

Welcome

SCPD Wellness AOT



Welcome to Wellness

Wahid Kazim

Assistant Chief of Police



Welcome to Wellness

Ryan Wright
Wellness Coordinator



Welcome to Wellness

Wellness is about everyone!



Welcome to Wellness

*Wellness is both an
Organizational Priority and
a Personal Responsibility*



Welcome to Wellness

***Wellness must be Intentional,
It is never Accidental***



**Let's take a
BREAK!**

**Next session
begins in
10 minutes**



QPR Suicide Prevention

Ryan Wright

Wellness Coordinator





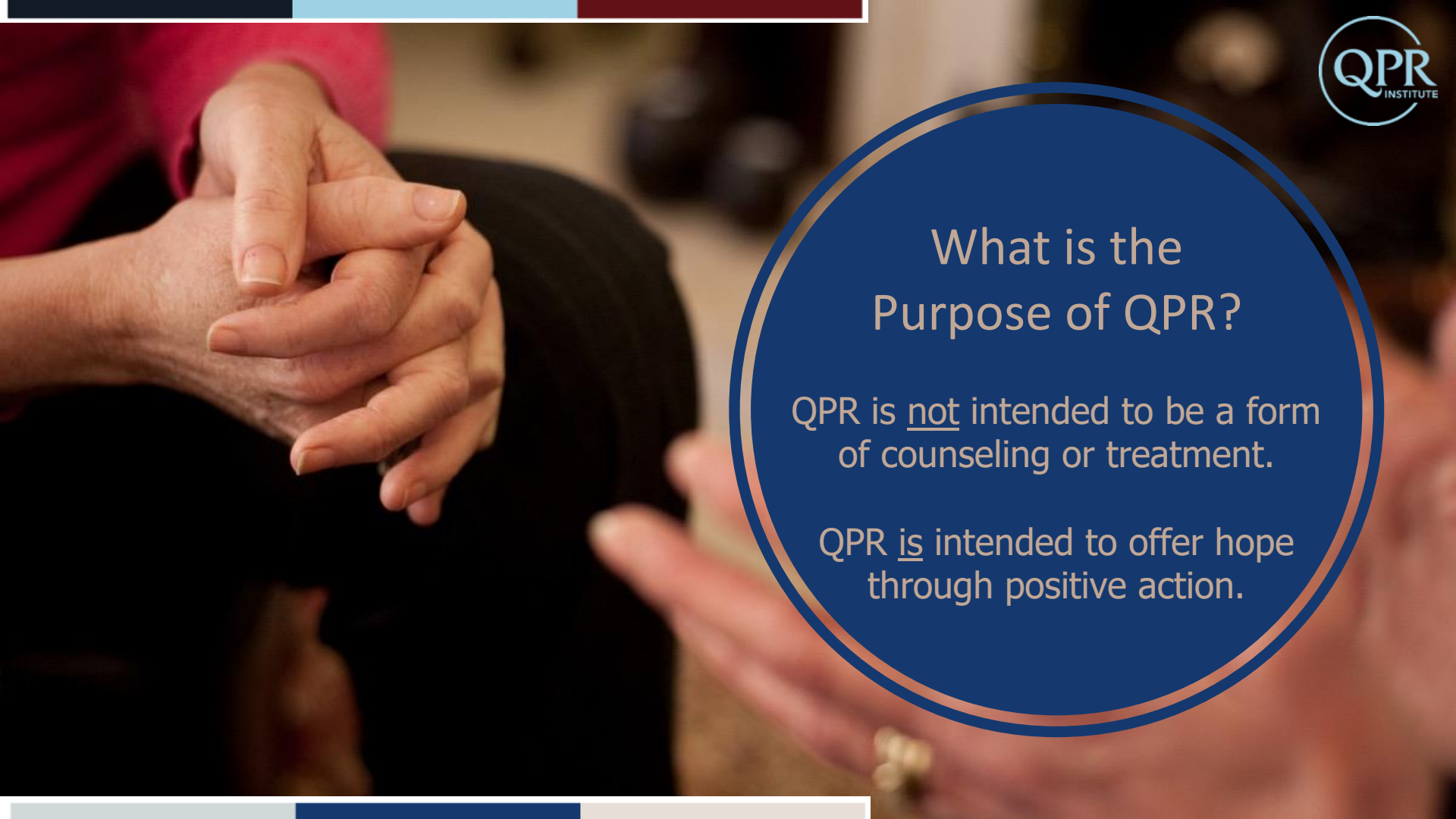




Ask A Question,
Save A Life.

QUESTION. PERSUADE. REFER.



The background of the slide is a photograph showing a close-up of two pairs of hands. One pair of hands is clasped together in a supportive grip, while another pair is shown in a similar gesture, suggesting a therapeutic or supportive interaction. The image is slightly blurred, focusing attention on the text overlay.

