



*Promoting wellness and recovery*

Mike DeWine, Governor  
Lori Criss, Director

# Self Care CIT Training September 12, 2019

**Steven M. Click**  
First Responder Liaison, Trauma Informed Care



# Self Care

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

➤ In addition to work, life happens

Home

Kids

Health

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

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





# Self Care

- Stress and Trauma can effect us physically
  - Hyper-tension
  - Heart Attacks
  - Digestive Issues
  - Lack of Sleep
  
- It can also effect us mentally
  - Lack of Concentration
  - Mental Mistakes
  - Memory Issues



# Self Care

- 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



# Self Care

- Stress and Trauma can effect us Behaviorally
  - 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



# Self Care

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



# Self Care

*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



# Self Care

- 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 OK 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





# Self Care

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. **Take back control.**

➤ **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

Give 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 search for the perfect thing to say, it doesn't exist.
- 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

You 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

You 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



• **Ohio Employee Assistance Program** - (800) 221-6327

• **Ohio Mental Health and Addiction Services** - (877) 275-6364

• **Alcoholics Anonymous** - (888) 653-0269

• **Al-Anon** - (888) 425-2666

• **Ohio Crisis Text Line** - Text 4hope to 741741



# Contact Information

***Steven M. Click***

***First Responder Liaison***

***Ohio Mental Health & Addiction Services***

***30 East Broad Street***

***36<sup>th</sup> Floor***

***Columbus, Ohio 43215***

***614-466-9938***

***Steven.click@mha.ohio.gov***





# Questions.....

