

CRISIS INTERVENTION TEAM TRAINING
BEXAR COUNTY SHERIFF'S OFFICE

PTSD: Post Traumatic Stress Disorder/ VA

INSTRUCTORS:

Objective:

What is ASD & PTSD?

What causes it?

Who gets it?

Recognition of the signs and symptoms.

Explored statistics.

Positive steps of resistance.

Grounding communication techniques.

Knowing does not limit your Use of Force options.

What is it?

A type of anxiety disorder that is triggered by:

Having a confrontation in or being a witness to an extremely traumatic event.

Events that involve actual or threatened death or serious injury, or a threat to the physical integrity of self or others"

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The History of PTSD

Soldiers Heart

Evolved to describe soldiers from Civil War

Combat Fatigue /

Described soldiers from WWI

Shell Shock

Battle fatigue / gross stress reaction

Described soldiers from VN, later evolved to PTSD in the 1980's

Traumatic Stress Neurosis

Described soldiers from WWII

What does not cause PTSD?

No people of a certain age or from a certain social or economic or ethnic background!

ANYONE CAN BE AFFECTED BY PTSD !

What Causes PTSD?

“Experiencing by : witnessing, or confrontation with an event or events that involve actual or threatened death or serious injury, or a threat to the physical integrity of self or others”

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What causes PTSD?

Witnessing what? Most commonly R

Death or Injuries

Exposure to combat

Aggravated assaults

Natural disasters

People at Risk for Developing PTSD

First responders

Diagnosis of life threatening illness

People at Risk for Developing PTSD

According to the National Institute of Mental Health, the traumatic events most often associated with PTSD for *men* are rape, combat exposure, childhood neglect and physical abuse.

The most traumatic events for *women* are rape, sexual molestation, physical attack, being threatened with a weapon, and childhood physical abuse.

Facts about ASD and PTSD

ASD (Acute Stress Disorder) is diagnosed between 2 days and 4 weeks after exposure

ASD must show evidence of dissociative symptoms (hard time remembering, zoned out, world seems unreal)

PTSD is an anxiety disorder and is diagnosed 4 weeks after exposure

Not all who experience ASD will develop PTSD

ASD symptoms are common after exposure

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Only 1/3 of those with ASD will develop PTSD

Some will develop PTSD months or years later even without ASD

Statistics

70% of adults have experienced a trauma; 20% or so will develop PTSD (80% will not)

Approx 8% or 1 in 13 people will develop ASD in their lifetime

Estimated 5% of population (13 million) will have PTSD at some point in their lives

Statistics Continued...

Rape (49 %)

Severe beating or physical assault (31.9 %)

Other sexual assault (23.7 %)

Serious accident or injury; for example, car or train accident (16.8 %)

Shooting or stabbing (15.4 %)

Sudden, unexpected death of family member or friend (14.3 %)

Child's life-threatening illness (10.4 %)

Witness to killing or serious injury (7.3 %)

Natural disaster (3.8 %)

Iraq War PTSD Statistics:

While less than 10 % of the general population will develop post-traumatic stress syndrome

one in six soldiers returning from Iraq suffer from it.

National Center reports 24%

Enlisted men are twice as likely than military officers to report PTSD.

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American women serving in Iraq / Afghanistan tend to suffer from more severe and debilitating forms of PTSD.

<http://www.psychiatric-disorders.com>

Consider the "Battle mind" Mindset

Battle mind is the Warrior's inner strength to face fear and adversity in combat with courage. Key components include:

Self-confidence

- Take calculated risks
- Handle challenges

Mental toughness

- Overcome obstacles or setbacks
- Maintain positive thoughts during times of adversity and challenge

Battlemind = 's Combat Skills

Accountability

Buddies (Cohesion)

Targeted Aggression

Tactical Awareness

Lethally Armed

Emotional Control

Mission Operational Security

Individual Responsibility

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Non-Defensive (Combat) Driving

Discipline and Ordering

Hyper Sense of Justice

Black and White Thinking

Polarized Feelings toward Authority

Distorted views of "Right and Wrong"

Wrong = failure, shame, and defeat which may be expressed through anger and belligerence.

Sense of responsibility for what is "Just and Fair".

Sense of Entitlement

Perception of Infallibility

Views disrespect as a challenge (#1 Trigger for confrontation).

Will often immediately push a boundary.

Will likely transfer their sense of entitlement to authority figures who they deem "good"

Exaggerated Response to Triggers

Stress your sense of duty (Sets Boundaries).

