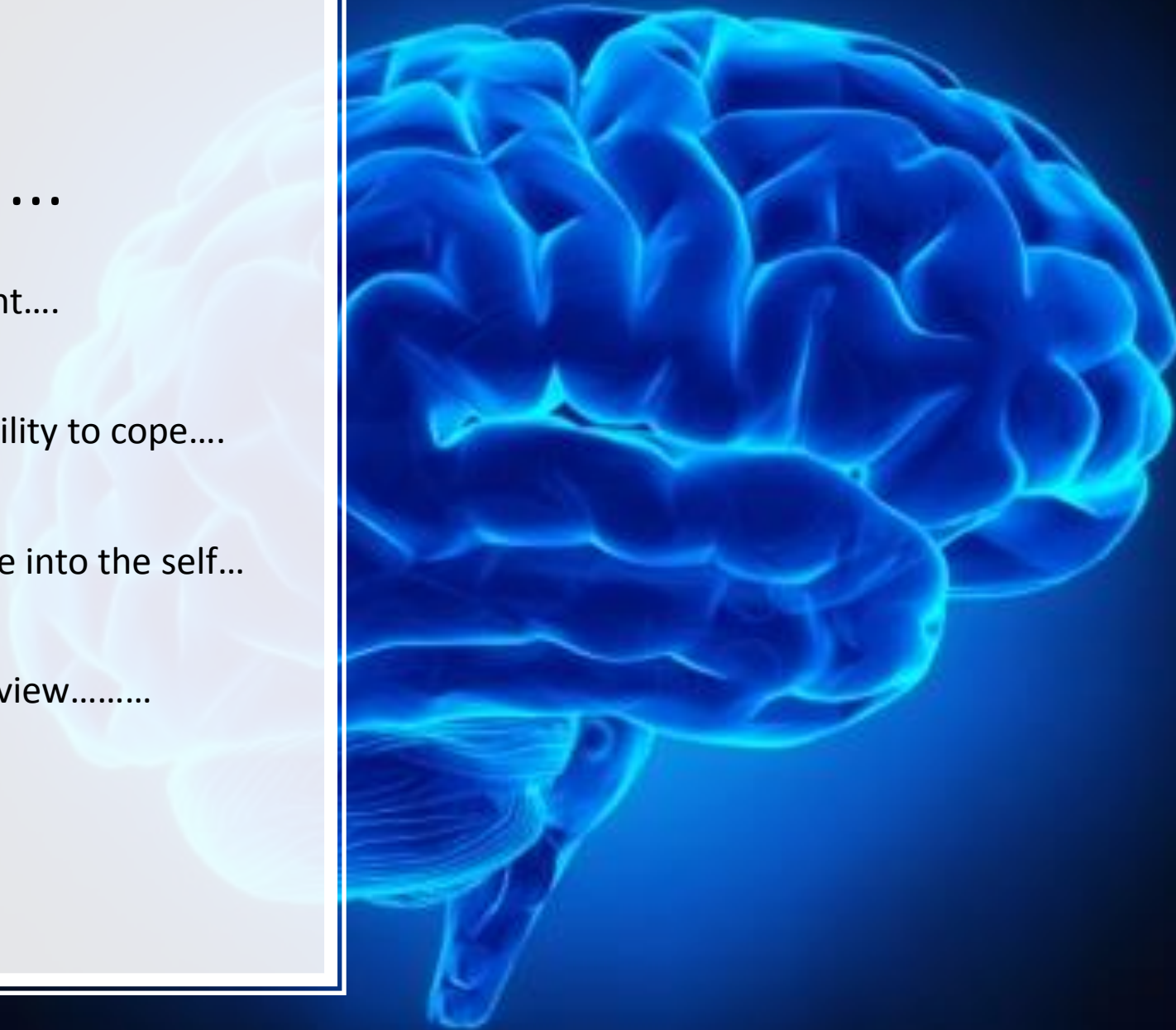
The background features a blue-tinted illustration of a human brain. On the right side, there is a detailed, glowing red neuron with a central cell body and several branching processes. The overall aesthetic is scientific and digital.

