



## ***Plymouth County Sheriff's Office***

### **PLYMOUTH COUNTY SHERIFF'S PEER SUPPORT TEAM**

A typical law enforcement officer endures more trauma in a short amount of time than most people will experience in a lifetime. It's important to properly acknowledge this fact. All stress can have a significant and cumulative negative impact.

These are some examples of significant stress factors, typically considered a critical incident in which debriefings and services are highly recommended:

- Line of duty death
- Suicide of a law enforcement officer
- Multi-casualty incident and/or disaster
- Significant event involving children
- Knowing the victim (family member, close friend, or other significant relationship)
- Serious line of duty injury
- Police shooting w/ injury or death (discharge w/o injury warrants defusing)
- Excessive media attention
- Prolonged incident with loss
- Any other significant event

**TEXT OR CALL ANYTIME FOR A  
CONFIDENTIAL RESPONSE**

**1 (844) USE-CISM**



## ***Plymouth County Sheriff's Office***

### **PCSD PEER SUPPORT TEAM MEMBERS BY SHIFT**

#### **6-2**

Greg Theran

#### **7-3**

Nichole Bradley  
Brian Rhodes  
John Franzen  
John Briscoe  
Ron Ehnes  
Josh Jaeger  
Joe Proctor  
Deanna Haley

#### **8-4**

Dennis Desroches  
Jim Creed

#### **3-11**

Nicole Proctor  
Jason Pateline  
Justin Ehnes

#### **4-12**

Jason Dernier  
Tammy Firth

#### **11-7**

Pat Freire  
Rebecca Mccollum

#### **Mid-8**

John Ponte

**WHEN A BROTHER OR SISTER OFFICER  
IS STRUGGLING THERE IS  
A PLACE TO CALL 24/7**

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### **PLYMOUTH COUNTY SHERIFF'S PEER SUPPORT TEAM**

The Plymouth County Sheriff's Department Peer Support Team is proudly affiliated with the SEMLEC CISM stress management team.

Which, is composed of correction officers, deputy sheriffs, police officers, clinicians & clergy from throughout Southeastern Massachusetts.

All team members are trained specifically in crisis intervention and peer support services.

Confidential referral to affiliated clinicians specializing in critical incident response

- Law enforcement specific programs and facilities
- Confidential One on one Peer Support
- Individual & Group Critical Incident Defusings & Debriefings
- Referrals/guidance for alcohol/substance use

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## THINGS TO TRY WITHIN THE FIRST 24-48 HRS:

- Appropriate physical exercise, alternated w/relaxation will alleviate some physical symptoms
- Structure your time; keep busy
- You're having a normal reaction to an abnormal situation-don't label yourself as crazy or abnormal for your reaction *or lack of* a typical reaction. Everyone deals differently!
- Talk to people; talk is the most healing medicine
- Be aware of numbing the pain with overuse of drugs or alcohol-you don't need to complicate this with a substance abuse problem
- Maintain as normal a schedule as possible
- Spend time with others
- Help your co-workers as much as possible by sharing thoughts and checking on how they are doing
- Realize that those around you are under stress
- Give yourself permission to feel rotten and share how you are feeling with others
- Keep a journal; write your way through sleepless hours
- Do things that feel good to you
- Don't make any big life changes
- Make as many daily decisions as possible that will give you a feeling of control over your life
- Eat regular well-balanced meals (even if you don't feel like it.)
- Get plenty of rest ! Your body and mind heals while it is at rest!
- Don't try to fight recurring thoughts, dreams, or flashbacks-they are normal and will decrease over time and become less painful
- Reach out; people do care!

### FAMILY MEMBERS & FRIENDS:

- Listen carefully and spend time with the traumatized person
- Don't take anger or other feelings personally
- Reassure them that they are safe
- Offer assistance with everyday tasks
- Give them some private time
- Don't tell them they're "lucky it wasn't worse;" a traumatized person is not consoled by those statements. Instead tell them you're sorry this happened and you want to understand and assist them.

## CRITICAL INCIDENT STRESS INFORMATION

You have experienced a traumatic event or a critical incident (any event that causes unusually strong emotional reactions that have the potential to interfere with the ability to function normally.) Even though the event may be over, you may now be experiencing or may later experience, some strong emotional or physical reactions. It's very common, in fact quite normal, for people to experience emotional aftershocks when they have passed through a horrible event. Sometimes the emotional aftershocks (or stress reactions) appear immediately after the traumatic event, or a few hours or days later. In some cases, weeks or months may pass before the stress reactions appear.

Signs and symptoms of a stress reaction may last a few days, weeks, months or longer depending on the severity of the traumatic event. The understanding and support of loved ones usually cause the stress reactions to pass more quickly. Occasionally, the traumatic event is so painful that professional assistance may be necessary. This does not imply craziness or weakness. It simply indicates that some assistance may help overcome the event. These are some common signs and signals of a stress reaction:

### **Physical\*\*\***

*chills  
thirst  
fatigue  
nausea  
fainting  
twitches  
vomiting  
dizziness  
weakness  
chest pain  
headaches  
elevated BP  
rapid heart rate  
muscle tremors  
shock symptoms  
teeth grinding  
visual difficulties  
breathing difficulties  
profuse sweating*

### **Cognitive**

*confusion  
nightmares  
uncertainty  
hypervigilance  
suspiciousness  
intrusive images  
blaming someone  
poor problem-solving  
poor abstract thinking  
poor attention/decisions  
poor concentration  
heightened alertness  
lowered alertness  
difficulty ID people  
difficulty ID objects  
increased or decreased  
awareness of surroundings*

### **Emotional**

*fear  
guilt  
grief  
panic  
denial  
anxiety  
agitation  
irritability  
depression  
intense anger  
apprehension  
emotional shock  
emotional outbursts  
feeling overwhelmed  
loss of emotional control  
inappropriate emotional responses*

### **Behavioral**

*withdrawal  
anti-social acts  
inability to rest  
intensified pacing  
erratic movements  
change in social activity  
change in speech patterns  
loss/increase in appetite  
hyper alertness  
increased alcohol use  
change in communication*

**\*\*\*Any of these may indicate the need for medical evaluation. When in doubt, contact a physician.**

**If you are feeling suicidal, we cannot urge you enough to seek help immediately. Confidential resources are available designed specifically for law enforcement for a variety of circumstances or needs.**

**TEXT OR CALL THE SEMLEC CRITICAL INCIDENT SUPPORT TEAM 24 HOURS CONFIDENTIAL RESPONSE  
1 (844) USE-CISM**