

When the Stress  
gets to be too much



Cop2Cop provides:

- ✓ Peer Counseling by professionally trained, retired officers & "Cop Clinicians"
- ✓ Assessments with telehealth capacity to guide care
- ✓ Access to Provider Network & Referrals
- ✓ Critical Incident Stress Management (CISM) Response
- ✓ Training Unit - suicide prevention and resilience resources



Talk to us.

866.Cop2Cop  
(866.267.2267)

NJCop2Cop.com



**1-866-267-2267**

## COP2COP CRITICAL INCIDENT STRESS MANAGEMENT DEBRIEFING

You have experienced a traumatic event (an injury, loss of a loved one or property or a serious threat, or any overwhelming emotional experience). Even though the event may be completed, you may be experiencing or may experience later some strong emotional or physical reactions. It is very common, in fact quite normal, for people to experience emotional aftershocks when they have passed through a horrible event.

Sometimes, the emotional aftershocks (or stress reactions) appear immediately after the traumatic event. Sometimes they may appear a few hours or a few days later. And, in some cases, weeks or months may pass before the stress reactions appear. Remember that stress is the reaction, not the ‘event’.

The signs and symptoms of stress reactions may last a few days, a few weeks or a few months and occasionally longer depending on the severity of the traumatic event. With understanding and the support of loved ones the stress reactions usually pass more quickly. Occasionally the traumatic event is so painful that professional assistance from a counselor may be necessary. This does not imply craziness or weakness. It simply indicates that the particular traumatic event was just too powerful for the person to manage by themselves.

Here are some very common reactions to stress in a traumatized person.

### Physical

Nausea  
Upset stomach  
Tremors (lips, hands)  
Feeling uncoordinated  
Profuse sweating  
Chills  
Diarrhea  
Dizziness  
Chest Pain (should checked at hospital)  
Rapid heart beat  
Increased blood pressure  
Headaches  
Muscle aches  
Sleep disturbance  
Shocked

### Cognitive

Slowed thinking  
Difficulty making decisions  
Difficulty in problem-solving  
Confusion  
Disorientation (especially to place and time)  
Difficulty calculating  
Difficulty concentrating  
Memory problems  
Difficulty naming common object  
Distressing dreams  
Poor attention span

### Emotional

Anxiety  
Fear  
Guilt  
Grief  
Depression  
Sadness  
Feeling lost  
Feeling abandoned  
Feeling isolated  
Worry about others  
Wanting to hide  
Wanting to limit contact with others  
Anger  
Irritability  
Feeling numb  
Startled

### Behavioral

Withdrawal from others  
Erratic behavior  
Acting out  
Avoidance  
Clinging behavior  
Unusual behavior  
Emotional outbursts  
Pacing  
Change in sexual functioning/desire  
Any significant change in behavior

**RUTGERS**

University Behavioral Health Care

## **HELPFUL HINTS**

Trying some of the following hints may help to alleviate the emotional pain associated with a traumatic event.

### **FOR YOURSELF:**

- ◆ Try to rest, but don't fight sleeplessness.
- ◆ Talk to trusted co-workers, friends – Express your feelings.
- ◆ Talk to loved ones, but carefully.
- ◆ Tell people when and if you don't want to talk about an event.
- ◆ Accept your feelings as normal – Don't attempt to fight them.
- ◆ Don't torture yourself with unnecessary reminders.
- ◆ Expect flashbacks for a period of time, but know that they will become less intense.
- ◆ Stay away from excessive drinking.
- ◆ Exercise moderately, but don't overdo it.
- ◆ Avoid boredom – Keep a reasonable level of activity, and return to a normal routine as soon as you can.
- ◆ Don't be afraid to reach out for help if you need it.

