

For Men Who Think of Sirens As Driving Music: Addressing the Emotional Needs of First Responders and Public Safety Officials

This research is supported by the Cooperative Agreement Number, 1 U01 CE002661-01, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.



UNIVERSITY of MARYLAND
SCHOOL OF SOCIAL WORK



Screening for
Mental Health®

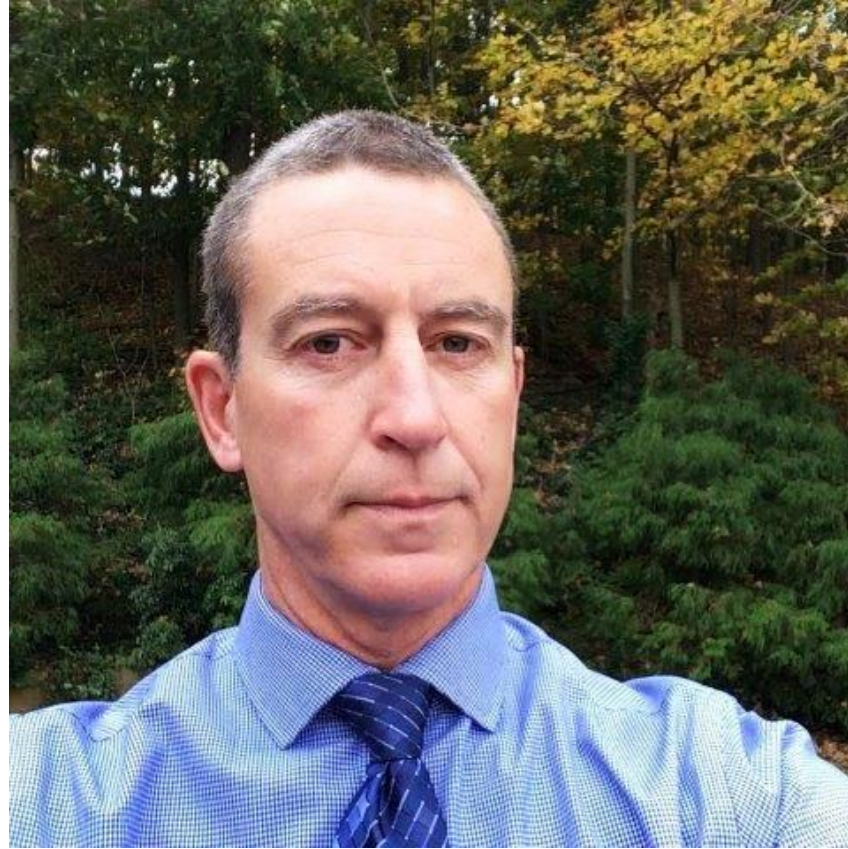


Panelists

- **Steve Darling, MA**, Retired Michigan State Police Officer, including 8 years with Behavioral Science as a law enforcement counselor, and also holds a Master of Arts Degree in Counseling from Western Michigan University
- **Jeff Dill**, Founder of Firefighter Behavioral Health Alliance (FBHA) and retired Captain of the Palatine Rural Fire Protection District in Inverness, IL
- **Dr. Jodi Jacobson Frey**, Associate Professor at University of Maryland, Baltimore School of Social Work and Principal Investigator of Healthy Men Michigan
- **Jill Fontaine**, Program Manager for Community*Response* at Screening for Mental Health

Agenda

- Welcome and Introduction
- Lived Experience and Counseling Work with Police Officers and their families
- Lived Experience and FBHA Work with Firefighters and EMS
- Overview of the Research Study
- Healthy Men Michigan Campaign and Outreach Strategies
- Taking Action
- Thank You



Steve Darling, MA

**Retired Michigan State Police Officer and Professional
Support Consultant at Encompass, LLC.**

The Balancing Act of Mental Well-Being

Pre-Suicide Assessment and Intervention for

First Responders

Stephen Darling, MA

Backing the Badge



The Balancing Act of Mental Well-Being

Introduction/Framework:

- Emile Durkheim three types of suicide
 - Egoistic
 - Excessive Individuation
 - Altruistic
 - Insufficient Individuation
 - Anomic
 - To pursue a goal which is by definition unattainable is to condemn oneself to a state of perpetual unhappiness.



The Balancing Act of Mental Well-Being

- Making Sense of Suicide
- Suicide and Suicidal Ideation on a Continuum of lived life experiences
- Risk Factors
- Warning Signs



The Balancing Act of Mental Well-Being

- Protective Factors / Preventing Suicide
 - Individual level
 - Relationship level
 - Community level
 - Societal level
- Therapeutic Interventions
 - Assessing the level and degree of suicidal ideations
 - Avoidance of labels and diagnosis's



The Balancing Act of Mental Well-Being

- Trauma Informed Therapy:
 - Basic approach to being with someone contemplating suicide.
 - Gaining an understanding of the persons lived experience thus far.
 - Providing a safe holding space.
 - Avoidance of personal biases and prejudices of attempted and/or completed suicide.
 - A personal experience.



