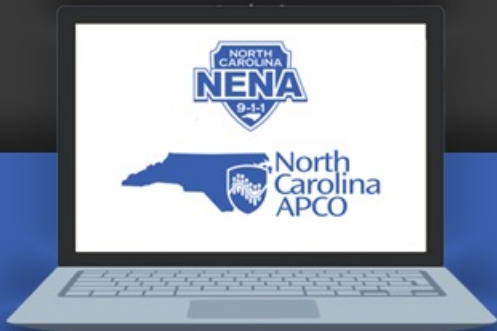


SAVING LIVES ON BOTH SIDES OF THE CALL! ~A PTSD JOURNEY~

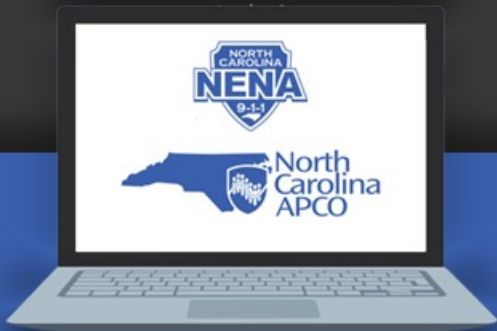
Tracy Eldridge, ENP
On Scene First



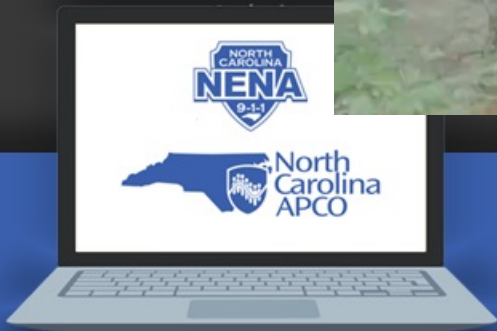
Post Traumatic Stress Disorder

Post traumatic stress disorder is not about what is wrong with someone

Post traumatic stress disorder is about what happened to someone



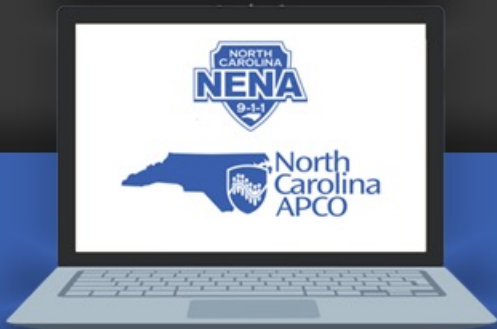
Jamison Peevyhouse



Stress

Stress is defined as an organism's total response to environmental demands or pressures.

Life is 10 % what happens to us and 90% how we react to it!



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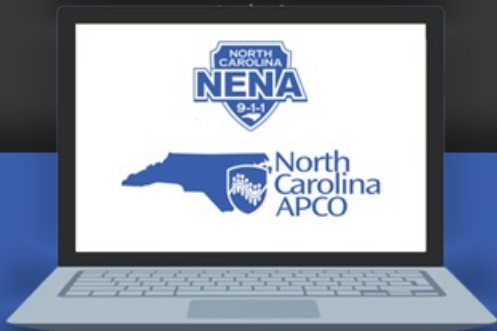
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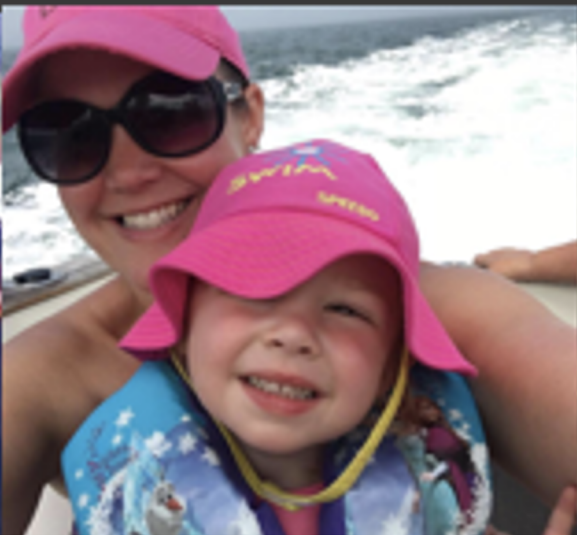
What is PTSD?