What is PTSD (Trauma)

Why Bill H-197 is Important

Trauma happens.....

- Exposure to an event....
- Overwhelms our ability to cope....
- Difficult to integrate into the self...
- Changes our world view.....



Risk of PTSD

- Although lifetime risk for exposure to Traumatic event is extremely high (60% - 90%, Breslau et al., 1998; Kessler, Sonnega, Bromet, Hughes, & Nelson, 1995), **the prevalence of PTSD is relatively low.**
- Approximately **8% of individuals** in the National Comorbidity Survey had PTSD at some point across the lifespan, indexed to an event rated as "the most traumatic" (Kessler et al., 1995).



Repeated Exposure

H-197



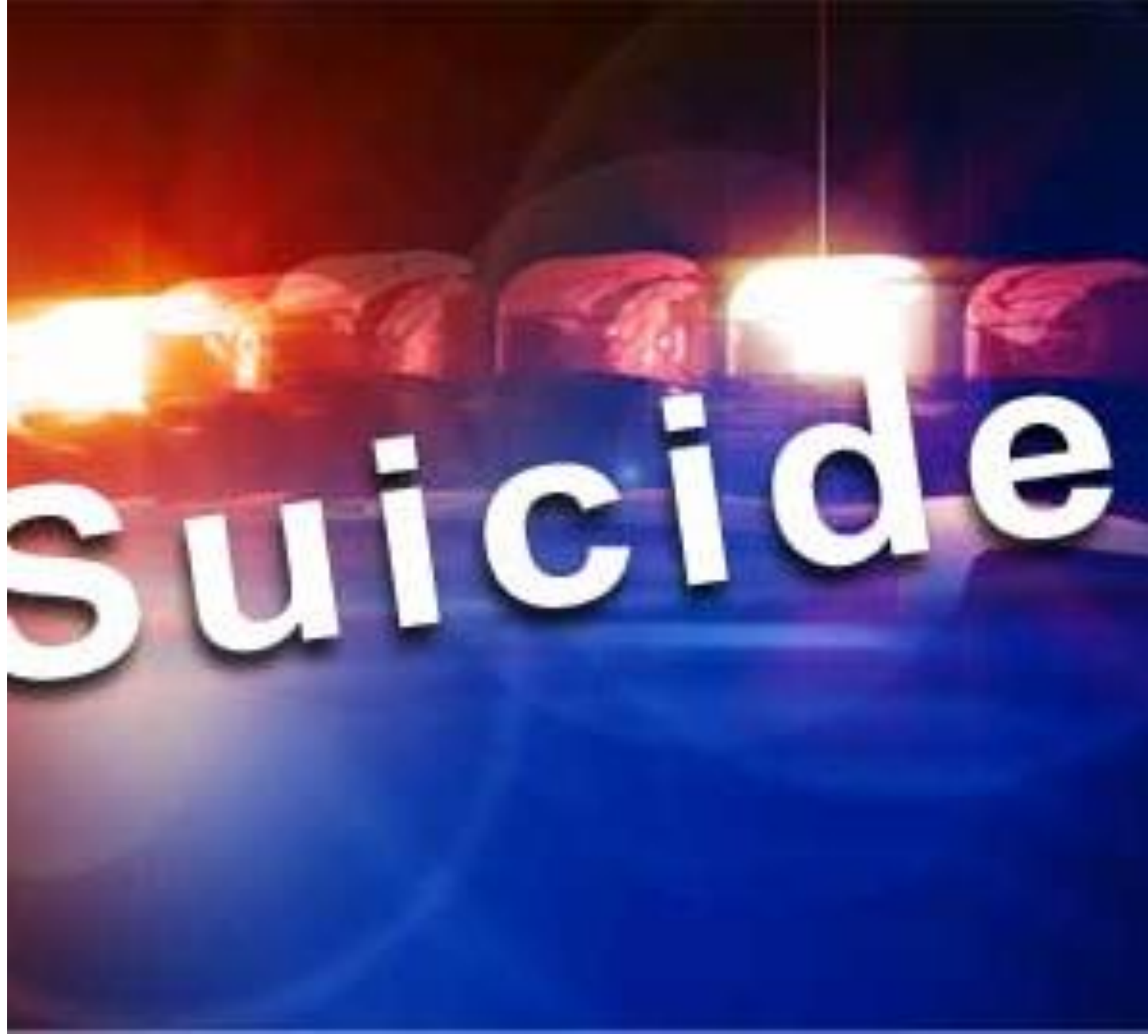
18%

PTSD in Law
Enforcement



Police Suicide

- 2008 – 141 Suicides
 - 2009 – 143 Suicides
 - 2012 – 126 Suicides
 - 2016 – 108 Suicides
-
- 52% Higher / Gen Public



A firefighter in full gear is sitting on the ground, looking down with a distressed expression. The firefighter is wearing a dark jacket with reflective yellow stripes and a red fire helmet. The background is dark and blurry, suggesting an emergency scene at night.

