

Emotional Survival: Trauma-Informed Policing & Self-Care

*Preparing for/and Learning to Identify signs of
Exposure to Trauma*



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WHY ARE WE HERE???

“Organizations have an ethical mandate of a duty to train wherein workers are taught about the potential negative effects of the work and how to cope.”

Munroe, JF, Compassion Fatigue, 1995

“...We are stewards not just of those who allow us into their lives, but of our own capacity to be helpful.”

-Trauma Stewardship

Professional Bio



**I AM THE ORIGINAL
DOG WISPERER!!!**



**If I could Drive
He'd Be Out of a
Job!!!!!!**

“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.”

-Rachel Naomi Remen, *Kitchen Table Wisdom*, 1996

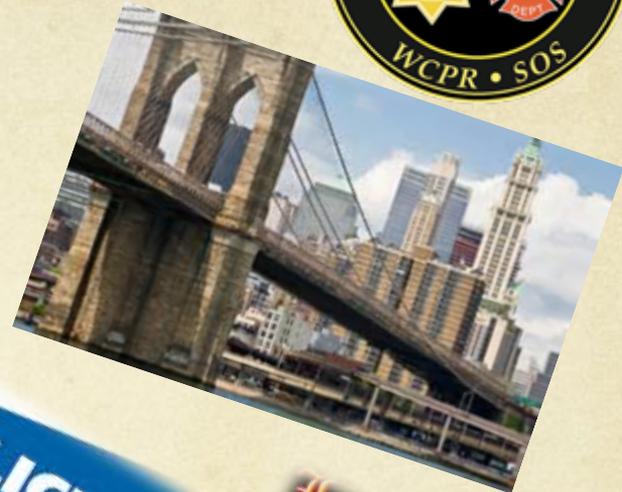
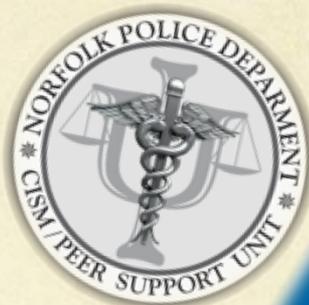
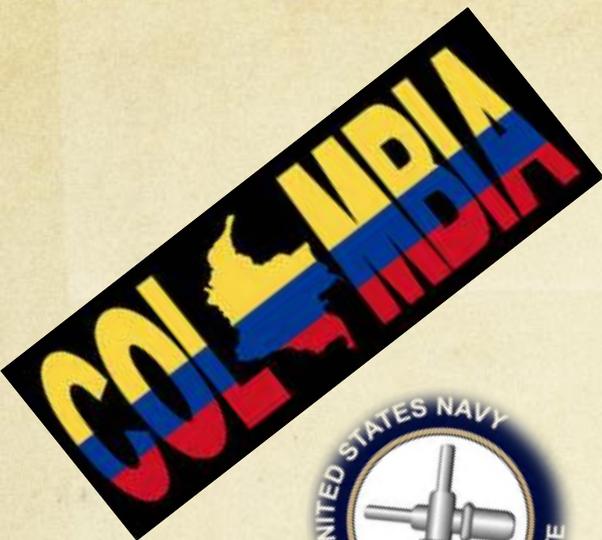
Story of personal crisis

How can we expect to address others,
when we cannot even identify our own crisis'???

Defaulting to unhealthy coping mechanisms

The GOOD, BAD, & the UGLY

Background...Baggage



Trauma-informed care shifts the focus from:

What is
WRONG
with you?

to

“
What
HAPPENED
to you?
”

Learn more at chcs.org/traumainformed

CHCS Center for
Health Care Strategies

The 4 R's

A program, organization, or system that is trauma-informed:

Realizes

- **Realizes** the widespread impact of trauma and understands potential paths for recovery;

Recognizes

- **Recognizes** the signs and symptoms of trauma in clients, families, staff, and others involved with the system;

Responds

- **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices; and

Resists

- Seeks to actively **resist** re-traumatization.

