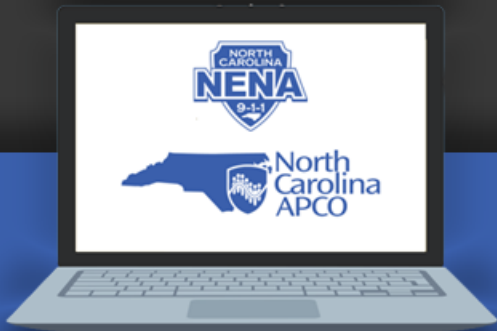


Face That Fire; A Journey After Traumatic Events

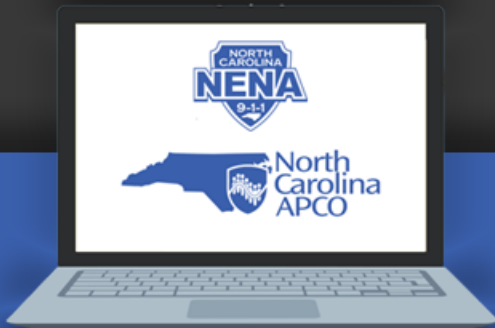
Joshua Fonseca

Denise Amber Lee Foundation



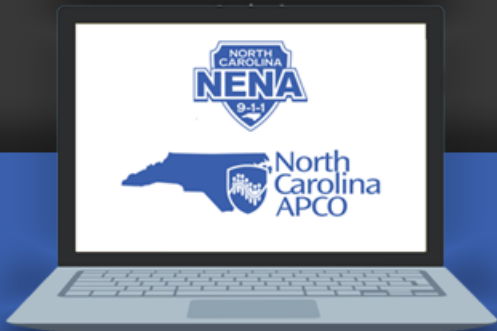
Joshua Fonseca

- 4 years at the Torrance County Dispatch Center.
- Certified Law Enforcement Trainer.
- Volunteer Firefighter.
- EMT-B with the state of New Mexico
- Joined the Combined Communications Center in December of 2015
- Associates is Fire Science with special interest if Emergency Management.
- Joined the Denise Amber Lee Foundation in February of 2020



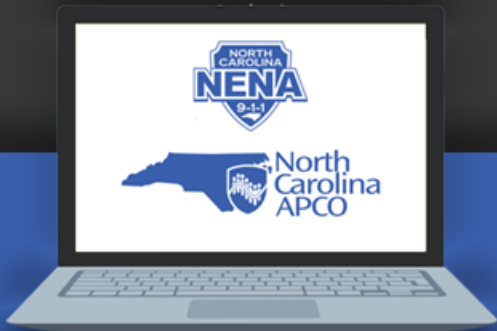
Objectives

- Understand that any traumatic event can lead to mental fatigue.
- Discover what mental health means and it may become personal.
- Start a path to a new perspective
- Identify when the “re-freak” happens.



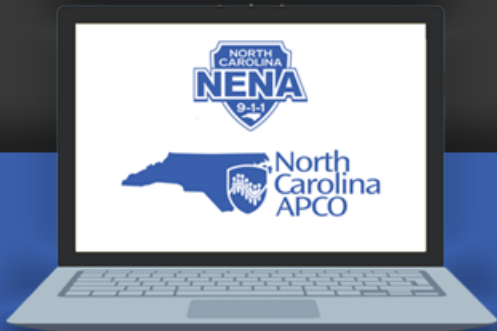
Route 91 Harvest Festival / 10-1

- 10:05 pm, Stephen Paddock start firing on guests attending
- Over 1000 shots into the crowd
- More than 1000 people injured (not all from gunfire)
- 58 Deceased
- Since the event, became 60 total.
- 11 Communication Specialists at the onset.
- 3 additional came in on their own time.
- 18 total involved
- 8 Radio Channels
- 60-70 incidents holding at any given time.
- 1001 total incident related calls
- All this from 2200 - 0800



Define Psychiatry Trauma

- An experience that produces psychological injury or pain.
(dictionary.com)



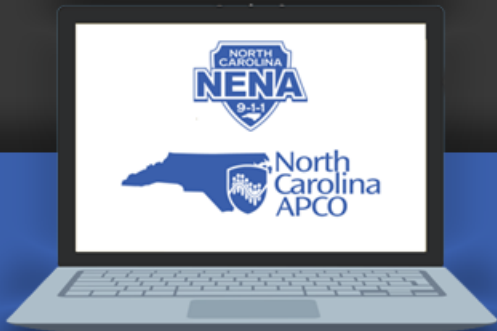
Impacts of Psychiatry Trauma

On the body

- Stress
- Over-eating
- Lack of Energy
- Anger

Mentally

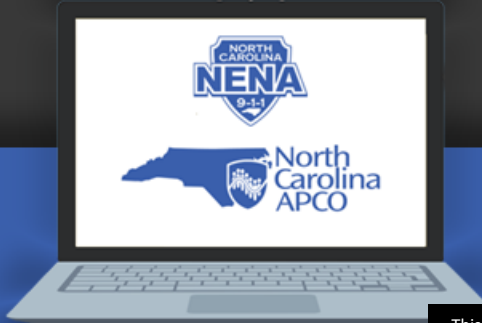
- Anger
- Mental fatigue
- Feeling of incompetence
- Denial (I shouldn't be feeling this way).