### **FOR FAMILY MEMBERS:**

- ◆ Understand that your “loved one” is a victim of a traumatic event, but don't expect to understand the feelings or emotions they have.
- ◆ Listen carefully, but not judgmentally.
- ◆ Never use simplistic phrases like, “It could have been worse”, or “You're lucky to be alive”, they don't want to hear that.
- ◆ Be there when necessary, but don't be overbearing.
- ◆ Offer the simple reassurance that you love them.
- ◆ Understand that you will be under a great deal of stress during the period of their recovery.
- ◆ Find a friend to vent YOUR feelings with.



**1-866-267-2267**

Critical Incident: “Any situation faced by any person that causes them to experience unusually strong reactions which have the potential to interfere with their lives”

~Jeffery T. Mitchell, Ph.D.

## **Signs & Symptoms of Critical Incident Stress:**

- High level of anxiety
- Irritability
- Increased absenteeism
- Depression
- Feeling of apathy
- Guilt
- Sleeplessness
- Headaches
- Nausea & vomiting
- Poor appetite
- Excessive sweating
- Feeling overwhelmed
- Feeling of isolation
- Poor communication skills
- Poor concentration
- Indecisiveness
- Confused thinking
- Anger
- Calculation difficulty
- Increase alcohol use
- Flashbacks

## **Things to try:**

- WITHIN THE FIRST 24-48 HOURS try periods of physical exercise, alternated with relaxation. This will alleviate some of the physical reactions.
- Structure your time – keep busy.
- You are normal and having normal reactions – don't label yourself crazy.
- Talk to people – talk is the best healing medicine.
- Be aware of numbing the pain with overuse of drugs or alcohol. You don't need to complicate this with a substance abuse problem.
- Reach out – people do care.
- Maintain as normal a schedule as possible.
- Spend time with others.
- Help your co-workers as much as possible by sharing your feelings and checking out how they're doing.
- Keep a journal – write away those sleepless nights.
- Do things that feel good for you.
- Realize that those around you are under stress.
- Don't make any big life changes.
- Do make as many decisions as possible which will give you a feeling of control over your life, i.e., if someone asks you what you want to eat, answer them even if you are not sure.
- Get plenty of rest.
- Recurring thoughts, dreams, or flashbacks are normal, don't try to fight them. They'll decrease over time and become less painful.
- Eat well-balanced and regular meals (even if you don't feel like it).

## **For Family Members and Friends:**

- Listen carefully. Being there matters.
- Spend time with the traumatized person.
- Offer your assistance and listening ear even if they have not asked for help.
- Reassure them that they are safe.
- Help them with everyday tasks like cleaning, cooking, caring for family, and minding the children.
- Give them some private time.
- Don't take their anger or other negative feelings personally.
- Don't tell them that "they are lucky it wasn't worse" or "everything will be OK" or "don't worry." Traumatized people are not consoled by those statements. Instead, tell them that you are sorry that such an event happened and that you want to understand and assist them.

## **Below are the Five Stages of Grief:**

- 1. Denial** – The first stage of grief is Denial. It is really the first of our reactions to any form of sudden loss. Depending on the relationship we share to the subject of our loss, the more our lives may be uprooted or altered. It is very common for people to try and initially deny the event in order to subconsciously avoid sadness, or the thought of pending mental struggles. People in denial often withdraw from their normal social behavior and become isolated. Denial has no set time frame, or may never be felt at all. However, it is considered the first stage of grief.
- 2. Anger** – The second stage of grief is Anger. People that are grieving often become upset with the person or situation which put them in their grief state. After all, their life could now be in complete disarray. The path of least resistance is anger as opposed to facing the consequences of a loss head on. In the case of death, the anger is often focused toward the deceased for leaving that person behind and unable to cope. Other times people become angry at themselves if they feel they could have done something more to stop the loss from happening.
- 3. Bargaining** – The third stage of grief is Bargaining. This is when those who are grieving are reaching out to the universe to make the pain go away. It is actually very normal, and largely considered to be a sign that they are beginning to comprehend their situation. People will often try to make a deal, or promise to do anything, if the pain will be taken away.
- 4. Depression** – The fourth stage of grief is Depression. Contrary to popular belief, depression is something that may take some time to develop. We often think we are depressed when a grief event first occurs, but there is usually a lot of shock and other emotions present before any real depression can set in. The signs of depression due to grief usually appear when a sense of finality is realized. This is not to be confused with clinical depression, which may be chronic. Depression due to grief is technically episodic, even though it may last for a lengthy period of time.
- 5. Acceptance** – The fifth stage of grief is Acceptance. This is the point where the person experiencing grief no longer is looking backward to try and recover the life they once had with the deceased, or other cause of their grief episode. It is not to say that they no longer feel the vast array of emotions brought on by their grief, but they are ready to embrace the idea that they are reaching a new point in their lives. At this point, they are beginning to understand that there is a new beginning on the horizon.