The 6 Principles



Safety



Trustworthiness & Transparency



Peer Support & Mutual Self-Help



Collaboration & Mutuality

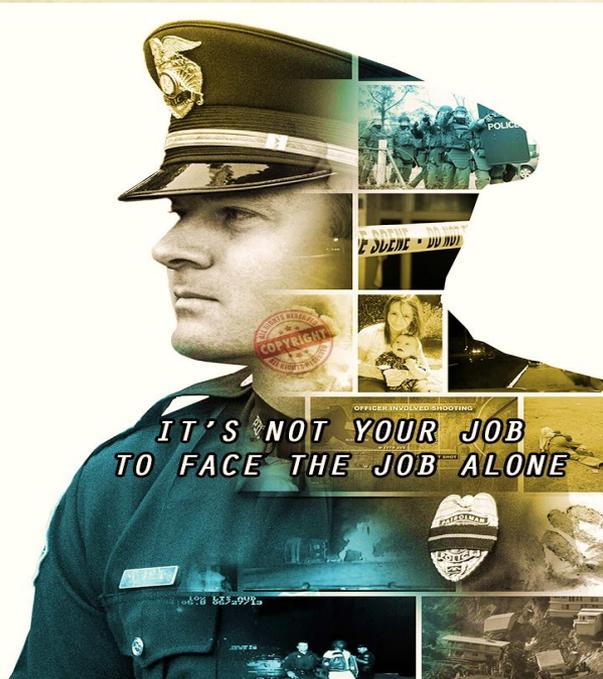
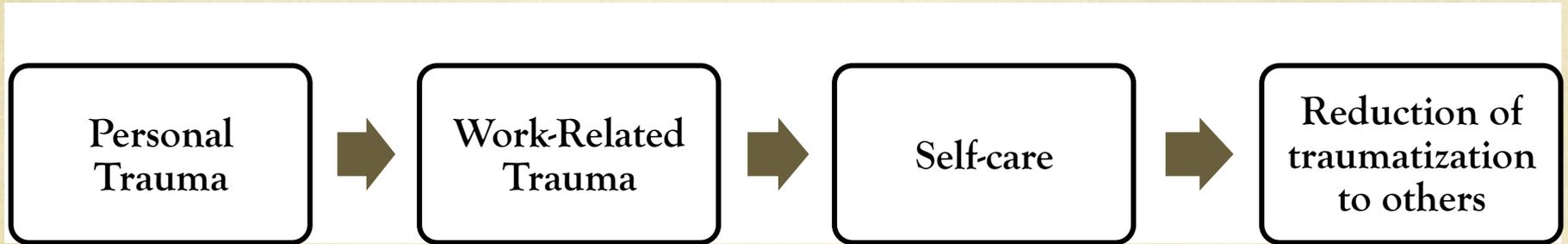


Empowerment, Voice & Choice



Cultural, Historical, & Gender Issues

Trauma-Informed Policing



A **framework** for law enforcement which considers the:

- Prevalence of trauma,
- Acknowledges related symptoms, and
- Employs response tactics accordingly.

Benefits of Trauma-Informed Policing



To make you a better probation officer and law enforcement a community ally.

A greater knowledge of urban-based sustained trauma and its effects can...

1. Facilitate criminal investigation and improve policing skills.
2. Reduce recurrence of criminal behavior, including retaliations.
3. Leverage additional community resources

SELF CARE

Knowing is half the battle!"

-G.I. JOE

"Recognition is the other half"

-CJ

Sometimes we need a little wake up call

We often help others with minimal emphasis on how the interaction, or repeated, interaction effects us and our ability to help/cope



We are experts in Identifying an individual in crisis, or the effects of exposure to trauma...in others

Where we fall short is in our own recognition.

Even scarier, our lack of willingness to seek help.

Post Traumatic Stress

Vs.

Post Traumatic Stress Disorder (Injury)

Vs.

Vicarious Trauma

Vs.

Compassion Fatigue

Vs.

Burnout

Vs.

etc...