7% - 36%

PTSD in the Fire Service



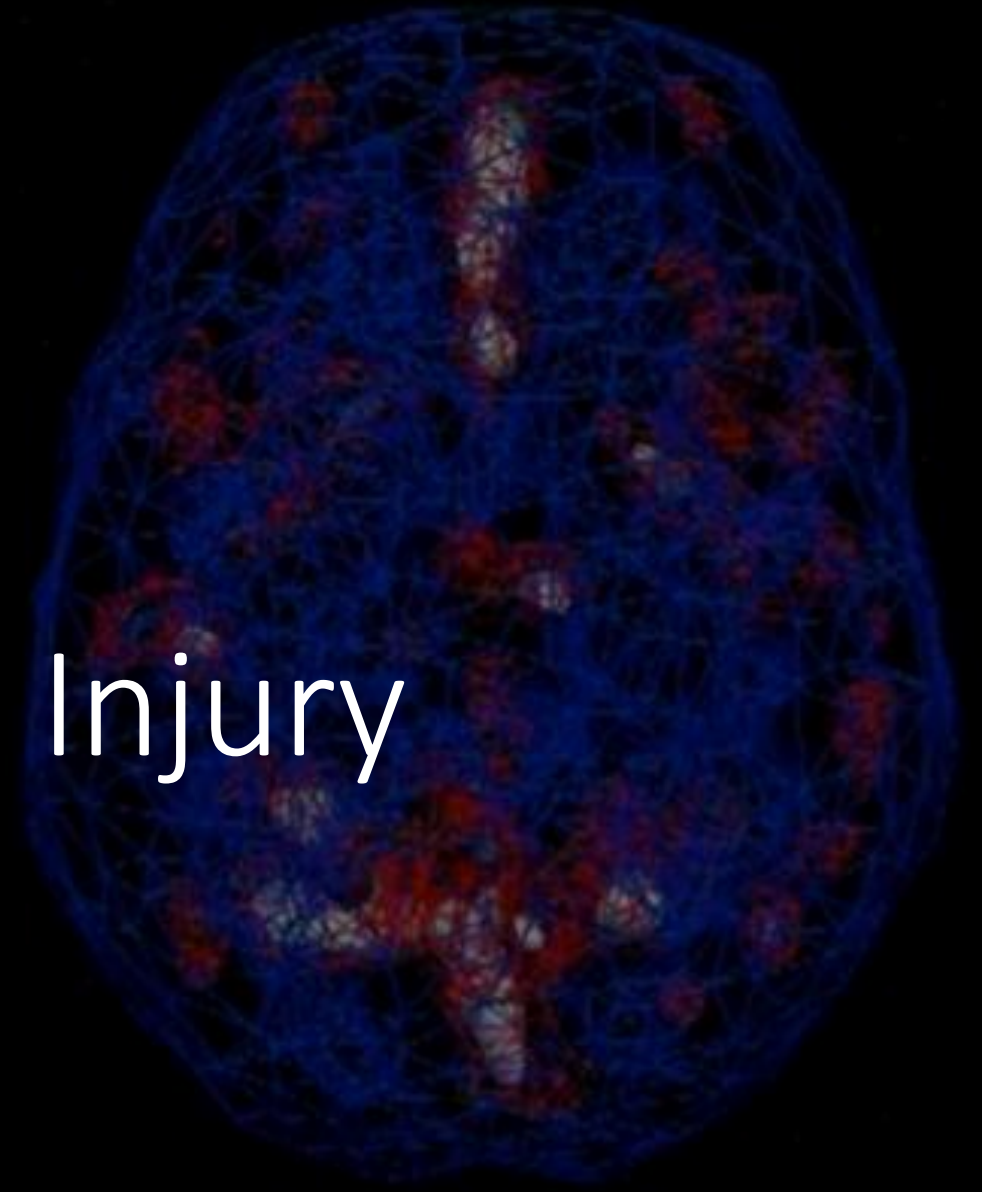
Diagnosis

Fear around H-197



Healthy Brain

Trauma is an Injury



PTSD

Criteria for PTSD

- Exposure to an Event
 - Actual or threatened (death, serious injury, or sexual violence)
 - Witnessed
 - Learned of....

