



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*