The Balancing Act of Mental Well-Being

Summary/Conclusion

- Changing the narrative to one of optimism and hope.
- What you can do to save yours and others lives.
- We can alter one life by altering our own thinking.
- Importance of Screening and having the difficult conversations.





**Jeff Dill, Founder of Firefighter Behavioral
Health Alliance**



Firefighter Behavioral Health Alliance

“Saving Those Who Save Others”

Suicide Prevention/Awareness

Presented by Jeff Dill

Founder of
Firefighter Behavioral Health Alliance



Firefighter Behavioral Health Alliance

History/Future of FBHA

- Formed in 2011
 - Educational Workshops
 - Scholarships
 - Weekend Retreat - Those Left Behind
- Collect and validate data on FF/EMT suicides
- Seven Workshops
- Preach about “Cultural Brainwashing”



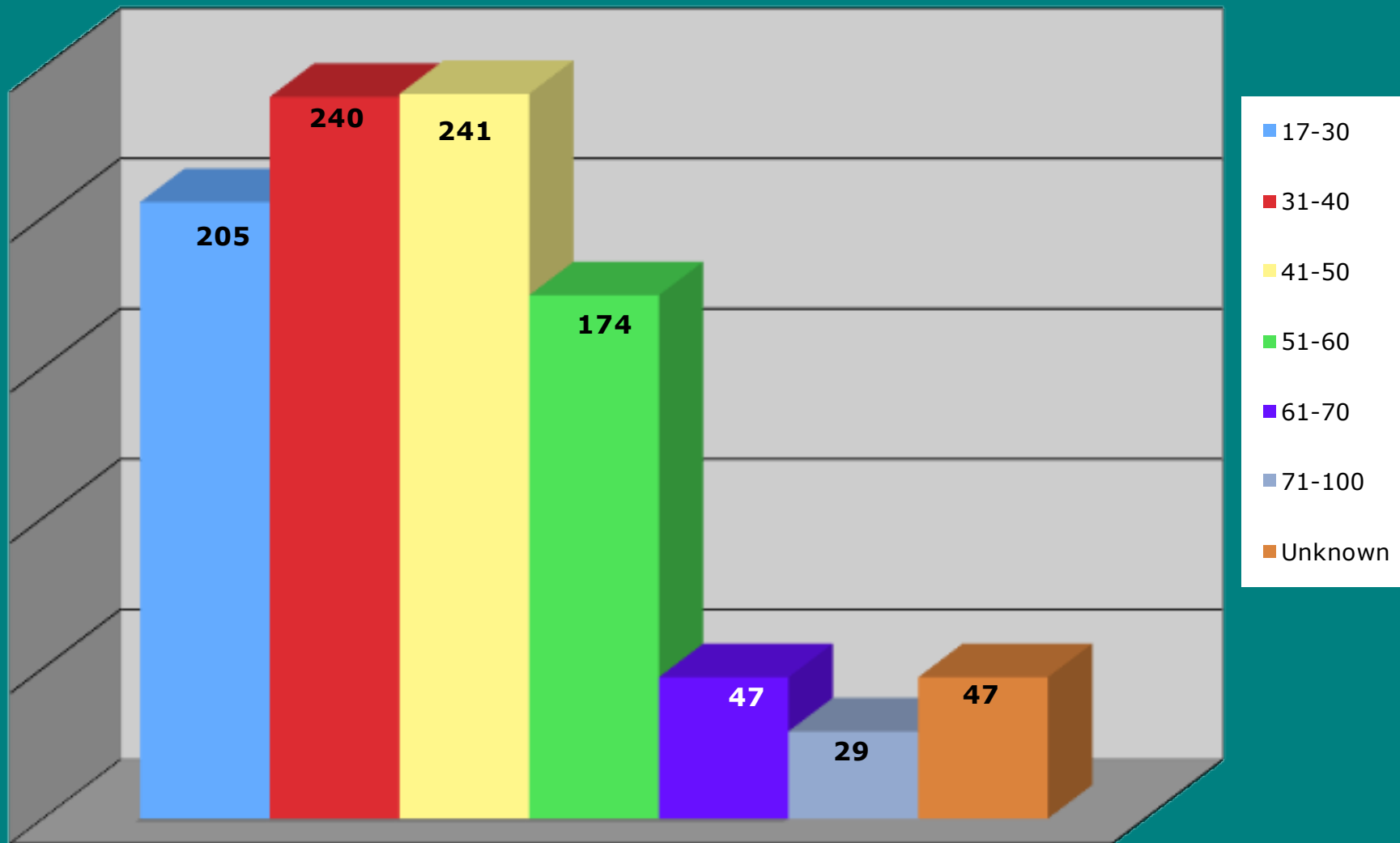
Firefighter Behavioral Health Alliance

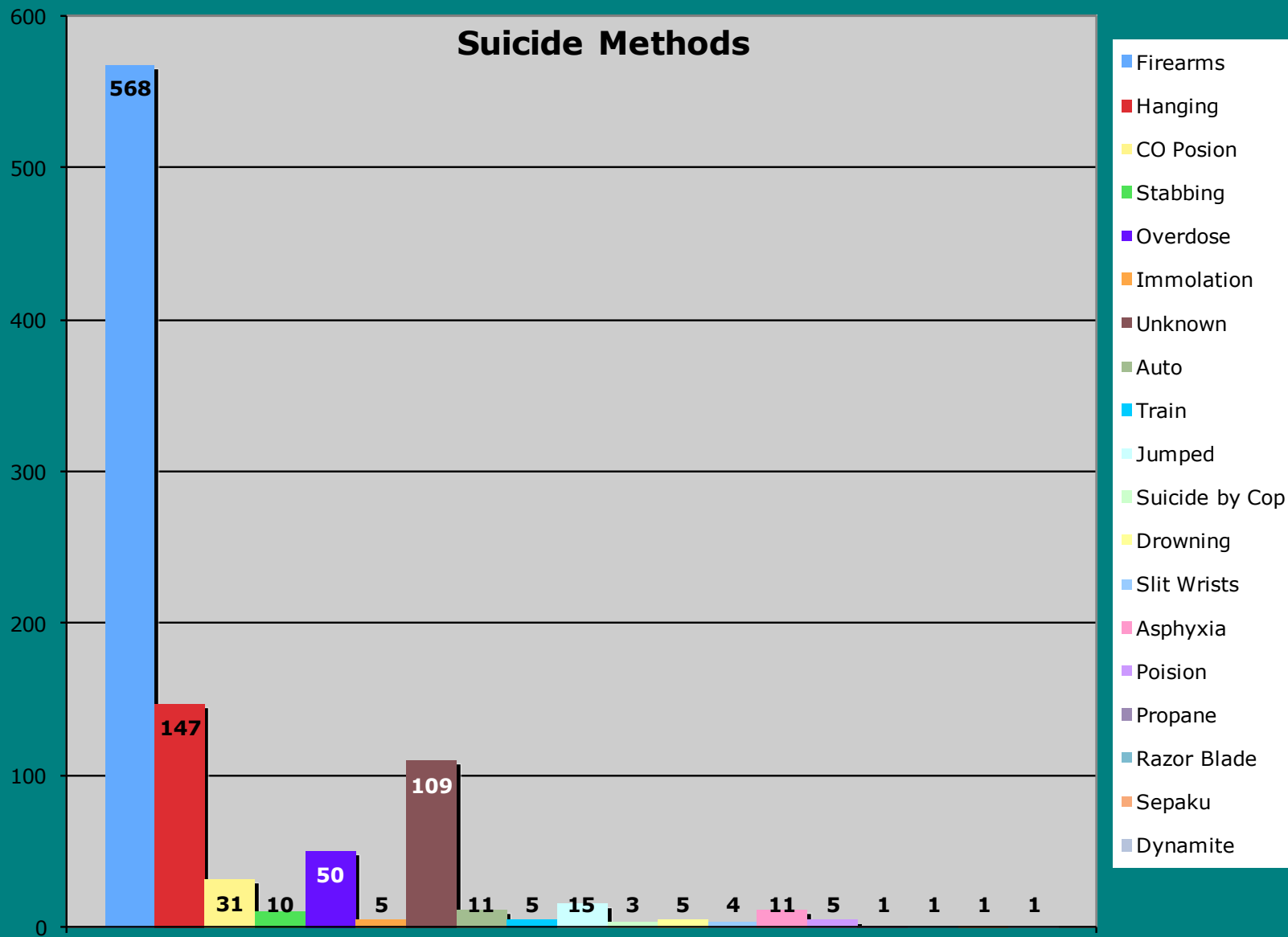
Statistical/Survey Data

Known Reasons for FF & EMT Suicides

1. Marital/Family Relationships
2. Depression
3. Addictions
4. Medical/Mental Health
5. PTSD

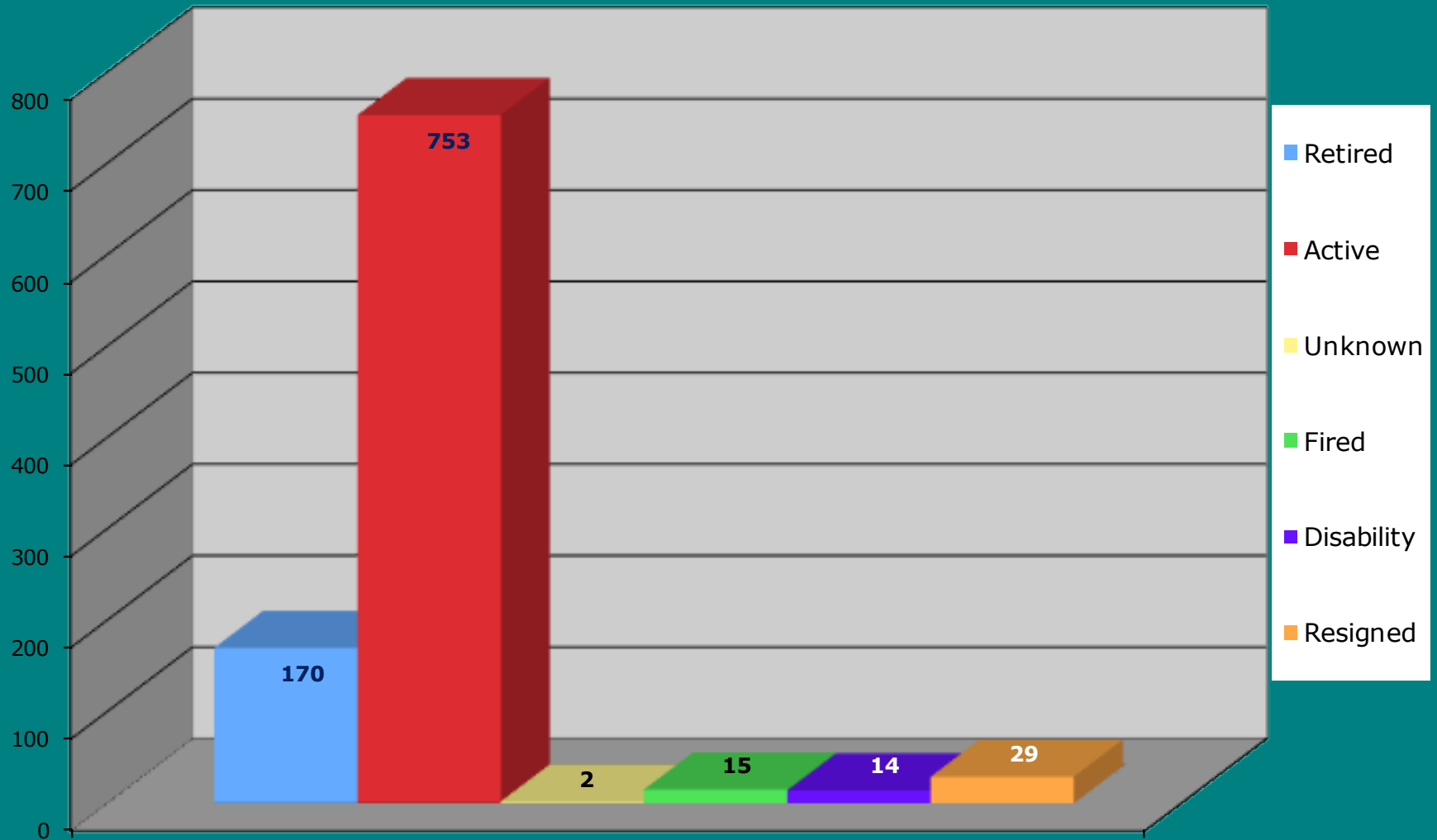
Ages of FF/EMS Suicides





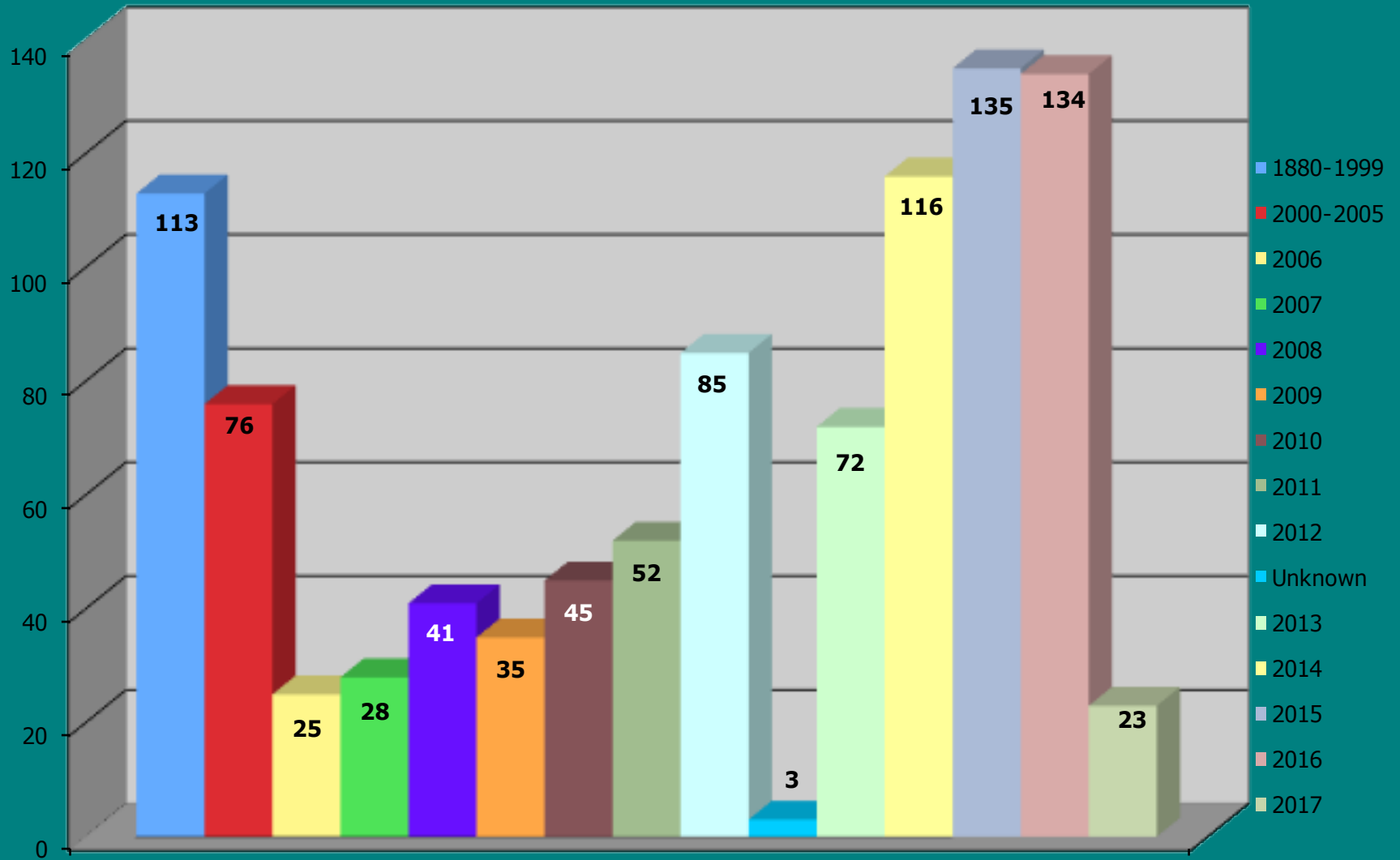
Copyright - FBHA 2011 All Rights Reserved

