

The image features two thick black L-shaped brackets. One is positioned in the top-left corner, and the other is in the bottom-right corner. They are oriented towards each other, framing the central text.

**MENTAL WELLNESS  
TEAM**

# Multidisciplinary Approach

- Cpt. Nicole Waldner
- Lt. Carolyn Birch
- Dr. Heather Kersten- In house psychologist
- Dr. Emily Jirikowic- psychologist
- Chaplain George Papachristou
- PO Ryan Rediske – Early Intervention Program Coordinator
- PO Kai Anderson – Physical Wellness Coordinator
- Louise Schaefer – Intern therapist
- Rachael Critchlow – Intern therapist
- Selected Peers

# 2019 Statistics

- Critical Incident Debriefs
  - 13
- Maintenance Debriefs- Debriefs conducted annually for specific work locations
  - 21
- Incident Specific/Requested Debriefs
  - 9
- Mandated 1:1s
  - 21 Members
- Voluntary 1:1s
  - 237 Members

# Roles & Responsibilities

- Mandated Clinical Contacts
- Voluntary Clinical Contacts
  - *All Members of MPD*
- Debriefings
  - *Incident Specific*
  - *Maintenance*
- 50% of Time is Crisis Intervention
- No Fitness for Duty or Duty Disability
- Trainings
  - *In Service*
  - *New Supervisor*
  - *CIT*
- Participate in Citizen's Academy
- Face Time
  - *Visits & "Feeds"*
- Privilege vs. Confidentiality

# Benefits



Physical/Mental  
Health Needs Specific  
to First Responders



Preventive Measures



Fostering Relationship  
with Community



Psychoeducation



# CISM Model

## Critical Incident Stress Management Seven Phase Intervention

1. *Introduction*
2. *Facts*
3. *Thoughts*
4. *Reactions*
5. *Symptoms*
6. *Teaching*
7. *Re-Entry*