

CHINO POLICE DEPARTMENT

Wellness

Course Outline

February 2022

- ❖ Welcome
 - Today's Presentation topics
 - Wellness
 - Compassion fatigue
 - Trauma and addiction
 - Support
 - Self Care
- ❖ Housekeeping
 - Sign in
 - Introductions
 - Name
 - How long have you been with the PD
 - How many kids/fur babies do you have and their names
 - If you could live anywhere in the world for a year, where would it be and why?
- ❖ What is wellness
 - When you hear the word wellness what comes to mind. What does it mean to you.
 - Have attendees define what it means to them and why
 - Can wellness be multidimensional?
 - Physical
 - Mental
 - Spiritual
 - Financial
 - Emotional
 - Social
 - Environmental
- ❖ Wellness board
 - After discussing what wellness means to the class, attendees will be given a sheet of paper. On this paper, attendees will be making a wellness vision board on what they want/or do for their wellness. Attendees will be given approximately 45 mins to complete their wellness board.
 - After everyone is complete, we will share our boards to the rest of the class
- ❖ BREAK 10 MINS
- ❖ Compassion Fatigue
 - Have the class explain what compassion fatigue means to them.
 - Define Compassion Fatigue
- ❖ Water cup demo..
- ❖ Compassion fatigue quiz
- ❖ Video on compassion fatigue
- ❖ Me Time
 - Not selfish

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- Necessary
- Look back at wellness board, notice how a lot of the board is not specific to your personal well being and wellness
- Update wellness board
- ❖ Breathing
 - 5 MINUTE BREATHING EXERCISE
 - Guided Breathing
- ❖ BREAK 10 MINS
- ❖ Trauma, Addiction
 - Research
- ❖ Trauma
 - What Causes trauma.
 - Trauma is a deeply distressing or disturbing experience. (physical injury)
 - There are three main types of trauma: Acute, Chronic, or Complex
 - Can the word trauma vary per person?
 - Have students share their opinions about it.
 - Share examples of trauma.
- ❖ Addiction
 - What is Addiction
 - The fact or condition of being addicted to a particular substance, thing, or activity.
 - It's Compulsive, excessive, and repetitive
 - Being Unable to stop
 - Examples of Addiction:
 - Alcohol
 - Drugs
 - Prescription pills
 - Gambling
 - Sex/porn
 - Internet
 - Risky behaviors (skydiving, racing, etc.)
 - Social media
 - Shopping
 - Food
 - Plastic Surgery
 - Working
 - Video games
 - How do we know if we have a problem?
 - Lack of control, or inability to stay away from a substance or behavior
 - Decreased socialization, like abandoning commitments or ignoring relationships
 - Ignoring risk factors, like sharing needles despite potential consequences
 - Physical effects, like withdrawal symptoms or needing higher dosage for effect

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- Identifying initial Signs
- Look for changes in personality
- Look for changes in health
- ❖ Suicide
 - Within the last year, 41,000 people died by suicide, 1.3 million adults have attempted suicide, 2.7 million adults have a plan to attempt suicide and 9.3 million adults have had suicidal thoughts.
 - In 2021, 132 Officers, Dispatchers, or other law enforcement members committed suicide.
 - The average years of service for sworn officers was 16.58 years
 - The average years of service for dispatchers were 3.5 years.
 - Why is this such an ugly topic to talk about when it is so common.?
- ❖ Rehab Video
 - Case Study – Officer from another agency
 - 20 years as an officer
 - Lots of trauma
 - Divorce
 - Several short-term relationships
 - Life of the party
 - First DUI in 2016 arrested and booked in Pomona Jail
 - 2ND DUI 2020
 - REHAB
- ❖ Its ok to not be ok.
 - The department as several resources for help
 - Peer Support
 - The Counseling Team
- ◆ BREAK 10 MINS
- ❖ Listening to our Bodies
 - When our bodies are under stress or overwhelmed, our bodies will start giving us signs to slow down. IE tired, stomachache, headache. We need to listen to our bodies to help heal ourselves.
 - Meditation
 - Yoga
 - Rest
- ❖ Meditation
 - Benefits of meditation
 - Reduce Stress
 - Emotional Balance
 - Increased Focus
 - Reduced Pain
 - Reduced Anxiety
 - Increased Creativity
 - Reduced Depression
 - Increased Memory

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- Guided meditation with crystal singing bowl
 - Youtube video
- ❖ Yoga
 - Benefits of Yoga
 - Improves strength, balance, and flexibility
 - Back pain relief
 - Ease arthritis Symptoms
 - Heart Health Improvement
 - Relaxes you, Sleep Better
 - Child's Pose
 - Hold 2 mins
 - Cow Pose
 - Modification Chair
 - Cat Pose
 - Modification Chair
 - Corpse Pose
 - Grounding Pose (Knee over ankle)
- ❖ Rest
 - Benefits of Rest
 - Reduce Stress and Anxiety
 - Improves mood
 - Decreased blood pressure
 - Chronic Pain Relief
 - Improved Immune Health
 - Stronger Cardio system
 - Nap
 - Netflix
 - Do Absolutely Nothing