Suicide (Active vs. Retired)



Copyright - FBHA 2011 All Rights Reserved

Suicides by Years



Recommendations

- **Be Direct**
- **Challenge With Compassion**
- **Perform an “Internal Size-Up”**
- **Build Resources –**
EAP, Chaplin’s, Peer Support Team, CISM, Outside Counselors
- **Create Behavioral Health Programs –**
Fire Academies
Officer Training
Families
Policies/Procedures
Retirement Planning



Dr. Jodi Jacobson Frey
Associate Professor
University of Maryland, Baltimore
School of Social Work

Middle-aged Men and Depression

“Although men in the middle years (MIMY)—that is, men 35–64 years of age—represent 19 percent of the population of the United States, they account for 40 percent of the suicides in this country. The number of men in this age group and their relative representation in the U.S. population are both increasing. If the suicide rate among men ages 35–64 is not reduced, both the number of men in the middle years who die by suicide and their contribution to the overall suicide rate in the United States will continue to increase.”

Suicide Prevention Resource Center (2016).
Preventing suicide among men in the middle years:
Recommendations for suicide prevention programs.
Waltham, MA, Education Development Center, Inc. p. 3

SUICIDE: MICHIGAN 2016 FACTS & FIGURES

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Michigan	1,354	13.23	32
Nationally	42,773	12.93	



Suicide is the **10th leading** cause of death overall in Michigan.



On average, one person dies by suicide approximately **every 6.5 hours** in the state.

Based on most recent 2014 data from CDC



Suicide cost Michigan a total of **\$1,501,780,000** of combined lifetime medical and work loss cost in 2010, or an average of **\$1,189,058** per suicide death.

IN MICHIGAN,
SUICIDE
IS THE...

2nd leading
cause of death
for ages 10-34

4th leading
cause of death
for ages 35-54

8th leading
cause of death
for ages 55-64

18th leading
cause of death
for ages 65 & older

Over twice as many people in Michigan die by suicide than by homicide. The total deaths to suicide in Michigan reflect a total of **27,895** years of potential life lost (YPLL) before age 65.



AMERICAN FOUNDATION FOR
Suicide Prevention

afsp.org

Healthy Men Michigan

Comprehensive online screening and referral intervention, integrating two existing, and promising, online programs

Screening for Mental Health

Man Therapy



Screening for Health, Inc. (SMH)

