



FIRST RESPONDER WELLNESS AND SUICIDE AWARENESS PODCAST SERIES

Now more than ever, we need to take care of our first responders. Prior to 2020, suicides were a major concern—now, with intensive public scrutiny, dealing with the pandemic, and seemingly eroding support, police, fire, EMS and 911 telecommunicators are constantly feeling pressure. In this podcast series sponsored by the Public Employers Risk Management Association in cooperation with the New York State Association of Chiefs of Police and the New York State Fire Chiefs Association, listen to interviews with those who have walked in the shoes of the first responder. We discuss wellness programs, peer support, and stories shared by those who have dealt with stress, and some who have suffered through it.

LAW ENFORCEMENT SERIES

- ◀ **Law Enforcement Suicide: Taking Care of Our Own** Interview with New York State Association of Chiefs of Police President Patrick Phelan about law enforcement officer suicide.
- ◀ **Law Enforcement Suicide: The Scope of the Problem** Talking about the scope of the problem, wellness programs, and getting help; with Prof. John Violanti (SUNY Buffalo) and Dep. Jim Banish (Warren Co. SO)
- ◀ **Peer Support and Stigma** Talking about peer support programs and overcoming the stigma that prevents some cops from getting help; with Dep. Jim Banish (Warren Co. SO), Prof. John Violanti (SUNY Buffalo), and Officer Matthew Carpenter (Rochester PD)
- ◀ **Searching for Signs; Police Chief Shares a Story of Tragedy** Chief William Whitton (Glen Cove PD) shares a personal story involving one of his commanders in hopes it might help others in recognizing the signs of an officer in distress.
- ◀ **Risk Management, Data, and Dogs: What Virginia Police Are Doing** Chief Edwin Roessler of Fairfax County PD talks about a survey of first responders, risk management procedures, and the use of therapy dogs to respond to critical incidents.
- ◀ **Another Tragedy: Discussing Suicide Myths and Police Culture** Former Police Chief Miguel Bermudez talks about the loss of an officer in his department; with comments by Prof. John Violanti (SUNY Buffalo); Concealing our emotions is an asset in the field, but when it carries over to personal life and prevents an officer from getting help, it can be an obstacle.

FIRE, EMS & 911 SERIES

◀ **The Stresses of the Front Lines – Fire, EMS and 911** A discussion about the stress and suicide for first responders; what do we know about the scope of the problem? Front line workers describe the incidents that can cause stress. Featuring: Fire Chief Bruce Heberer (CEO, New York State Assn. of Fire Chiefs); Former Battalion Chief Jeff Dill (Licensed Professional Counselor, Firefighter Behavior Health Alliance); Fire Chief/Ret. Mike Healy; EMT Shawn Healy (FDNY); Public Safety Sr. Telecommunicator Dorine Hanevy (Oswego Co. 911)

◀ **The Stress Bucket** Assistant Fire Chief Jared Meeker talks about his personal experiences with stress, including one incident that tipped his “stress bucket”. He describes how stress can accumulate, the signs and symptoms of a person in distress, and what leadership can do to help their crews. Featuring: Assistant Fire Chief Jared Meeker (Lake Shore Fire District, NY)

◀ **Providing Support – Professionals, Peers, Families** When a first responder is looking for help, they may prefer someone who understands the world of emergency service. We discuss peer and family support with Fire Chiefs who understand the culture of being a first responder. Former Battalion Chief Jeff Dill offers meaningful insight about support from colleagues and family members, urging direct dialogue by “challenging with compassion” to encourage our colleagues to talk about their concerns. Featuring: Assistant Fire Chief Jared Meeker (Lake Shore Fire District, NY); Fire Chief/Ret. Mike Healy; EMT Shawn Healy (FDNY); Former Battalion Chief Jeff Dill (Licensed Professional Counselor, Firefighter Behavior Health Alliance)

COUNSELORS FOR FIRST RESPONDERS

◀ **Certified First Responder Counselor** When a police officer, firefighter, EMT or 911 Telecommunicator seeks out help, it is essential that their counselor understands the unique world of the first responder. The stresses of seeing tragedy, hostility, as well as internal pressures require that a therapist have an intimate knowledge of what it’s like to walk in the shoes of the men and women who are on the front lines. Learn about a certification program that provides counselors with critical information about first responders, as well as other programs for non-licensed counselors such as chaplains and group facilitators, and support people. Featuring: Teresa McMahon, Licensed Mental Health Therapist and CFRC; Amy Morgan, MSC, Director and Founder of Academy Hour, CFRC Program

OTHER RESOURCES FOR FIRST RESPONDERS

In the December edition of *The Chief’s Chronicle* magazine:

Read about Certified First Responder Counselor’s
Squad Room/Break Room/Locker Room Poster with Wellness
Information

The Chief’s Challenge—a program developed for police agencies to
assure that certain wellness and mental health resources are available to
their members.

Click [here](#).