Recognize their service

Identify with Vet if applicable

Consider voice Intonation

Body Language, a veteran will imitate and amplify anxious or angry body language.

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Co Morbid Factors

More than PTSD

Cognitive Delay

Hearing problems

Hostile Affect

Paranoia

Depression

Anxiety

Unidentifiable physical handicap

Symptoms

PTSD is characterized by three (3) primary symptoms

Re-Experiencing

Avoidance

Increased Arousal / Hyper-vigilance

Some nervous system arousal symptoms that were not present before trauma

Survival mode (red)

Sleep

Anger

Concentration

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Symptoms must last at least one month and cause significant distress in social, occupational, or other areas of functioning.

Associated Symptoms

Depression

Despair and hopelessness

Challenging ones core beliefs (safety, trust, power/control, esteem & intimacy)

Aggressive behavior

Associated Symptoms

(Secondary Emotions)

Self-blame, guilt, or shame Discord in relationships

Social isolation

Physical health problems

Alcohol and drug abuse

Prevention

Talk

Relax daily

Eat healthy, exercise

Stay socially involved

Pre-exposure to trauma

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Limit alcohol

Limit caffeine & nicotine intake

Manage your time

Practice sleep hygiene

Do fun activities

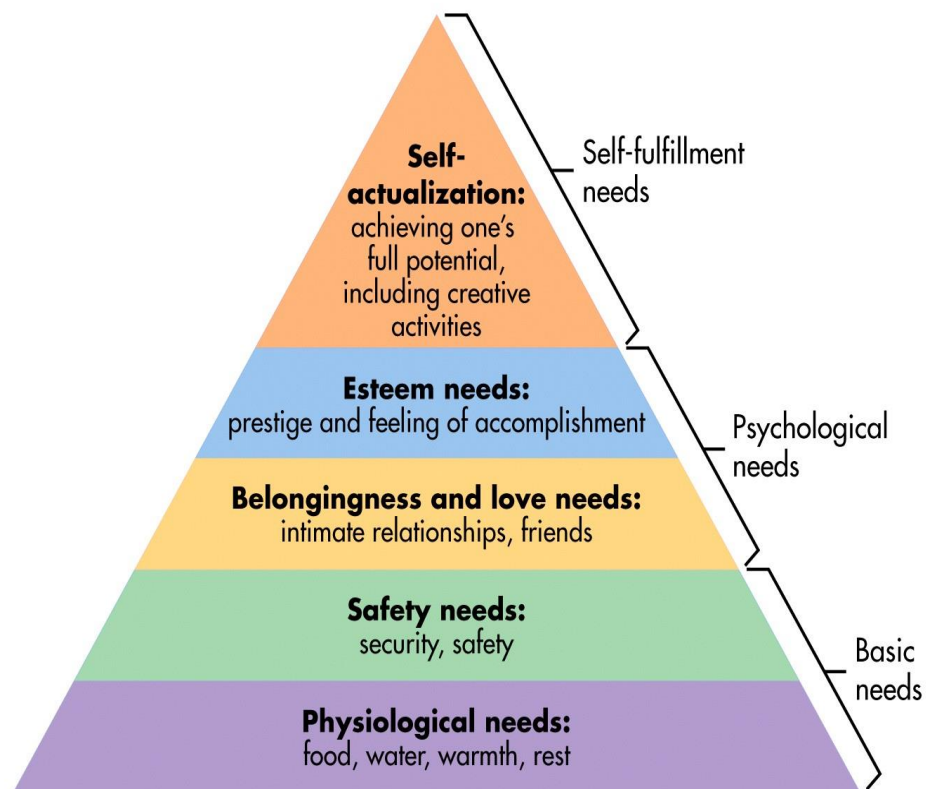
Primary Symptoms Encountered by Law Enforcement

Hyper-vigilance

Dissociation

Five Key Issues

1. Safety
2. Trust
3. Power and Control
4. Intimacy
5. Esteem



Techniques

Grounding Techniques

Where are you?

Who are you?

Building Rapport

Empower

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Warning:

APPROACH WITH CAUTION!!

Questions/Comments?

In Summary

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Resources

www.ptsd.va.gov

www.mental-health-today.com/ptsd/resources.htm

<http://www.qiftfromwithin.org/>

<http://www.nlm.nih.gov/medlineplus/posttraumaticstressdisorder.html>

Any Questions?

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