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A Note from Liz & Arlo #2



Liz and Arlo thinking of you every day with gratitude and hope.

Do you know that First Responders are more likely to die by suicide than in the line of duty? (Ruderman White paper, 2018).

Happy Veterans Day to all of our heroes that are still with us and to those who have made the ultimate sacrifice. It is because of you all that we are the land of the free!

If there is ever a time when first responders experience significant trauma, it's definitely when they lose a fellow first responder in the line of duty. They know the risks that come with doing the job, however it still can never prepare one for the loss and the significant pain it brings to the families, friends, co-workers, and community of the fallen hero.

Last week there was a police officer that was gunned down while he was working and conducting a traffic stop. He was shot multiple times by one of the passengers in the vehicle with a high-powered weapon (machine gun style). The loss and pain is felt by every other officer, whether you knew the deceased officer or not. With heavy hearts officers feel sympathy and empathy for his family. One of the things that people don't realize is that aside from the loss, trauma is experienced by fellow officers, EMT's/Fire personnel, dispatchers (that handled the radio transmissions), detectives, forensic officers (that collect evidence and take pictures) leaving lasting final images of their colleague. No matter how many times first responders have witnessed such horrid events, it doesn't make it easier to experience especially with one of their own. It's adding to the already existing load of trauma that they have piled up, with a higher likelihood of experiencing crises if not processed and dealt with.

Critical incident debriefings are a way for agencies to aid their members with incidents such as this to help them process what has occurred, provide the knowledge of things they may be experiencing after the fact, and what resources are available for those that may need further assistance or care. This is one healthy option to provide self-care and be able to move forward after a critical incident and avoid the likelihood of future crisis.

Arlo and I were at the Wheeling Police Department last week presented our ILETSB approved course listed in the Northeast Multi- Regional Training (NEMRT) Catalog. We presented Suicides in LE: A Proactive Approach to Recognizing Signs and Symptoms. Thank you to Chief James Dunne and Deputy Chief Al Steffen for hosting and your hospitality. Thank you to all of the officers who attended and to your agencies for the support in receiving this training.

Resilient Heroes would like to encourage you to please share our work and mission with others who support first responders and military personnel. Please visit our website www.resilient-heroes.com and subscribe to our newsletter. Contact Liz Pol (founder) scheduling Psychoeducation training for your agency or organization. We are also looking for volunteers to help with our mission efforts, as well as grant writers as we navigate through grant funding opportunities.

You can also visit our website to support our efforts with a one time or monthly donation. Thank you to those that have donated and supported our efforts, without you we are not able to make a difference and save lives! Resilient Heroes is a 501c3 tax exempt Not for Profit Federal Tax ID #93-1902230 All contributions are tax deductible to the extent allowable by the law.

Thank you!

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