“Post traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it or having recurrent exposure to duty-related distressing events.

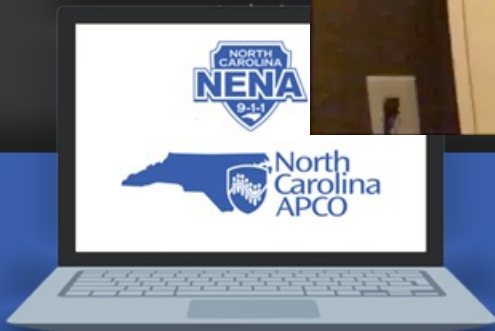
What are the symptoms?

Symptoms include flashbacks or nightmares, intrusive thoughts or feelings about the event, avoidance of reminders, feeling constantly “keyed up,” and negatives thoughts and mood since the event.



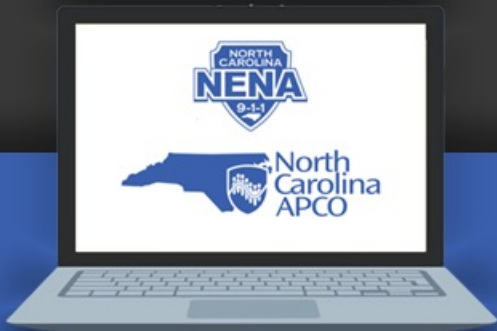


PTSD Bunker Gear For your Brain



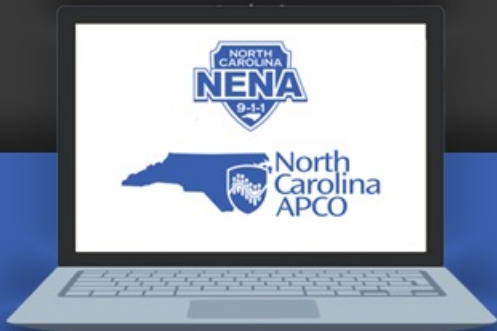
Perception of Telecommunicators
Diagnosed with PTSD

The Reality of those that
should be!



You have no say in someone else's story.

PERIOD!

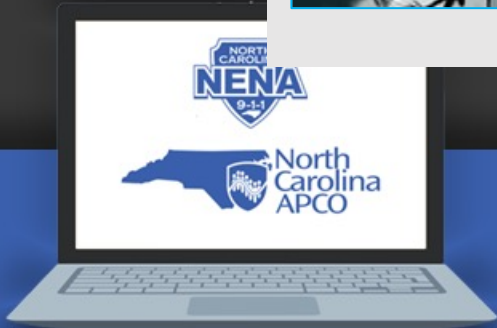


Stigma

A mark of disgrace associated with a particular circumstance, quality, or person

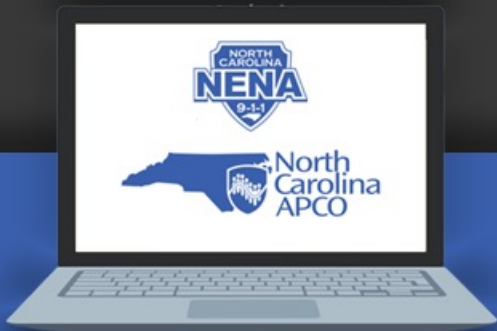


The **stigma** of mental illness can prevent people from reaching out and getting the help they need



Common Critical Stress Signs and Symptoms

- Fatigue
- Chills
- Unusual thirst
- Chest pain
- Headaches
- Dizziness
- Uncertainty
- Confusion
- Nightmares
- Poor attention/
decision making ability
- Poor concentration, memory
- Poor problem-solving ability
- Grief
- Fear
- Guilt
- Intense anger
- Apprehension and depression
- Irritability
- Chronic anxiety
- Inability to rest
- Withdrawal
- Antisocial behavior
- Increased alcohol consumption
- Change in communications
- Loss/increase in appetite
- Disassociation



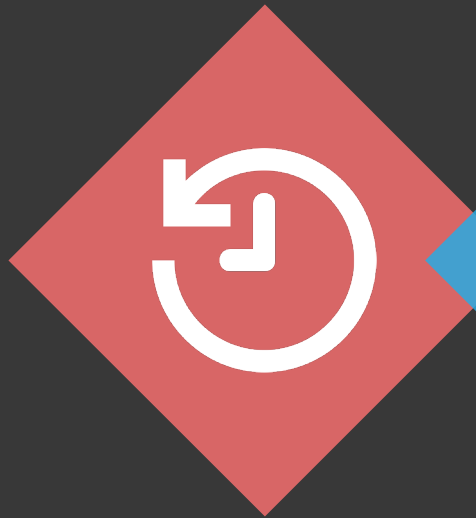
Jessica Patoine - Dispatcher



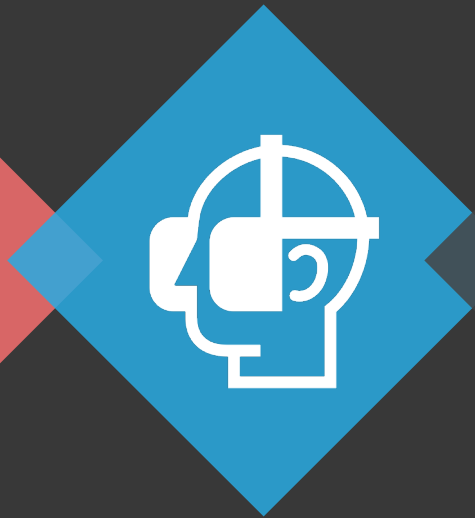
We are not Superheroes!



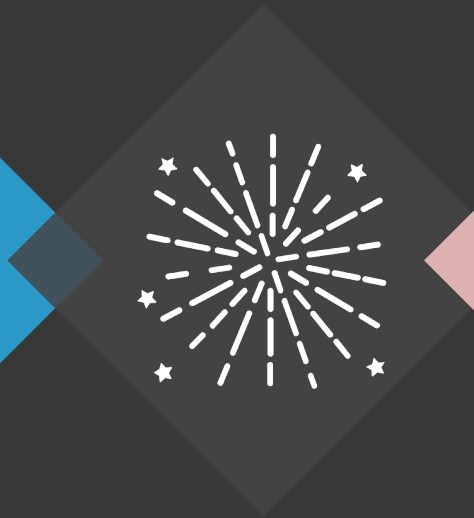
Signs and Symptoms of PTSD



Re-Experiencing



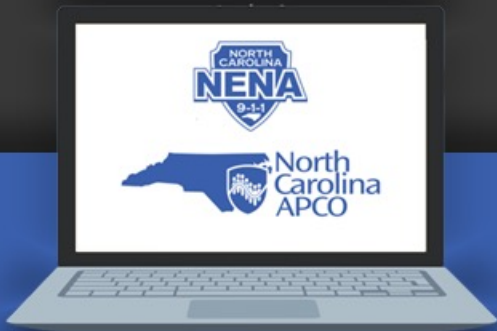
Avoidance



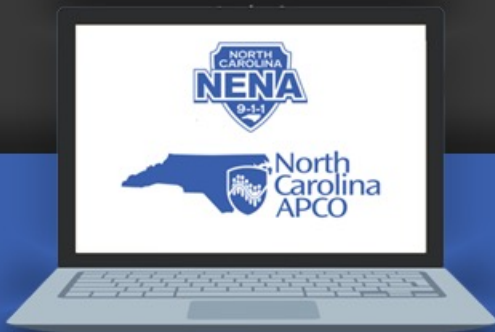
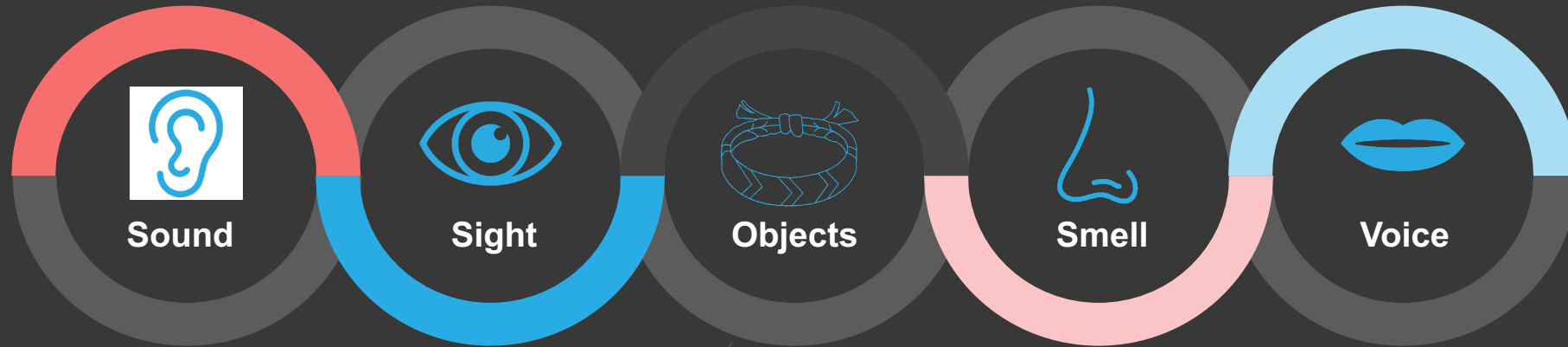
Arousal & Reactivity



Negative changes in cognition & mood



Triggers



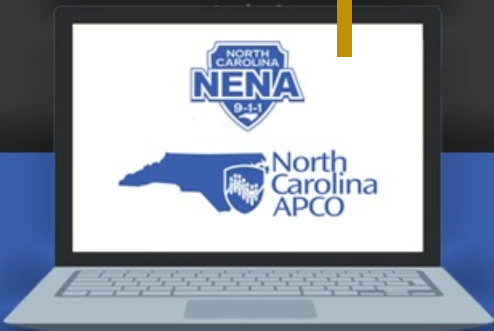
Re-Experiencing

Flashbacks

Intrusive thoughts

Bad dreams

Being physically responsive to triggers

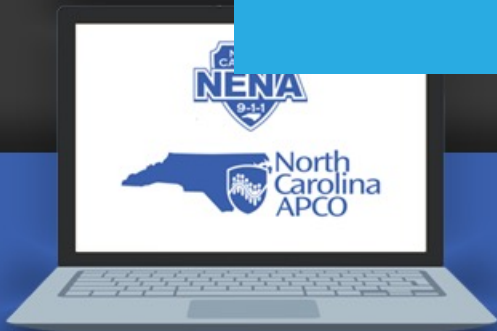


Avoidance

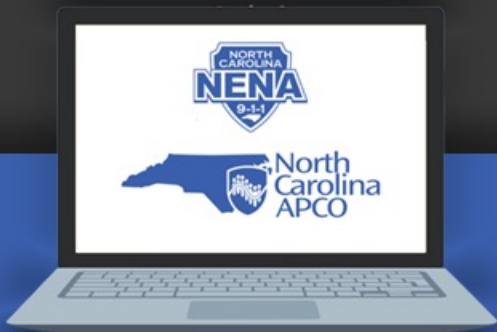
Staying away from

- People
- Places
- Objects
- Sights and smells

Avoiding similar thoughts/feelings



Arousal and Reactivity

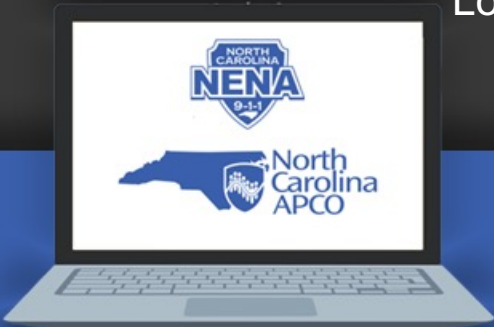
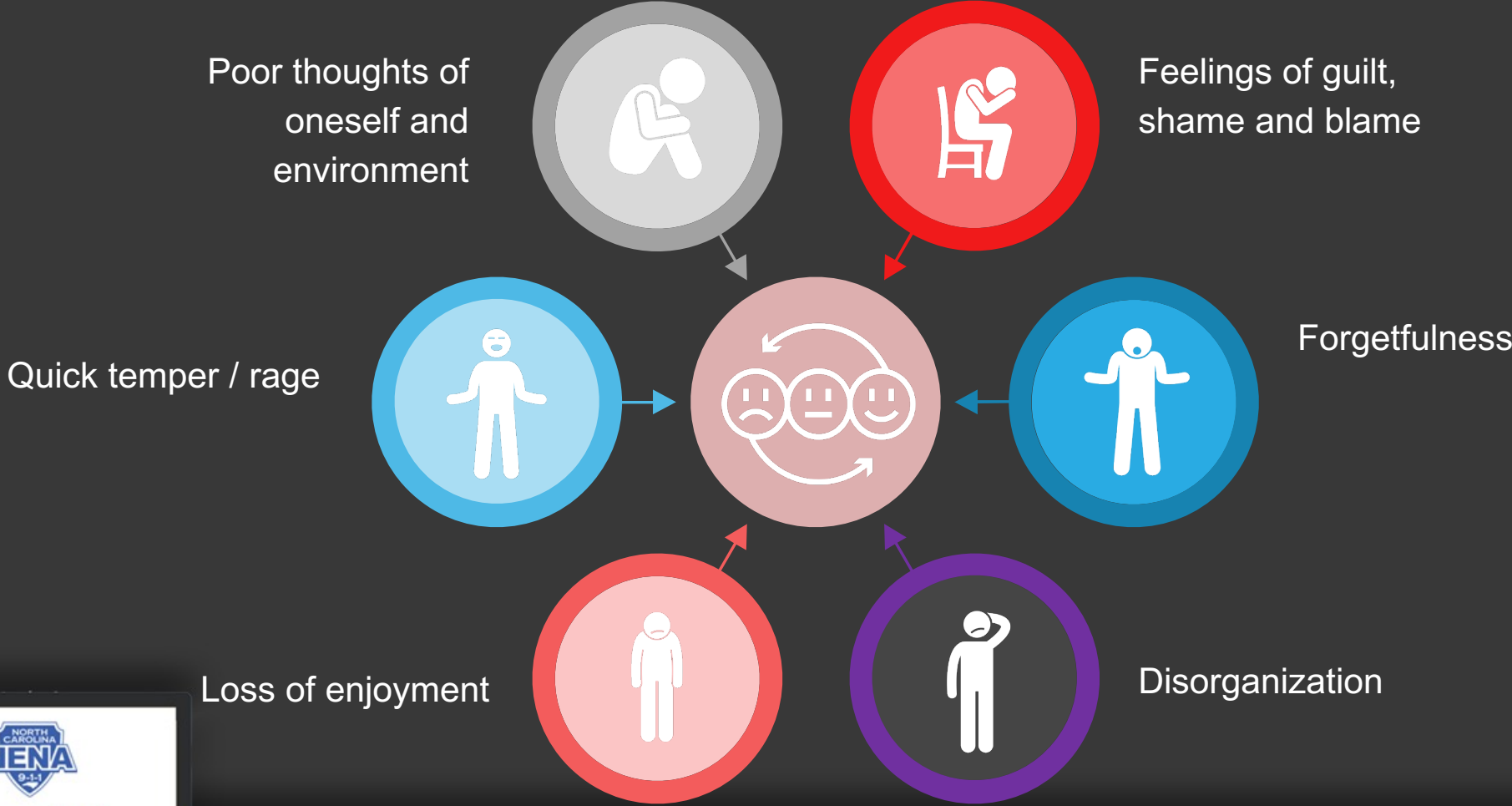


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Cognition and Mood

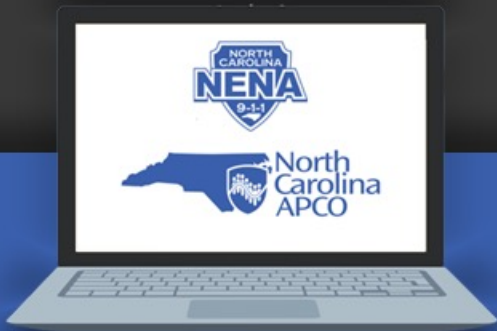


Diagnosis

In one month, if you experience...

- Re-experiencing (1x)
- Avoidance (1x)
- Arousal and Reactivity (2x)
- Cognition and Mood (2x)

A diagnostic interview should be used to determine diagnosis



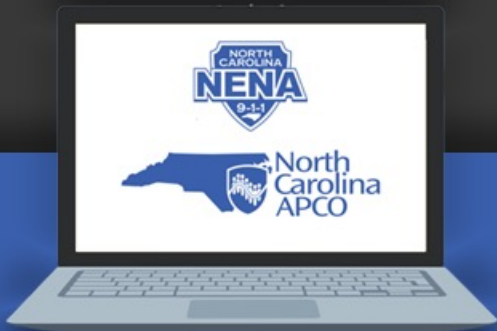
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When to Check Up

- Periodically
- Immediately after the incident
- 1 Month
- 6 Months
- A Year
- Then back to periodically



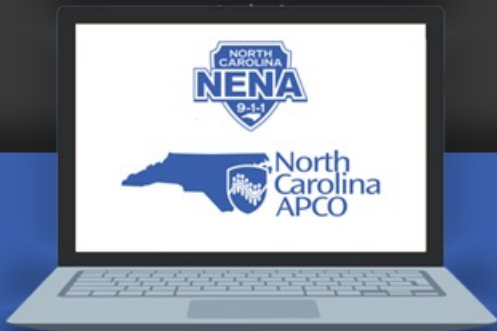
My Treatment



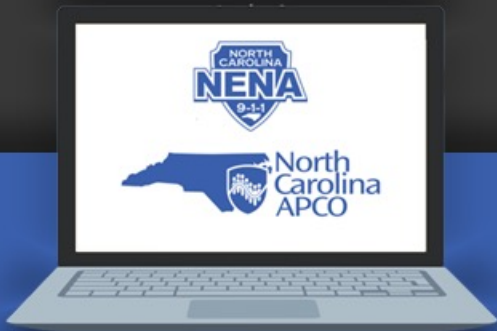
EMDR



Options for ongoing wellness



Why I got help!





teldridge@onscenefirst.com



www.onscenefirst.com



Facebook.com/OnSceneFirst



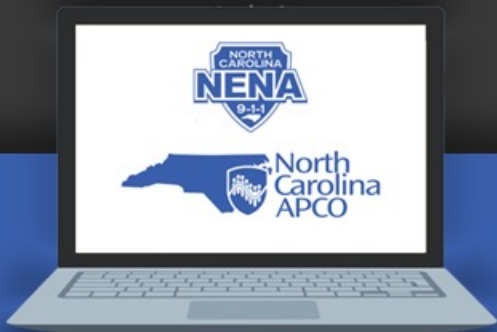
@onscenefirst



On Scene First with Tracy Eldridge



onscenefirst



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