What is the Purpose of QPR?

QPR is not intended to be a form of counseling or treatment.

QPR is intended to offer hope through positive action.



Suicide Myths & Facts

MYTH

On the opposite of helping
to suicide, it is possible,
and often, that
anyone can do to ease
the risk of suicide.

FACT

ASQ is a national helpline
advising people on how
to lower the risk of suicide
and help them to
manage their feelings
and thoughts. It is
available 24 hours a day
and can help to prevent
suicide.

A young Black man with short dreadlocks is shown from the chest up, wearing a dark olive-green bomber jacket over a light-colored t-shirt. He is looking slightly to his right with a thoughtful expression. He holds a white pen in his right hand and is writing in a small, open notebook held in his left hand. The background is a blurred outdoor setting with warm, golden light, suggesting late afternoon or early morning.

How can I help?



Suicide Clues and Warning Signs

The background of the slide is a photograph of a magnifying glass resting on a piece of paper. The paper is covered with a grid of various symbols, including letters, numbers, and geometric shapes. The magnifying glass is positioned over the center of the grid, and its handle extends towards the bottom left. A blue circular graphic with a white border and a blue outline is overlaid on the left side of the image. Inside this circle, the text 'Take All Signs Seriously.' is written in white. Below this, the text 'The more clues and signs observed, the greater the risk.' is also written in white. A blue line with four circular nodes connects the text to the magnifying glass. The nodes are located at the top left, top center, middle left, and bottom right of the magnifying glass's lens area.

Take All Signs Seriously.

The more clues and signs observed, the greater the risk.



Direct
Verbal Clues



Indirect Verbal
Clues



Behavioral
Clues



Situational
Clues

Direct Verbal Clues

- "I've decided to kill myself."
- "I wish I were dead."
- "I'm going to commit suicide."
- "I'm going to end it all."
- "If (such and such) does not happen, I'll kill myself."



A young man and woman are shown in a close embrace. The woman, on the left, is wearing a dark knit beanie and a dark jacket, looking down with a sad expression. The man, on the right, is wearing a dark jacket over a light-colored t-shirt with a graphic, looking towards the woman. The background is blurred, suggesting an outdoor setting at night.

Indirect Verbal Clues

- "I'm tired of life, I just can't go on."
- "My family would be better off without me."
- "Who cares if I'm dead anyway?"
- "I just want out."
- "I won't be around much longer."
- "Pretty soon you won't have to worry about me."

Behavioral Clues

- Any previous suicide attempt
- Acquiring a gun or stockpiling pills
- Co-occurring depression, moodiness, hopelessness
- Putting personal affairs in order
- Giving away prized possessions
- Sudden interest or disinterest in religion
- Drug or alcohol abuse, or relapse after a period of recovery
- Unexplained anger, aggression and irritability



Situational Clues

- Being fired or being expelled from school
- A recent unwanted move
- Loss of any major relationship
- Death of a spouse, child, or best friend—especially if by suicide
- Diagnosis of a serious or terminal illness
- Sudden unexpected loss of freedom/fear of punishment
- Anticipated loss of financial security
- Loss of a cherished therapist, counselor or teacher
- Fear of becoming a burden to others



Suicide Questions

Tips for Asking the Question

- 1 If in doubt, don't wait. Ask the Question!
- 2 If the person is reluctant, be persistent.
- 3 Talk to the person alone in a private setting.
- 4 Allow the person to talk freely.
- 5 Give yourself plenty of time.
- 6 Have your resources handy: the QPR Card, phone numbers, counselor's name and any other information that might help.





REMEMBER:

How you ask the question is less important than that you ask it.

The QPR Institute offers a 3-step intervention plan.

- Approach:
Direct or Indirect
- Identifying
questions to avoid

Less Direct Approach

- “Have you been unhappy lately?”
- “Have you been very unhappy lately?”
- “Have you been so very unhappy lately that you’ve been thinking about ending your life?”
- “Do you ever wish you could go to sleep and never wake up?”

Direct Approach

- “You know, when people are as upset as you seem to be, they sometimes wish they were dead. I’m wondering if you’re feeling that way, too?”
- “You look pretty miserable, I wonder if you’re thinking about suicide?”
- “Are you thinking about killing yourself?”

IMPORTANT:

If you cannot ask the question, **find someone who can.**



How **not** to ask the suicide question:

- × "You're not thinking of killing yourself, are you?"
- × "You wouldn't do anything stupid would you?"
- × "Suicide is a dumb idea. Surely you are not thinking about suicide?"



PERSUADE

Persuading Someone to Stay Alive

- Listen to the problem and give them your full attention.
- Remember, suicide is not the problem, only the solution to a perceived insoluble problem.
- Do not rush to judgment.
- Offer hope in any form.



