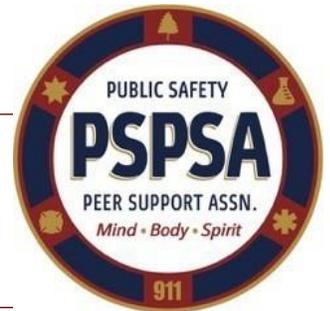


Wellness on the Front Line

PSPSA NEWS

Spring Newsletter 2018

May 2018

*3rd Annual Conference & Exhibit**Registration Now OPEN**October 16-19, 2018**2018 Conference information:
pspsa.org/training-calendar/**Wellness on the Front Line for Public Safety Peer Support****Exciting News: J.R. Martinez, U.S. Army Veteran & Winner of ABC's "Dancing with the Stars", Actor & Best-Selling Author***

Jose Rene "J.R." Martinez is an American actor, author, motivational speaker, and retired U.S. Army soldier. In March of 2003, Martinez was deployed to Iraq. In April he sustained severe burns to over 34 percent of his body when his humvee hit a roadside bomb. Since his recovery, Martinez has since become a highly sought-after motivational speaker. He has traveled around the country speaking about his experiences to corporations, veterans groups, schools and other organizations. Martinez began his acting career on the Emmy Award winning daytime drama All My Children. Since then he's appeared on numerous television shows. Many remember best him as the season 13 champion on Dancing with the Stars. He is the author of the New York Times bestseller "Full of Heart: My Story of Survival, Strength, and Spirit". Martinez serves as a spokesperson for Operation Finally Home, as well as for the Phoenix Society for Burn Survivors, and Glasswing International.

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Conference Location

Paradise  Point
San Diego's Island Resort
A DESTINATION® HOTEL

1404 Vacation Rd
San Diego, CA 92109

Please contact the Reservation Desk at 800-344-2626 for more information.

[GET DIRECTIONS](#)





First Responders and Substance Abuses

Society relies on first responders, including police, Emergency Medical Technicians (EMTs), and firefighters, for safety on a daily basis. First responders are exposed to a unique combination of stressors that may place them at an increased risk of developing PTSD and substance use disorders compared to the general public.¹ It is especially difficult to obtain statistics on addiction among first responders due to the stigma surrounding substance abuse among this population.¹

www.detox.net/first-responders/

A Hidden Epidemic Among Firefighters and First Responders

The rate of suicide among firefighters, paramedics, law enforcement officers, military, trauma workers and other first responders is steady on the rise. First responders experience the worst stress and trauma daily, which often affects their mental health over time. Although our first responders are highly trained to handle chaos on the scene, the constant exposure to horrific images from bodily injuries, violence, personal threats, accidents, fires, destruction and death can take its toll.



www.transformationstreatment.center/addiction-treatment/a-hidden-epidemic-among-firefighters-and-first-responders/

Law Enforcement Officer Suicide



Suicide is a significant public health problem that touches people from all backgrounds. The statistics are staggering: In 2010, more than 38,000 people died by suicide;¹ and in 2011, more than 1 million adults reported making a suicide attempt and more than 8 million adults seriously thought about attempting suicide. The impact of suicide is far-reaching emotionally and economically, affecting families, friends, coworkers, and many others.

https://cops.usdoj.gov/html/dispatch/06-2014/preventing_officer_suicide.asp

Why Families of First Responders Are the Silent Victims



Our partners worry about us, even when they tell us they don't.

Jan 24, 2016

I come from a short line of first responders. My father was, and still is, a serving member of a fire department. I've recently retired due to life circumstances; however, the "fire" hasn't died in me yet! I thought that the 4 a.m. tones and my dad being gone for long periods of time without explanation were normal. So, I didn't think of my significant other much with regards to the impact this had on her when she came into my life

<https://www.firerescue1.com/health/articles/134840018-Why-families-of-first-responders-are-the-silent-victims/>

First Responder Issues



First responders are the individuals who respond to emergency situations in order to provide assistance: police officers, paramedics, firefighters, emergency dispatchers, and military health care workers. They frequently face potentially dangerous and even traumatic situations and thus may be susceptible to a wide range of medical and mental health issues.

The support of a mental health professional can help first responders address posttraumatic stress, anxiety, and depression, as well as any other

challenges they may face.

https://www.goodtherapy.org/simpleview.html?simpleview_topic=first-responder-issues

IF YOU NEED HELP

<https://www.iaffrecoverycenter.com>



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for Behavioral Health
Treatment and Recovery**

