



Promoting wellness and recovery

Mike DeWine, Governor
Lori Criss, Director

Ohio ASSIST, Post Critical Incident Seminars and the role of the First Responder Liaison

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Ohio *ASSIST* Program Status

- 3 day Post Critical Incident Seminar designed to allow first responders and support person to effectively, and in a healthy way, deal with traumas and stress of public safety from a specific incident or accumulative effects of multiple incidents.
- The Seminar is comprised of a series large and small group interaction, individual meetings with clinicians, availability of introductory EMDR; group classes on relationships, addiction, fear and coping, faith and resilience. All facilitated interactions are open discussion and conversation.

We have also been able to make referrals to services within Ohio to agencies who have requested assistance





Ohio *ASSIST* PCIS Eligibility

- First responders may be referred by their agency
- Individuals may register themselves
- Payroll/leave status will be determined by the individual agency
- Only cost to agency will be getting the first responder to the training
- Ohio *ASSIST* works with and supports the efforts of CIT/CIRS/CISM/Peer Support teams across the state





Ohio *ASSIST* Program Status

Ohio *ASSIST* has held Six very successful Post Critical Incidents Seminars (PCIS) since March 2017;

- ❖ 165 first responders and support persons have attended at no charge to their agency
- ❖ Next PCIS scheduled for June 2019
- ❖ Three scheduled in 2019 & 2020

Critiques continue to be very positive regarding the program





Training Opportunities

Crisis Awareness (with Addiction Awareness)

- Discusses the possible physical, mental, emotional reactions to a critical or traumatic incident or the cumulative effects of these incidents
- Provides techniques and skills to effectively deal with the effects of trauma in healthy and safe ways
- Addiction Awareness (Optional) provides an awareness level of addiction, with focus on alcohol but also addressing process and other addictions



Training Opportunities

“After the Call”

- Focused towards mid and upper level public safety commanders and administrators
- Discusses what to do in the aftermath of the loss of a co-worker
 - Line of Duty
 - Accidental
 - Suicide
- Not a *“what to do”* but begins the conversation for the command staff to develop plans that can be used when emotion and stress are at their highest levels



Training Opportunities

Suicide Awareness

➤ QPR Course

➤ Question, Persuade and Refer

Trains “Gatekeepers” who have the training and resources to assist co-workers, friends, family and the public

As a QPR-trained Gatekeeper you will learn to:

Recognize the warning signs of suicide

Know how to offer hope

Know how to get help and save a life





A reminder of what Ohio *ASSIST* Is **Not**

- Ohio *ASSIST* **does not** replace or change anything an agency is currently doing in the area of post-critical incident aftercare
- Ohio *ASSIST* **is not** a program specific to one agency or area of safety service
- Ohio *ASSIST* **does not** dictate to any agency how to help its personnel after an incident



Contact Information

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Questions.....