Trauma is an emotional
and chemical injury to
your brain.

What does this look like from the inside???
home vs. work

Cognitive

Behavioral

Physical

Relational

Emotional

Spiritual

-Recognize Exposure-

“Down these mean streets a man must go, a man who is not himself mean, who is neither tarnished nor afraid...He is the hero; he is everything...

-Raymond Chandler

I would ask, who here has not become tarnished nor afraid?

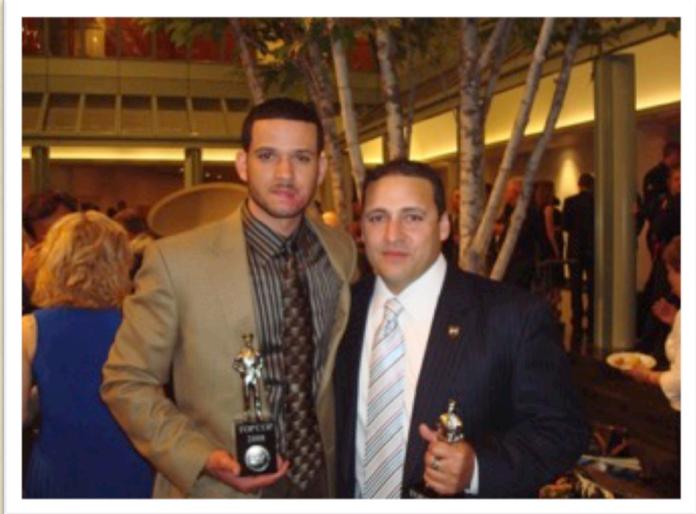
Recognizing the Signs

(Practical)

Recognizing the signs...



Pre-Incident



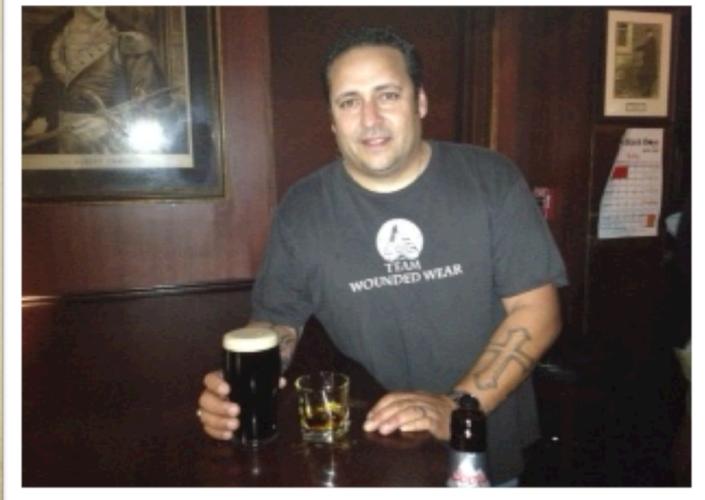
Immediate-Post

“Incident(s)”
aka: Trauma Exposure

Acute vs. Cumulative
Vs.
Co-Occurring



Post



What can happen when
organizations don't address
Vicarious Trauma?

Research suggests...

