IAFF Behavioral Health Program

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Assistant to the General President for Health, Safety and Medicine

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Fire Fighter Quarterly

Winter 2015

Bringing PTSD Out Of the Shadows

- Recognizing Signs and Symptoms
- Fighting the Stigma
- Getting Help
What the Research Says

- Approximately 22% of firefighters will meet criteria for PTSD during their career.

- Between 7-11% of fire fighters suffer from clinical depression.

- In one FEMA study, 50% of fire fighters report binge drinking in past month.

- Individuals with PTSD are six times more likely to attempt suicide.
What are IAFF Members Telling Us?

- NBC collaborated with the IAFF on a nationwide survey
- Explored behavioral health concerns in the fire service
- Nearly 7,000 IAFF members responded

Video link on the NBC study: https://youtu.be/80K7usDs_8k
Utilization of Behavioral Health Services

- Despite high rates of stress, 71% have not used EAP
- Of those that have used EAP, 64% found it not helpful
- While most have participated in CISM, 51% found it unhelpful
- Behavioral health awareness education is lacking, 78% received none
- Training on behavioral health services available through department is lacking, 51% have received none

81% fear they will be seen as weak or unfit for duty
The Fire Service Joint Labor Management Wellness-Fitness Initiative

FOURTH EDITION

Cost Justification

Rehab
Medical
Behavioral
Data
Fitness

Implementation

INTERNATIONAL ASSOCIATION OF FIRE FIGHTERS
What is the IAFF doing in Behavioral Health?

- IAFF Online Behavioral Health Awareness Course
- IAFF Peer Support Training Program
- Disaster, Suicide, and LODD Deployments
- Education, Technical and Legislative Assistance
- IAFF Center of Excellence in Behavioral Health Treatment and Recovery
- Revising NFPA 1500 and NFPA 1582 Standards
- IAFF Peer Support Disaster Response Training
- IAFF Resiliency Training

INTERNATIONAL ASSOCIATION OF FIRE FIGHTERS
Peer Support: Another Bridge to Help

What is Peer Support?

- One fire fighter helping another fire fighter
- Peers are educated on critical behavioral health problems that impact the fire service
- Peers are trained to use active listening, assessment, and crisis intervention skills
- Peers provide a trusted bridge to services
- One more tool in the toolbox
Why do peer support teams need a clinician?

Peer support teams should not function without clinical oversight. A good clinician will play a variety of critical roles:

- Provide ongoing clinical supervision to peer teams
- Provide periodic education on relevant behavioral health topics
- Help vet other local clinicians and treatment facilities
- Review relevant standard operating procedures (SOPs)
- Accept client referrals from trained peers
IAFF Peer Support Training

- 39 IAFF Master Instructors
- 148 classes delivered
- 3,902+ people trained
- Members from 720 locals
- 2019: On pace for 100 classes this year

Number of People Trained

<table>
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<tr>
<th>Year</th>
<th>Number of People Trained</th>
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<td>2016</td>
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<td>2017</td>
<td>1158</td>
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<tr>
<td>2018</td>
<td>1692</td>
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Screening a Clinician

- Clinician Must Haves
- Understand fire service culture
- Embrace the peer support model
- Trained in evidence based practices
- Be accessible

(See guide at [http://www.iaff.org/behavioralhealth](http://www.iaff.org/behavioralhealth))
IAFF Center of Excellence

for Behavioral Health
Treatment and Recovery

an advanced approach to patient care
IAFF Behavioral Health Part 2

July 2017
100th Admission

September 2017
Hired 2nd Behavioral Health Specialist

October 2017
Elimination of Mental Health Restrictions

December 2017
200th Admission

May 2019
Total Treated: 750

August 2017
JACHO

January 2018
Grant Funded: Resiliency Crisis Response
The IAFF Center of Excellence

Fire Fighters experience a range of behavioral health problems, not only PTSD.

Total Members Treated at the IAFF Center of Excellence to Date: 750

PTSD = 283

Other Clinical Issues
- Major Depressive Disorder
- Bipolar Disorder
- Substance Use Disorder
- Social Anxiety Disorder
- Personality disorders
- Other compulsive behaviors

Admissions as of 5/15/19
Expanding IAFF Behavioral Health Training

- IAFF Resiliency Training - Available Fall 2019
- IAFF Disaster Response Peer Training - Available Fall 2019
- IAFF Clinician’s Awareness Course – coming in 2020
- IAFF Peer Recovery Mentor Course – coming in 2020
- IAFF Suicide Intervention Training - coming in 2020
New Course Offering: IAFF Resiliency Training

Course Format and Delivery

- One day 8-hour in-person course
- 6.5 hours of lecture, discussion, and skill building
- Two components of online pre-course content
  - Individual Assessments (CD-RISC & PANAS)
  - Organizational Resilience Videos
- Will be adapted to train-the-trainer
IAFF Resiliency Training

PROGRAM OBJECTIVES

- Define Resiliency
- Assess Personal Resiliency
- Understand the Importance of Resiliency
- Explore Accountability for Organizational Resilience
- Identify Factors that Predict Resiliency
- Explore Six Critical Concepts to Build Resilience
- Gain Practical Skills to Build Resiliency at Work and Home
PTSD Presumptive Laws

Last updated April 4, 2019
### Leading Causes of Death, United States, 2016

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<th>5-9</th>
<th>10-14</th>
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Increasing Suicide Rates

Suicide rates rose across the US from 1999 to 2016.

- Increase 38 - 58%
- Increase 31 - 37%
- Increase 19 - 30%
- Increase 6 - 18%
- Decrease 1%

Suicide Rates by Age and Sex in the US (2016)

Data Courtesy of CDC

Suicide Rates (per 100,000)

- 65+: 5.2 Female, 32.3 Male
- 55-64: 9.4 Female, 28.8 Male
- 45-54: 10.3 Female, 29.2 Male
- 35-44: 8.6 Female, 26.3 Male
- 25-34: 6.7 Female, 26.0 Male
- 15-24: 5.4 Female, 20.1 Male
- 10-14: 1.7 Female, 2.5 Male

Gender: Female (light blue), Male (dark blue)
Rate of Suicide by Race, US 2000-2016

Source: WISQARS Fatal Injury Reports, 1999–2016
Helping Emergency Responders Overcome Act

- H.R. 1646, reintroduced in 2019
- Introduced by Rep. Bera (D-CA)
- Would develop system to collect data on first responder suicide; require annual report to Congress
- Would allow grant funding to establish or enhance peer-support programs
Thank You