- **National Depression Screening Day**



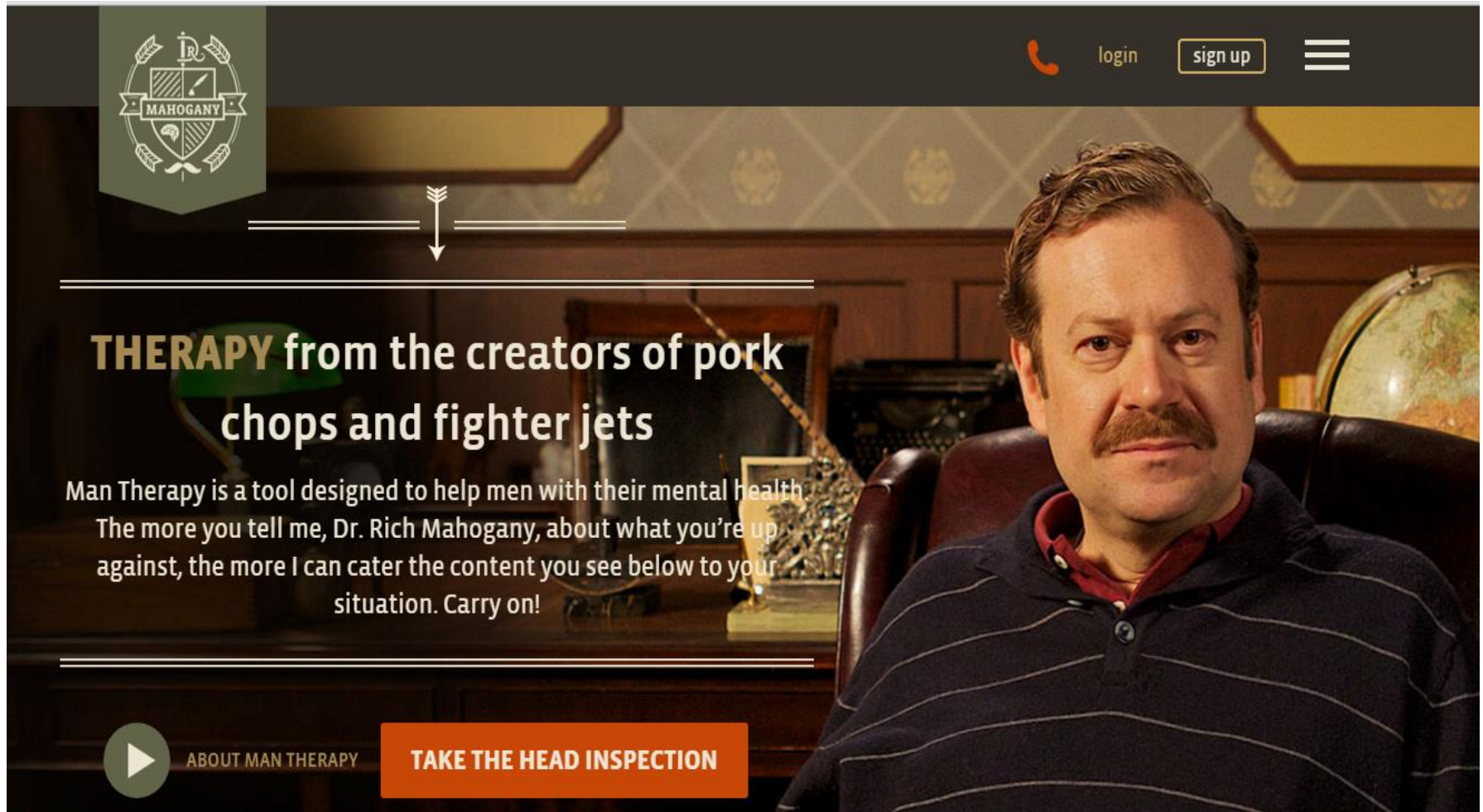
- **National Alcohol Screening Day**





- **National Eating Disorders Awareness Week**



Man Therapy




The image shows the landing page of the 'Man Therapy' website. The background is a video of Dr. Rich Mahogany, a man with a mustache, sitting in a leather chair in a study. The page has a dark header with a logo on the left and navigation links on the right. The main content area has a large headline, a sub-headline, and two buttons at the bottom.

 [login](#) [sign up](#) 

THERAPY from the creators of pork chops and fighter jets

Man Therapy is a tool designed to help men with their mental health
The more you tell me, Dr. Rich Mahogany, about what you're up against, the more I can cater the content you see below to your situation. Carry on!

 ABOUT MAN THERAPY [TAKE THE HEAD INSPECTION](#)

Therapy. The Way A Man Does It

MassMen.org





<http://www.ssw.umaryland.edu/healthymenmichigan>

Healthy Men Michigan Campaign

Thank you for your interest in the Healthy Men Michigan Campaign and the parallel research study evaluating the online mental health programs used in the Campaign. [Dr. Jodi Jacobson Frey](#), associate professor at the University of Maryland School of Social Work, is the Principal Investigator who is leading the study. This web page provides an overview of the study and some information about the Campaign. We invite you to contact [Dr. Frey](#) with questions about the study and to learn more about participating as a community partner.



Background to the Problem:

Suicide is the leading cause of injury death among men in Michigan ([source](#)). Middle-aged men are not only at higher risk for suicide but are also often less likely to personally identify signs of mental health problems and to engage in mental health services. Preventing suicide among men in this age range requires innovative and comprehensive programs.



Response to the Problem:

Healthy Men Michigan is a campaign designed



Jill Fontaine, M.Ed
Program Manager
Screening for Mental Health, Inc.



Welcome to Healthy Men Michigan

Healthy Men Michigan is a campaign dedicated to engaging men in important conversations about mental health. We offer free and anonymous mental health screenings to help you learn if the symptoms you are experiencing are consistent with depression or another common and treatable mental health disorder. At the end of the screening, you will be connected with helpful information and local resources.