Acceptance should not be confused with healing or recovering from the loss, since that would put an enormous amount of pressure on people experiencing grief. Acceptance is really the beginning of the real healing process. It is the point where recovery becomes about the person left behind, and not about the person being mourned.



## How to Use Cop 2 Cop Services

### DIAL 1-866-267-2267 (Cop2Cop)

- Cop2Cop Crisis Unit for Traumatic & Critical Incident Response-  
C2C Crisis Debriefing/Psychological First Aid Team- C2C Peer Support for Traumatic Incident  
-i.e. Shootings, suicides, deaths, child involved, accidents-media-Defusing/Debriefing/follow-up,  
1:1 Available 24/7.
- Cop 2 Cop Suicide Prevention & Intervention- QPR TRAINING  
Uses "Buddy System" to help each other. Call 24/7 for help with a "live" Professional
- Stressed out Cops-Use Cop2Cop for peer support counseling. Officers who need to vent  
confidentially & can relate to other cops.
- OFFICER AA/NA/GA/Addictions-Cops battling addictions program peer support, "Bottles &  
Badges" meetings etc.
- Cop2Cop Wounded/Disabled Officers Program - Cop 2 Cop Wounded Officer Peer Support  
Group
- COP/Military- to cope with PTSD-Peer support
- Retired Cops/Cop Family Members- Volunteer and free resources

### Cop2Cop Unique Features (1-866-267-2267)

- Only Legislated Law Enforcement Peer Support Program in U.S. (1999)
- Staffed by Retired Cops/Cop Clinician Peer Support
- Cop2Cop "National Best Practice"-Demonstrated Success Police Peer Support- 50,000+  
contacts
- Access 24 hours, 7 days a week
- Rutgers State of the Art Access/Call Center and Case Management
- Cop2Cop Peer Support-Cop2Cop Crisis Unit Debriefings-50-100 Annually
- Cop2Cop QPR Suicide Prevention Outreach and Access Training-10,000 +Trained

## **WORDS OF ENCOURAGEMENT**

*We are afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down, but not destroyed.... Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison (2 Corinthians 4:8, 9, 16, 17).*

*Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, that you may be perfect and complete, lacking in nothing (James 1:2-4).*

*And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose (Romans 8:28).*

*Blessed is a man who perseveres under trial; for once he has been approved, he will receive the crown of life, which the Lord has promised to those who love Him (James 1:12).*



**1-866-COP-2COP**

## Original - Prayer to St. Michael

"O Glorious Prince of the heavenly host, St. Michael the Archangel, defend us in the battle and in the terrible warfare that we are waging against the principalities and powers, against the rulers of this world of darkness, against the evil spirits. Come to the aid of man, whom Almighty God created immortal, made in His own image and likeness, and redeemed at a great price from the tyranny of Satan.