Common Misunderstanding

- Does not have to be a big event.
 - Small events can have the same impact.
 - One person can face one big event.
 - Another can face 20 small events
 - Both feel the same at the end of the day.

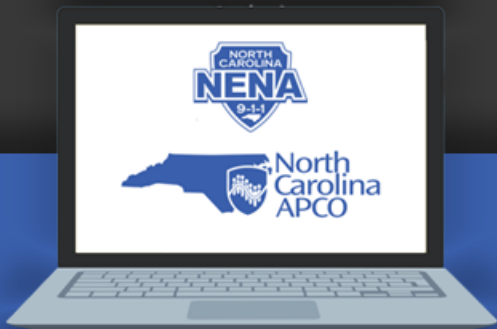


HORIZON
CONSOLES
PART OF SBF GROUP



Beginning of Self Journey.

- Signs I wasn't seeing;
 - Mad just sitting at home playing with kids
 - Very easily getting short with callers.
 - No matter how hard I tried I wasn't myself.
- I'm so sick of pretending I'm ok when I'm breaking down inside. (Unknown Author)
- Lightbulb moment:
 - I Refuse- Fiver Finger Death Punch.
 - It's time to get help.



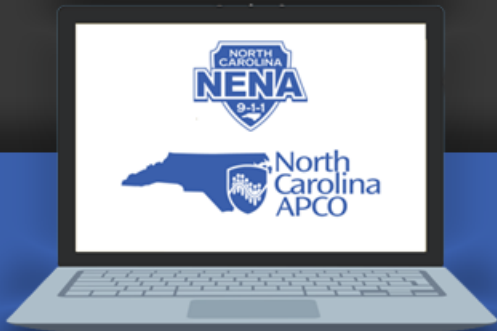
HORIZON
CONSOLES
PART OF SBF GROUP



MOTOROLA
SOLUTIONS

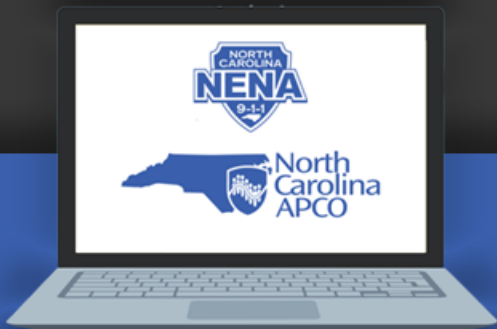
What is mental health to you?

- Psychological well-being and satisfactory adjustment to society and to the ordinary demands of life.
(disctionary.com)
- The field of medicine concerned with maintenance or achievement of such well-being and adjustment.
(Dictionary.com)



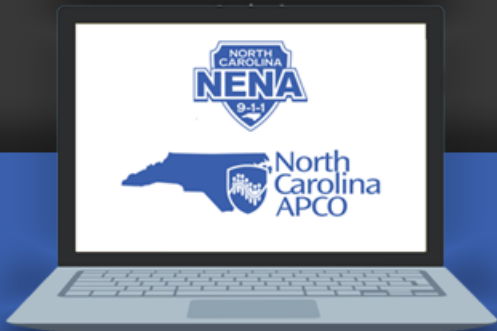
What's wrong with those definitions?

- Ordinary demands of life?
- Maintenance or achievement of such well-being and adjustment?
- We don't work in these "ordinary" demands of life.
- What is considered achievement of well-being and adjustment?
- Everyone can interpret these differently.



Some types of stress.

- Compassion Stress/Fatigue.
- Secondary Trauma Exposure.
- Cumulative Stress.