[Take a Screening](#)

Healthy Men Michigan: A Statewide Campaign





[SOCIAL MEDIA POSTS](#) ▼ [ABOUT HEALTHY MEN MICHIGAN](#) ▼ [FACTS AND STATISTICS](#) ▼

Please share the social media posts below with your community and help us spread the word about the HealthyMenMichigan campaign.



Facebook Materials



Twitter Materials

Online Shop: Free Promotional Materials



Search 0 items Login

HOME

OUR STORY

COLLEGES AND UNIVERSITIES

COMMUNITY ORGANIZATIONS

MIDDLE AND HIGH SCHOOLS

SMH HOMEPAGE

Healthy Men Michigan

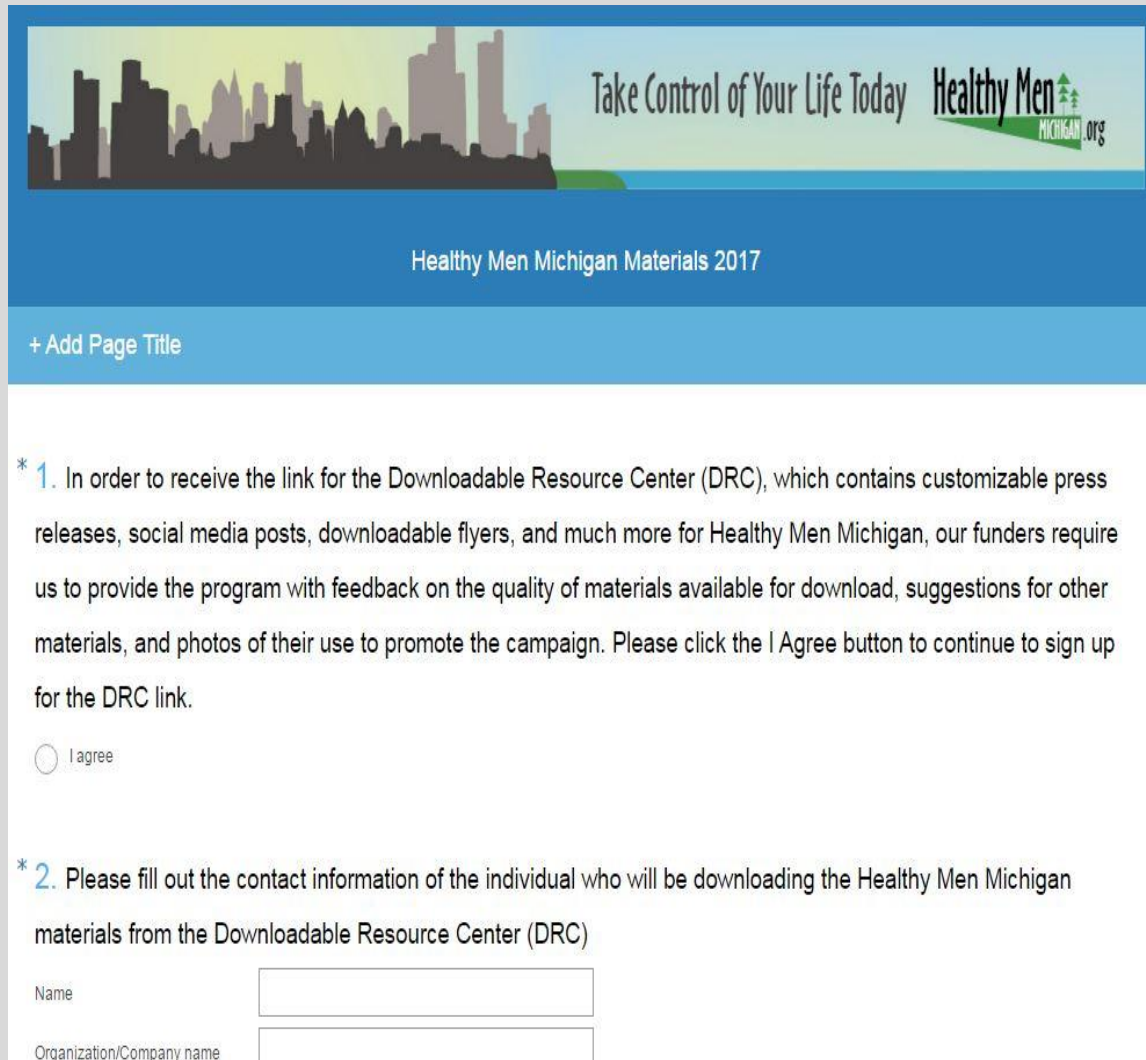
HMM

Healthy Men Michigan is a campaign dedicated to engaging men in important conversations about mental health. Learn more at HealthyMenMichigan.org



shop.mentalhealthscreening.org/collections/healthy-men-michigan

Downloadable Resource Center



The screenshot shows a survey form titled "Healthy Men Michigan Materials 2017". At the top, there is a banner with a city skyline and the text "Take Control of Your Life Today" and "Healthy Men MICHIGAN.ORG". Below the banner, there is a section titled "+ Add Page Title". The survey consists of two numbered questions. Question 1 asks for feedback on the quality of materials and includes an "I Agree" button. Question 2 asks for contact information and includes input fields for "Name" and "Organization/Company name".

