

First Responder Wellness

Webinar Recording Link

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Mental health
advocacy, education
and support.

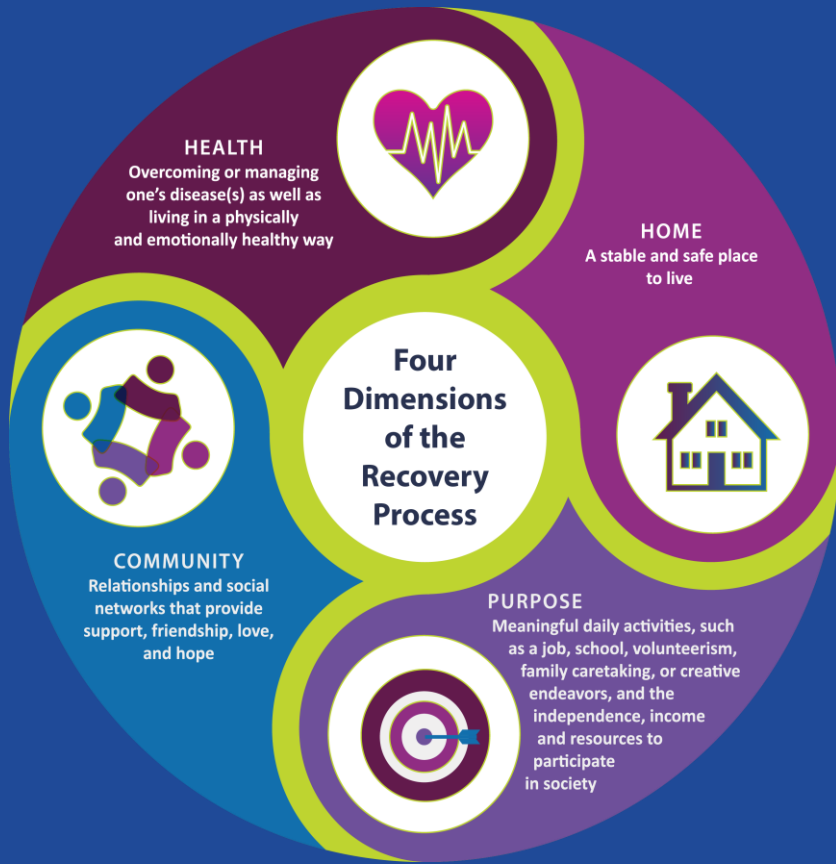
Agenda

- 1 NAMI Chicago Overview
- 2 The Recovery Model Framework
- 3 COVID-19 Stressors
- 4 When To Connect & Show Support
- 5 Resiliency & Creating Your Own Wellness Plan
- 6 Jacob Dickman's Experience
- 7 NAMI Chicago Helpline/Q&A

To provide hope and improve the quality of life for those whose lives are affected by mental illness, by providing information and referrals, education, support, advocacy, and active community outreach.

Our Mission





The Recovery Model

COVID-19 Stressors

Uncertainty

Disconnection

Change

Powerlessness

Anxiety

Irritability

When to Connect

- Changes in sleeping and/or eating habits
- Overwhelming sense of worry
- Social isolation
- Negative mood
- Dramatic change in behavior
- Feeling excessively sad or low
- Increased or prolonged feelings of irritability/anger
- Lack of interest in hobbies
- Increased substance use
- Feeling hopeless
- Difficulty perceiving reality

How to Be Supportive

- Active Listening
- Normalize
- Express your concern

- Empathy Statements
 - “Sounds like a ____ day.”
 - “That is a lot to deal with.”
 - “It must be confusing.”
 - “It sounds like you...”
 - “Let me see if I understand.”

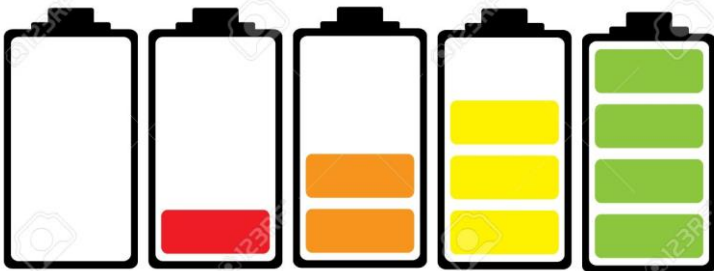


Resiliency

“The **capacity** or ability to prepare for, recover from, and adapt in the face of stress, adversity, trauma, or tragedy.

The **energy** you have available to use for your physical, mental, and emotional needs.”

- Dr. Rollin McCraty
The Resilient 911 Professional, 2018



Creating Your Own Wellness Plan



Health

Commit to a few minutes a day of movement – stretching, a workout video, etc.

Eat healthful meals and stay hydrated

Try meditation and/or yoga

Maintain a routine



Home

Rearrange your space

Be creative – write, draw

Set daily boundaries around self-care – “I will do at least one thing for self-care”

Read something unrelated to work



Purpose

Reflect on what gives you meaning

Practice gratitude – write down three things each day you're grateful for

Think about what you have and where you want to be



Community

Connect virtually

Send groceries or takeout as a form of gratitude

Reach out if you're struggling – “I'll reach out to [support person or Helpline] if I feel [emotion]”

Thinking About Prevention

- Debrief with a coworker or supervisor you trust
- Engage in your Peer Support Group/EAP
- Utilize your personal coping skills/Wellness Plan – exercise, taking approved PTO, getting restorative sleep, etc.
- Understand how your body holds tough situations – physically, emotionally
- Call NAMI for support: 1-833-NAMI-CHI

Please Welcome Jacob Dickman!



6,300 +
Calls completed in 2019

266%
Increase in calls in April 2020

NAMI
CHICAGO
HELPLINE

LÍNEA DE AYUDA DE NAMI CHICAGO

833.NAMI.CHI
(833.626.4244)

Monday – Friday
lunes a viernes
9am – 8pm

Saturday – Sunday
sábado a domingo
9am – 5pm



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We're here to help you stay hopeful and connected.

Thank you for attending today!

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