Lost Productivity

Decreased morale,
cohesion,
communication,
collaboration and
quality of
services

Staff Turnover

Time, resources
needed to hire train
drains remaining
staff

**Poor
Organizational
Health**

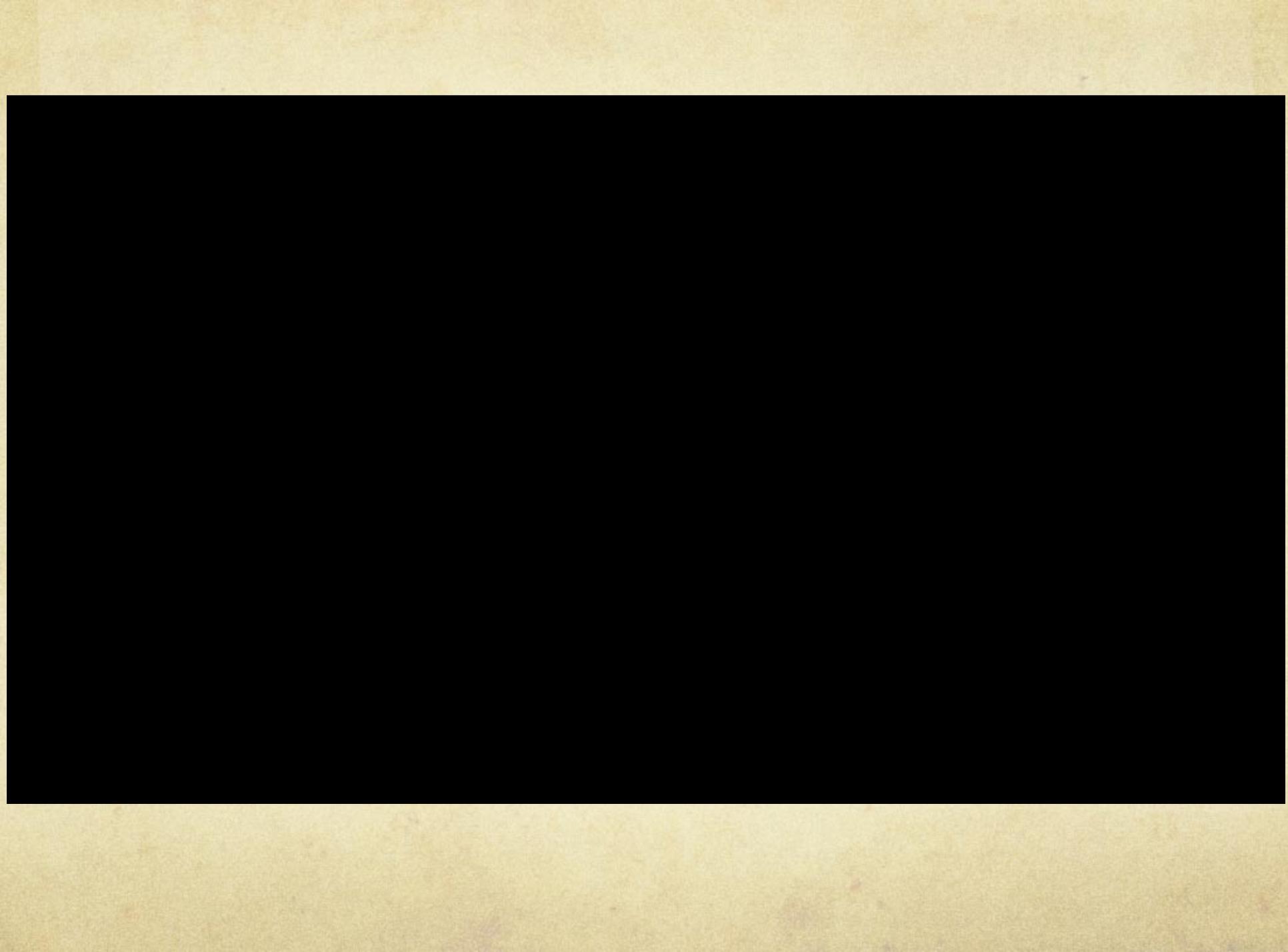
Erosion of
concentration, focus,
decision making,
motivation and
performance

What is a Vicarious Trauma Informed Organization?

1. Recognizes potential negative consequences of the work being performed
2. Proactively addresses impact through policies, procedures, practices and programs

THE VICARIOUS TRAUMA TOOLKIT





WARNING

There are a myriad of available resources.

HOWEVER, before you recommend...VET!!!!!!



Public Safety Professionals are inherently skeptical of mental health resources...suggest the wrong one and he/she may never seek help again.

Remember...

It's not the load that breaks us down,
it's the way we carry it..."

-Lena Horne/Lou Holtz

ASK FOR HELP!!!

Thank you, Be Safe & Stay Aware

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BPD PSU

VALEAP

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