Healthy Men Michigan Materials 2017

+ Add Page Title

* 1. In order to receive the link for the Downloadable Resource Center (DRC), which contains customizable press releases, social media posts, downloadable flyers, and much more for Healthy Men Michigan, our funders require us to provide the program with feedback on the quality of materials available for download, suggestions for other materials, and photos of their use to promote the campaign. Please click the I Agree button to continue to sign up for the DRC link.

☐ I agree

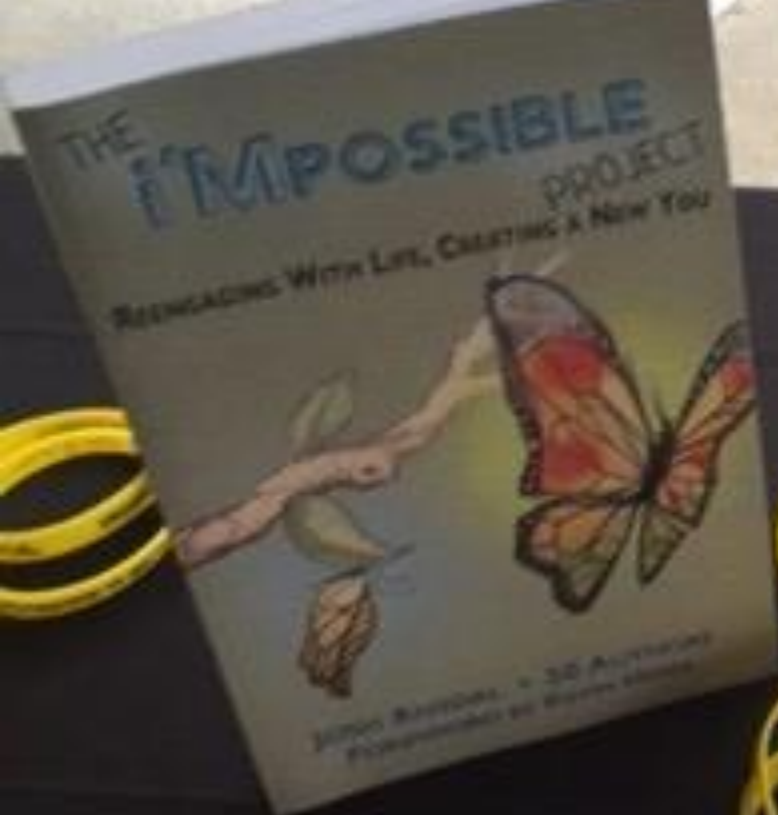
* 2. Please fill out the contact information of the individual who will be downloading the Healthy Men Michigan materials from the Downloadable Resource Center (DRC)

Name

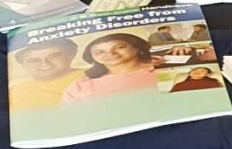
Organization/Company name

**Click the link in
your email after
this webinar for
the DRC!**

*Complete the survey
after accessing the
DRC to tell us how
you are promoting.*



ATTEMPT - OPPORTUNITY TO SAVE A LIFE
Do not wait until it's too late.
1. If you are having thoughts of suicide, please call 911 or the National Suicide Prevention Hotline at 1-800-273-8255.
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5. If you are having thoughts of suicide, please call 911 or the National Suicide Prevention Hotline at 1-800-273-8255.



Your story



Isn't over yet

4th Annual
Kiersten's Ride

August 20th, 2016



A semicolon is used when a sentence could have been ended but it wasn't

My story isn't over.



www.facebook.com/HealthyMenMichigan

twitter.com/HealthyMenMI

healthymenmichigan@mentalhealthscreening.org

healthymenmichigan.org

Men in Michigan Are Taking Action

Here's How You Can Help

1. Social Media and Word of Mouth are how men are hearing about the campaign
Send promotional emails and social media posts to members of your community by using the ToolKit <https://mentalhealthscreening.org/programs/hmm/toolkit>
2. Michigan is a big state with lots of different areas to cover!
Help spread the word with free promotional materials while you are out across Michigan
<shop.mentalhealthscreening.org/collections/healthy-men-michigan>
3. The workplace is another great place to promote the campaign!
Add a link to www.HealthyMenMichigan.org **on your organization website and newsletter**
Send a link to www.HealthyMenMichigan.org **to your employees/colleagues**
4. There are lots of ways to help get the word out to more men across Michigan
Click the link in your email after the webinar to access the Downloadable Resource Center
5. Connect with us and stay up to date on the Healthy Men Michigan campaign
Email us at healthymenmichigan@mentalhealthscreening.org **to sign up for the eNewsletter**

Spread the word about men's mental fitness in Michigan!

Thank you for joining us today!

About the Research:

Jodi Jacobson Frey

410-706-3607

[Healthymenmichigan](https://healthymenmichigan@ssw.umaryland.edu)

[@ssw.umaryland.edu](https://healthymenmichigan@ssw.umaryland.edu)

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781-239-0071

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