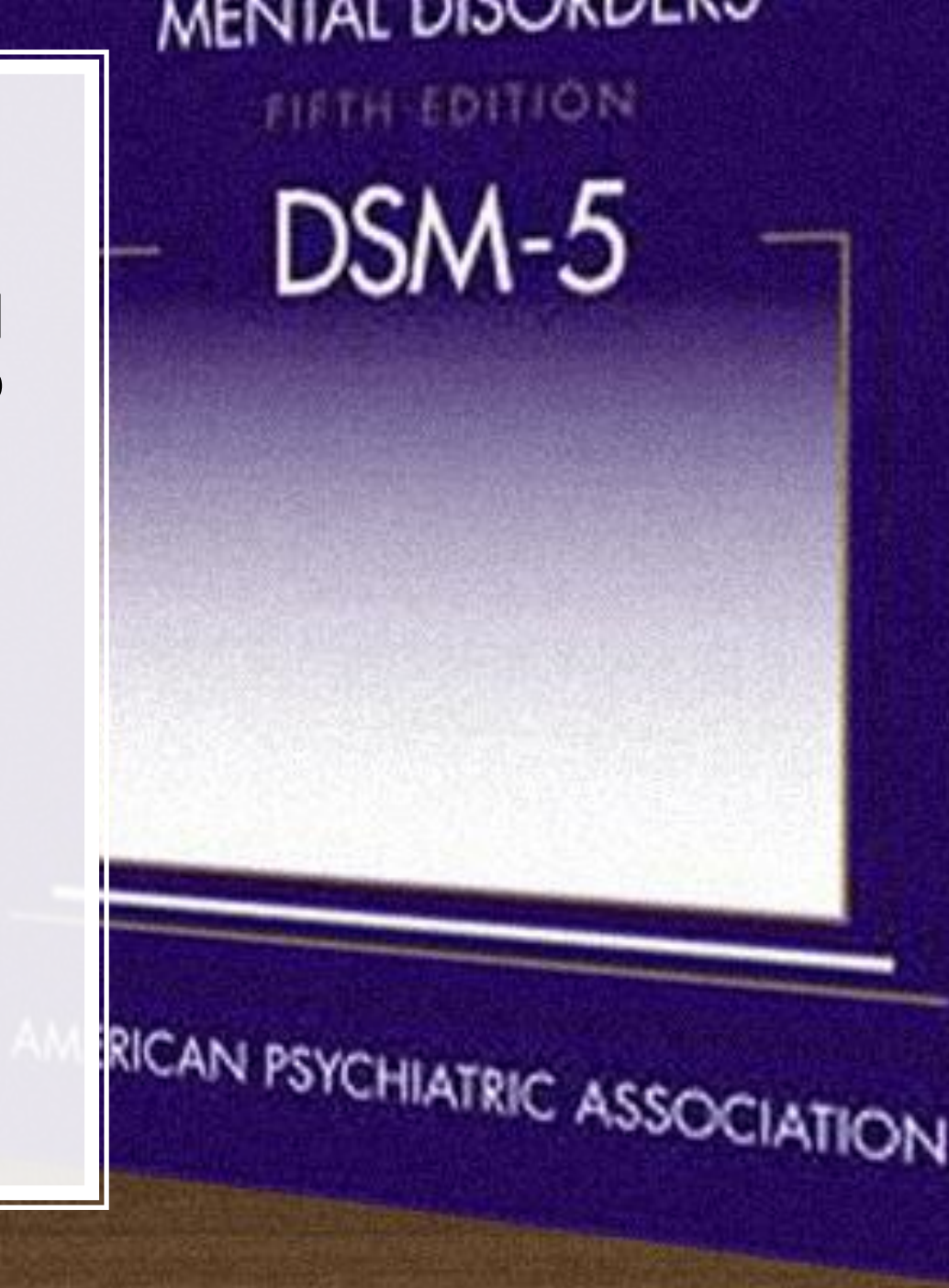
DIAGNOSTIC AND STATISTICAL
MANUAL OF
MENTAL DISORDERS
FIFTH EDITION

DSM-5

AMERICAN PSYCHIATRIC ASSOCIATION

Criterion A4:

- “Experiencing repeated or extreme exposure to the traumatic event.”
- (I.e., FR collecting human remains;
- Police Officers repeatedly exposed to the Details of Child Abuse Cases).
- Work related Exposure



Criterion A (one required):

Exposer to: death, threatened death, actual or threatened serious injury, or actual or threatened sexual violence, in the following way(s):

- Direct exposure
- Witnessing the trauma
- Learning that a relative or close friend was exposed to a trauma
- Indirect exposure to aversive details of the trauma, usually in the course of professional duties (e.g., first responders, medics)

Criterion B (one required):

The traumatic event is persistently reexperienced, in the following way(s):

- Intrusive thoughts
- Nightmares
- Flashbacks
- Emotional distress after exposure to traumatic reminders
- Physical reactivity after exposure to traumatic reminders

Criterion C (one required):

Avoidance of trauma-related stimuli after the trauma, in the following way(s):

- Trauma-related thoughts or feelings
- Trauma-related reminders

Criterion D (two required): Negative thoughts or feelings that began or worsened after the trauma, in the following way(s):

- Inability to recall key features of the trauma
