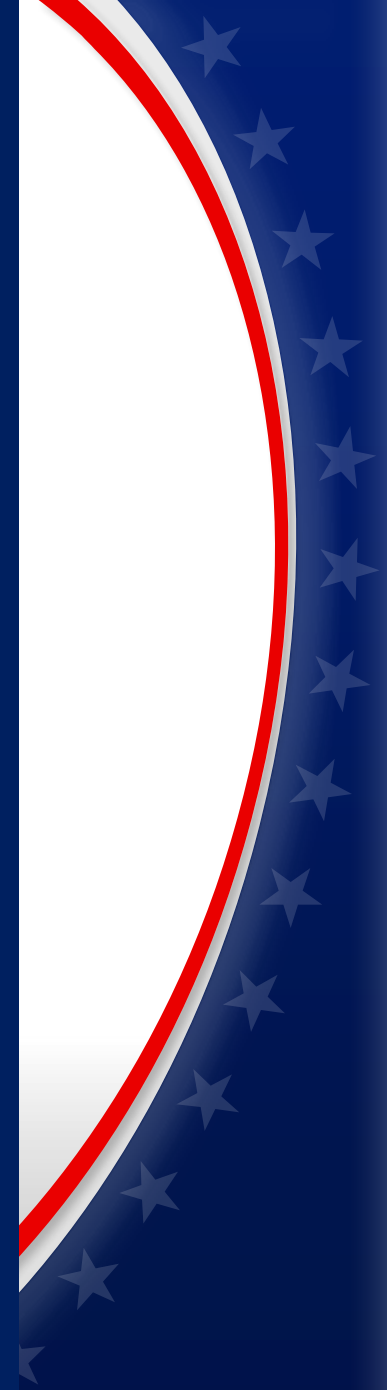


POSTTRAUMATIC STRESS DISORDER

SHERIFF TIMOTHY WHITCOMB
RET.





PTSD

What is it?

- Is a psychiatric disorder that can occur following the experience or witnessing of life-threatening events such as military combat, natural disasters, terrorist incidents, serious accidents, or violent personal assaults like rape.
- Most survivors of trauma return to normal given a little time. However, some people will have stress reactions that do not go away on their own, or may even get worse over time.
- These individuals may develop PTSD.

Military

- Civil War – Soldiers Heart
- WWI – War Neurosis/Shell Shock
- WWII – Combat Fatigue Syndrome
- Vietnam – Posttraumatic Stress Disorder
- Iraq and Afghanistan

Statistics

Mental Health

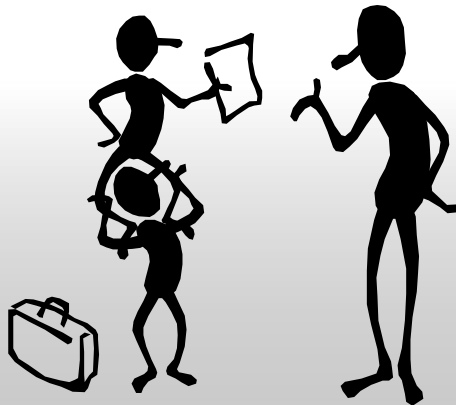
- 50% returning combat vets potentially suffering from PTSD

Veterans Administration

- 13% to 20% returning Vets
- 20% of all suicides in US are Vets
7000 a year
- For every soldier killed in combat
/25 die by suicide

How Do People Get Affected?

- Genetic disposition
- Nature/Nurture 
- Exposure/Classic Conditioning



How Does It Affect Our Population?

- ✓ 60.7% men and 51.2% of women have been exposed to a traumatic event in the US.
- ✓ 90% of citizens of Detroit
- ✓ 7.8% of US population PTSD
- ✓ 9.2% of Detroit
- ✓ 'Postal'

Law Enforcement Stats:

24% Incident Rate of PTSD

Higher incident rates of :

Alcoholism

Divorce

Sleep Disorders

Higher Blood Pressure

Heart Disease

Prescription Drug Abuse

Domestic Violence

Shorter Life Expectancy

Suicide

PTSD

Law Enforcement

Catastrophic Event

Cumulative

How do we prepare?

- BP Vests
- Pepper Spray
- Defensive Tactics
- Weapon Retention
 - EVOC Driving
 - Taser

Officer Wellness Program

- Director of Officer Wellness
- Peer Support Team – Networked
- Wellness Days (families)
- Sabbaticals
- Annual Pulse Checks
- Free App with Wellness Information (TheSheriffApp.com)
- Push Notifications to all staff for all updates
- Therapy Dog Program
- Increasing incentives for PT testing (Gym Memberships)
- Chaplain Program
- Critical Incident Response Team
- Memberships to Public Safety Peer Support Association (PSPSA)
- Resiliency and Self Care Training
- CIT Training for all staff
- Family Support Programs
- Retiree Support Programs
- Employee Sabbaticals
- Recalibration Retreat

PTSD

- Jim Painter
- Matthew Ryan
- Russ Rogers
- Sheriff Dennis John

Sheriff Timothy
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