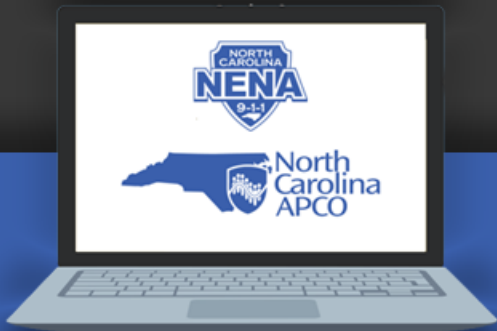
Effects in the workplace

Feelings

- Anxiousness
- Uneasy
- Fear
- Depression
- Nervous

Grief

- 5 Stages of grief.
 - Denial
 - Anger
 - Depression
 - Bargaining
 - ACCEPTANCE

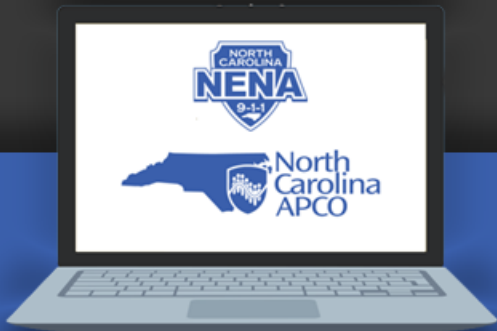


Acceptance

- Can be weight-lifting.
- Give you clarity.
- You're able to plan.

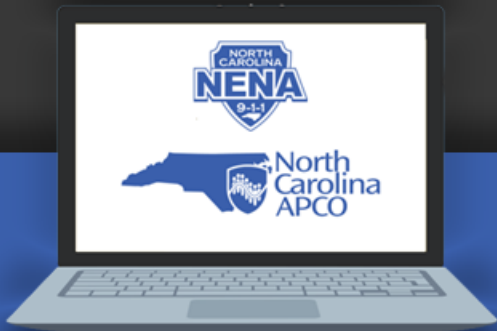


by Unknown Author is licensed under [CC BY-SA](#)



Continue of self journey.

- What is the next step?
- What do I need to do get better?
- How do I get back to normal?
- What is normal?



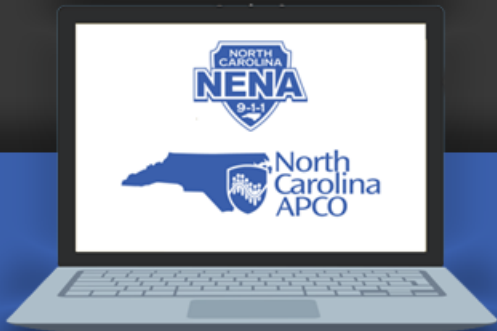
Counseling

Part of the plan

- Accept that help is needed.
- Set up appointment time.
- Everyone has their own method.

It can and should get personal.

- Divorce, Separation, Breakup.
- Family history.
- Can feel like it isn't necessary.
- Talk about the event itself.
- Hopefully, you start to understand how necessary it really is.
- Empty the trash can.

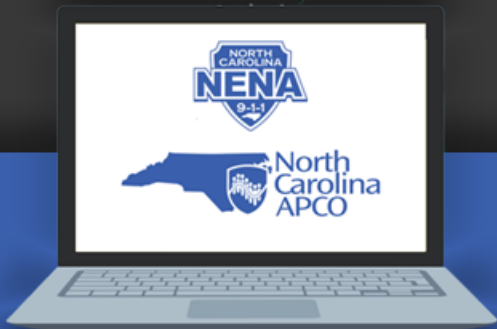


Routine got you down?



by Unknown Author | licensed under [CC BY-S](#)

- Taking kids to school.
- Helping Parents.
- Volunteering.
- Work
- Evening life
- All this is great but is it enough?
- Be willing to adjust.
- Your old routine is just that, an old routine.



HORIZON
CONSOLES
PART OF SBF GROUP



MOTOROLA
SOLUTIONS

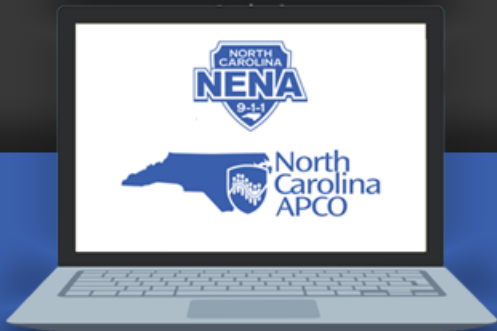
This is a part of you.

What helps you now?

- Could be doing something different.
- Could be doing the same, you just need to enhance it.
- It doesn't feel the same as it used to.
 - That's because it isn't.

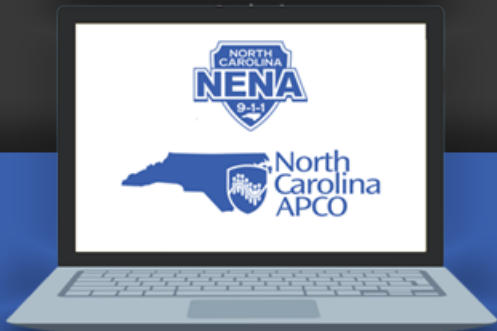
Get to a new place.