- Overly negative thoughts and assumptions about oneself or the world
- Exaggerated blame of self or others for causing the trauma
- Negative affect
- Decreased interest in activities
- Feeling isolated
- Difficulty experiencing positive affect

Criterion E (two required): Trauma-related arousal and reactivity that began or worsened after the trauma, in the following way(s):

- Irritability or aggression
- Risky or destructive behavior
- Hypervigilance
- Heightened startle reaction
- Difficulty concentrating
- Difficulty sleeping

Criterion F (required): Symptoms last for more than 1 month.

Criterion G (required): Symptoms create distress or functional impairment (e.g., social, occupational).

Criterion H (required): Symptoms are not due to medication, substance use, or other illness

H-197

The Importance of Early
Intervention and
Treatment



For Treatment....

- Need to Feel Safe
- Grounded
- Ability to Process the Event



Effective Modalities

- CBT- Cognitive Behavior Therapy
- Exposure Therapy
- EMDR- Eye Movement Desensitization Reprocessing

SCARTRY





Cost Analyst

Treatment v. Separation from Service

Treatment

- To Treat an Officer
- 2 Months of Therapy

• - \$ 8 – 10K

• **Total Cost:** **\$10,000**

Separation from Service

- Replace a Police Officer
- 8 Months Salary - \$33,000
- 8 months Benefits – \$13,300
- 8 months OT at 150% - \$49,500

• **Total cost:** **\$95,800**