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(PART #1) 9-1-1 HEALTH SERIES

9-1-1 PERSONNEL EXPERIENCE HIGH LEVELS OF STRESS AND VICARIOUS TRAUMA WHEN HANDLING CRITICAL INCIDENTS, SUCH AS OFFICER-INVOLVED DEATHS, CHILD DROWNINGS, NATURAL DISASTERS, ACTIVE SHOOTER INCIDENTS, AND MASS CASUALTY EVENTS. DUE TO THE VICARIOUS TRAUMA 9-1-1 PERSONNEL EXPERIENCE THEY ARE SUSCEPTIBLE TO ILLNESSES LIKE POST TRAUMATIC STRESS.



**RESPONSE RELATED TRAUMA**

- CHILD CPR • FIRE FATALITY
- FAMILY EMERGENCY • ACTIVE SHOOTER • MASS CASUALTY EVENT
- RESPONDER INJURY OR DEATH
- NATURAL DISASTER • PROLONGED HIGH ANXIETY INCIDENTS (RIOTS, COVID-19, PROTESTS)

**OCCUPATIONAL & SITUATIONAL STRESSORS**

- STAFFING SHORTAGES
- LONG SEDENTARY HOURS
- PERSONAL TRAGEDIES
- VOLUME OF HIGH PRIORITY CALLS

**DURING THE CRITICAL HOUR(S)**

- STAND-UP & WORK THROUGH THE STORM
- RECOVERY PHASE
- REALIZATION STAGE
- RECOGNITION STAGE
- REHABILITATION STAGE

**PROACTIVE PREVENTIVE MEASURES**

- WORK WITH PUBLIC SAFETY PARTNERS
- REACH OUT SHORTLY AFTER THE INCIDENT
  - MENTAL HEALTH AND/OR SPIRITUAL PROFESSIONAL
- AFTER ACTION-DEBRIEF (INVITE)
- CO-TRAIN—HOSTAGE NEGOTIATION, CISM, OEM TRAINING
- HAVE A SUPPORT SYSTEM