- Don't try to forget it.
 - Trying to forget it will only send you back into grief.
 - Remember it will shape you and your future.
- Embrace it.



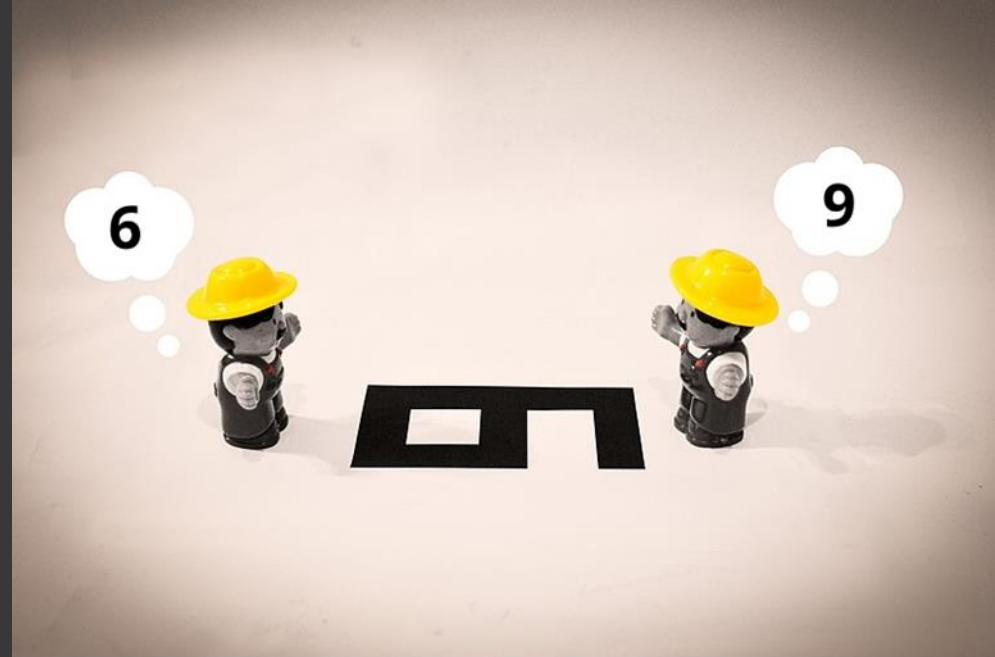
Embracing

- It has its challenges.
 - Anxiousness
 - Uneasy feeling.
 - Fear
 - These are all a good thing now.
- Bond with other coworkers.
- Change your perspective.
- What can help.
 - Think of heart surgery patients.
 - Find a pillow..
 - Music
 - Listen to a different genre.
 - Flip the mattress.
- Whatever gets you thinking differently, do it.

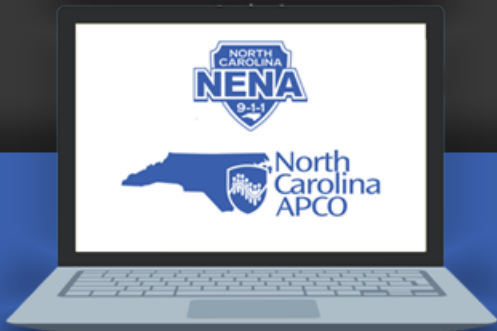


Create your new Perspective.

- Take a vacation.
- Buy a new car.
- Upgrade your backyard.
- Pursue a house.
- Spend time with family.
- Set goals
 - BIG GOALS
 - and maybe a few small ones.



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)



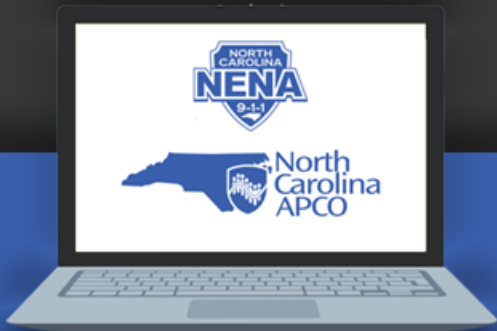
HORIZON
CONSOLES
PART OF SBF GROUP



MOTOROLA
SOLUTIONS

Re-freak

- What do you think can cause a re-freak?
 - The feeling of being overwhelmed.
 - Another traumatic event at work.
 - Traumatic event at home.
 - Stress.
- Don't' fear the re-freak
 - Identify it.
 - Do what you need to get right again.
 - Think of your pillow.
 - You've done it once; you can do it again.
 - How you ask? Remember your new perspective.



Conclusion

- Quote
 - Your future hasn't been written yet; no one has. Your future is whatever you make of it. So, make it a good one.
 - Doctor Emmett Brown, Back To The Future III.
- Thank you everyone, have a good day.
- Josh@deniseamberlee.org