Fight this day the battle of the Lord, together with the holy angels, as already thou hast fought the leader of the proud angels, Lucifer, and his apostate host, who were powerless to resist thee, nor was there place for them any longer in Heaven. That cruel, ancient serpent, who is called the devil or Satan who seduces the whole world, was cast into the abyss with his angels. Behold, this primeval enemy and slayer of men has taken courage. Transformed into an angel of light, he wanders about with all the multitude of wicked spirits, invading the earth in order to blot out the name of God and of His Christ, to seize upon, slay and cast into eternal perdition souls destined for the crown of eternal glory. This wicked dragon pours out, as a most impure flood, the venom of his malice on men of depraved mind and corrupt heart, the spirit of lying, of impiety, of blasphemy, and the pestilent breath of impurity, and of every vice and iniquity,

"These most crafty enemies have filled and inebriated with gall and bitterness the Church, the spouse of the immaculate Lamb, and have laid impious hands on her most sacred possessions. In the Holy Place itself, where the See of Holy Peter and the Chair of Truth has been set up as the light of the world, they have raised the throne of their abominable impiety, with the iniquitous design that when the Pastor has been struck, the sheep may be.

"Arise then} O invincible Prince, bring help against the attacks of the lost spirits to the people of God, and give them the victory. They venerate thee as their protector and patron; in thee holy Church glories as her defense against the malicious power of hell; to thee has God entrusted the souls of men to be established in heavenly beatitude. Oh, pray to the God of peace that He may put Satan under our feet, so far conquered that he may no longer be able to hold men in captivity and harm the Church. Offer our prayers in the sight of the Most High so that they may quickly find mercy in the sight of the Lord; and vanquishing the dragon, the ancient serpent, who is the devil and Satan, do thou again make him captive in the abyss, that he may no longer seduce the nations. Amen.

V. Behold the Cross of the Lord; be scattered ye hostile powers. R. The Lion of the tribe of Judah has conquered the root of David.

V. Let Thy mercies be upon us, O Lord. R. As we have hoped in Thee.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

Let us pray.

O God, the Father of our Lord Jesus Christ, we call upon Thy holy Name, and as supplicants, we implore Thy clemency, that by the intercession of Mary, ever Virgin Immaculate and our Mother, and of the glorious St. Michael the Archangel, Thou wouldst deign to help us against Satan and all the other unclean spirits who wander about the world for the injury of the human race and the ruin of souls. Amen."

## WE REMEMBER THEM

*At the rising of the sun and its going down, we remember them.*

*At the blowing of the wind and in the chill of winter, we remember them.*

*At the opening of the buds and in the rebirth of spring, we remember them.*

*At the blueness of the skies and in the warmth of summer, we remember them.*

*At the rustling of the leaves and in the beauty of autumn, we remember them.*

*At the beginning of the year and when it ends, we remember them.*

*As long as we live, they too will live;  
for they are now a part of us, as we remember them.*

*When we are weary and in need of strength, we remember them.*

*When we are lost and sick at heart, we remember them.*

*When we have joy we crave to share, we remember them.*

*When we have decisions that are difficult to make, we remember them.*

*When we have achievements that are based on theirs, we remember them.*

*As long as we live, they too will live;  
for they are now a part of us, as we remember them.*



## RUTGERS

University Behavioral  
Health Care

"Cop2Cop" is a telephone support helpline 1-866-Cop-2Cop is staffed by retired officers trained as Peer Counselors & Mental Health specialist.

When the job gets to you, it helps to be able to talk confidentially with a fellow officer.

When you are feeling overwhelmed the issues run deeper, Cop2Cop is ready to help you and your family find a compatible professional for treatment if necessary.

If you are interested in receiving a call, please complete the bottom of this form and return. You may also call the helpline directly at **1-866-267-2267**. If you are referring someone, please include your information.

You can also check out the website: njcop2cop.com

We hope that you are able to take advantage of this innovative program and look forward to talking with you.

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I am interested in being contacted by a "Cop2Cop" Peer Counselor. You can reach me by telephone or email at the number below.

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Name:

Email address:

Phone Number:

Permission to leave a message: YES/NO (please circle)

If you are referring someone, please fill out the top of this form with their info and fill below with yours.

Name: Referring agency:

Phone number: Reason for referral: