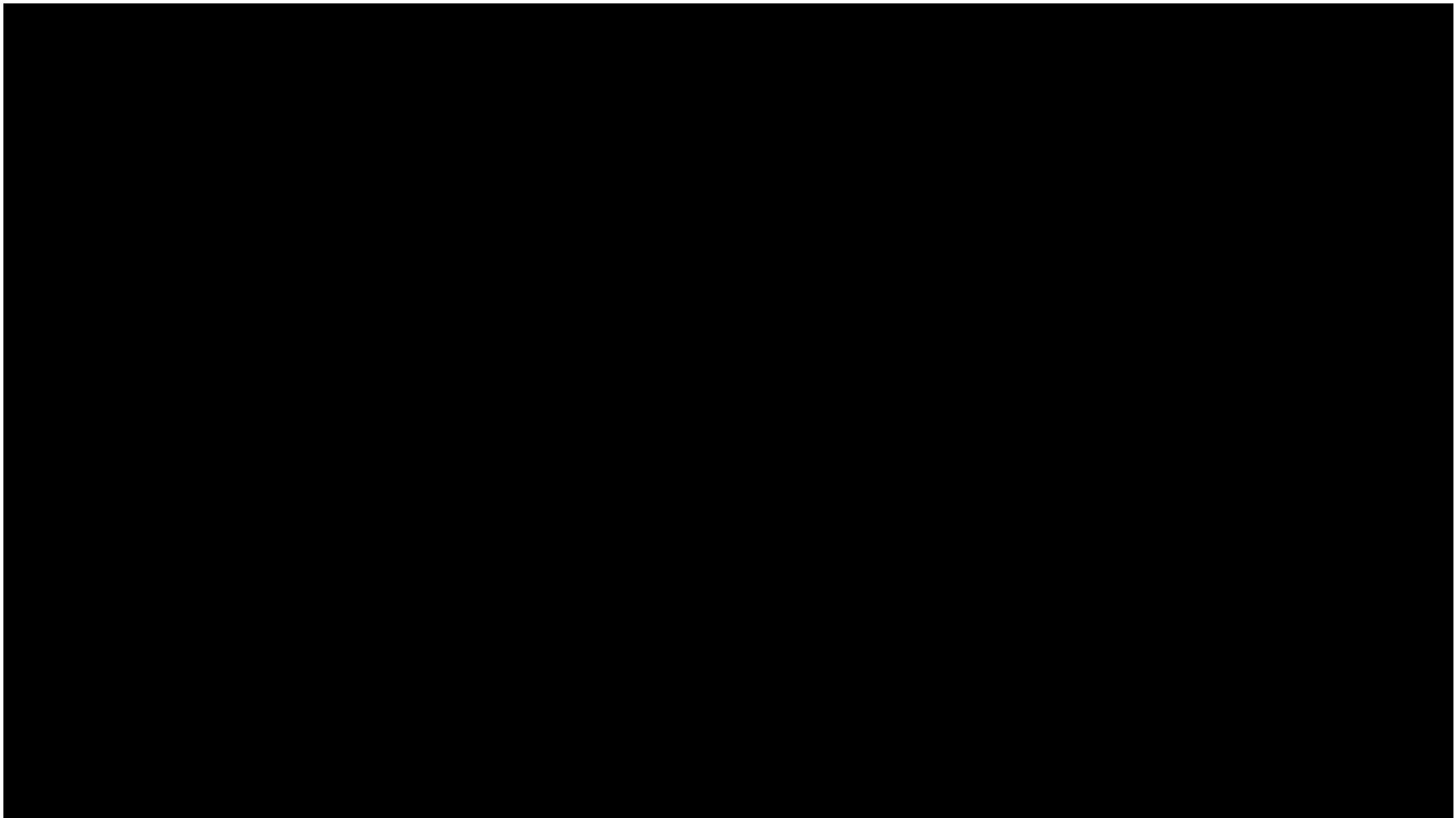
Hope Breaks the Chain MDFR Suicide Awareness Part 1

Hope Breaks the Chain MDFR Suicide Awareness Part 2

Switchboard
Help Anytime. Always.

1-855-768-3473 (FIRE)

Help for those who help others...

...it's only a phone call away.

A 24 hour dedicated help-line for those
whose lives are spent helping others

— *First Responders* —
Sponsored by The South Florida Council of Firefighters

Did you know that 70% of people who commit suicide tell someone about their plans, or give warning signs?

WARNING SIGNS TO WATCH FOR:

- A change in personality
- Trouble eating or sleeping
- Hoarding medications;
- Increased alcohol and/or other drug use
- Giving away possessions/Making final plans of affairs
- Talking about death, sadness, hopelessness
- Withdrawal
- Talking about "having a plan" or "method" of suicide
- Obtaining a weapon or writing a suicide note

**HAVE YOU HAD THESE THOUGHTS?
OR HAVE YOU HEARD A CO-WORKER SAY:**

- I feel like there is no way out
- I won't be in your way much longer
- I don't need this stuff anymore (PRIZED COLLECTION, VALUABLES)
- I just can't deal with everything -- life's too hard
- I'd be better off dead
- Nobody understands me , nobody feels the way I do
- There's nothing I can do to make it better
- My family would be better off without me
- Life isn't worth living

POSSIBLE RISK FACTORS: Recent Challenges: Marital, relational, beliefs, employment. Loss of: Family member, loved-one, friend, job, or home. Change in: Financial status, social status, marital status, health. Previous: Suicide attempt

If you or someone you know is thinking about suicide, call the National Suicide Prevention Lifeline:

1-800-273-8255 (TALK)

Brotherhood Initiative

- ➤ **Started by L1403**
- ➤ **Works with active and retired**
- ➤ **Focuses on connecting with the member, determining needs**
- ➤ **Keeps "Management" out of it**

Thank You

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