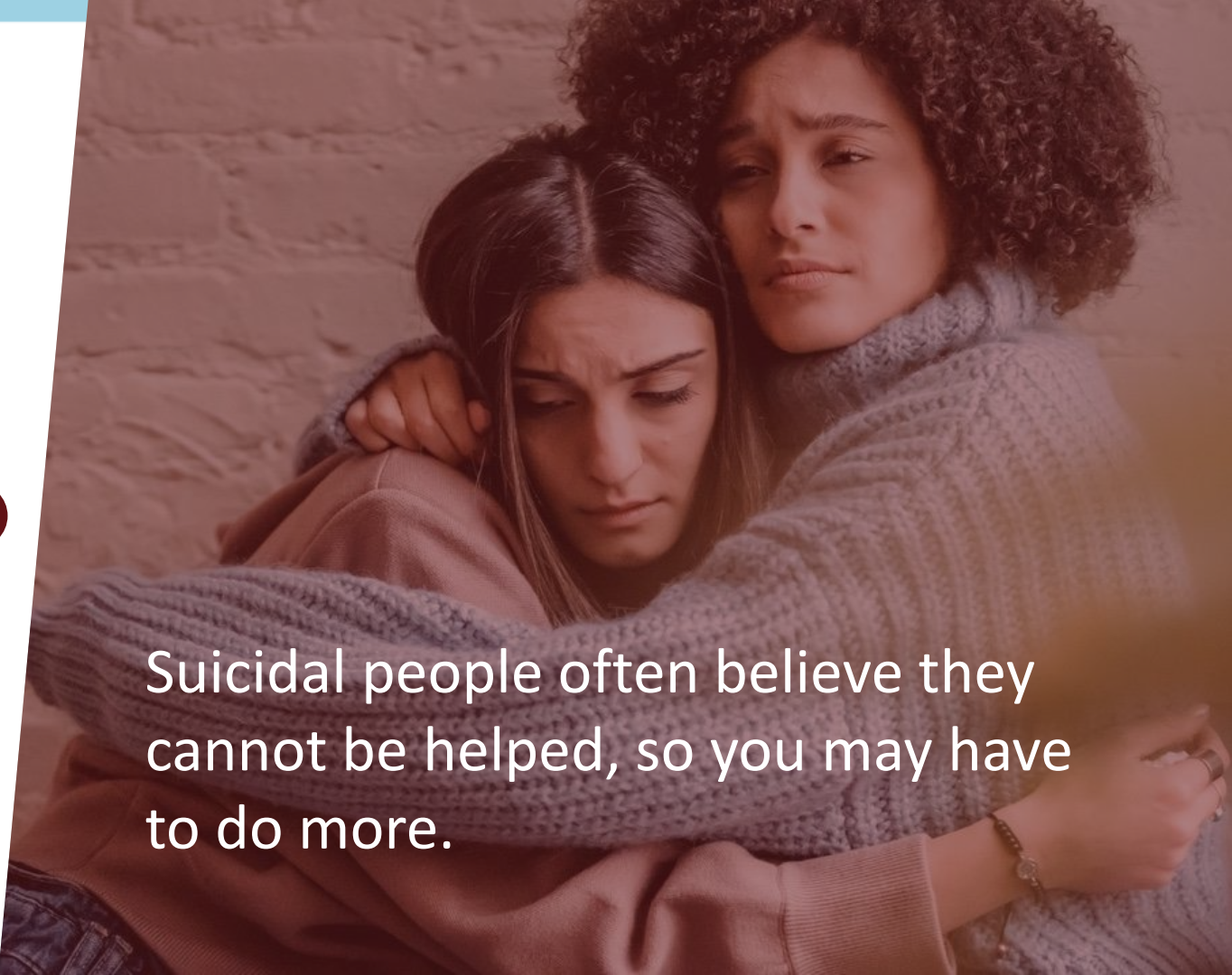


Then, ASK:

- “Will you go with me to get help?”
- “Will you let me help you get help?”
- “What can we do to keep you safe for now?”






REFER

A photograph of two women in a close embrace. The woman in the foreground has long, straight brown hair and is looking down with a sad expression. The woman behind her has curly brown hair and is looking towards the camera with a concerned expression. They are both wearing light-colored, textured sweaters. The background is a plain, light-colored wall.

Suicidal people often believe they cannot be helped, so you may have to do more.

Referral Options

-  The **best referral** involves taking the person directly to someone who can help.
-  The **next best referral** is getting a commitment from them to accept help, then making the arrangements to get that help.
-  The **third best referral** is to give referral information and try to get a good faith commitment not to complete or attempt suicide.





Any willingness to accept help at some time, **even if in the future**, is a good outcome.

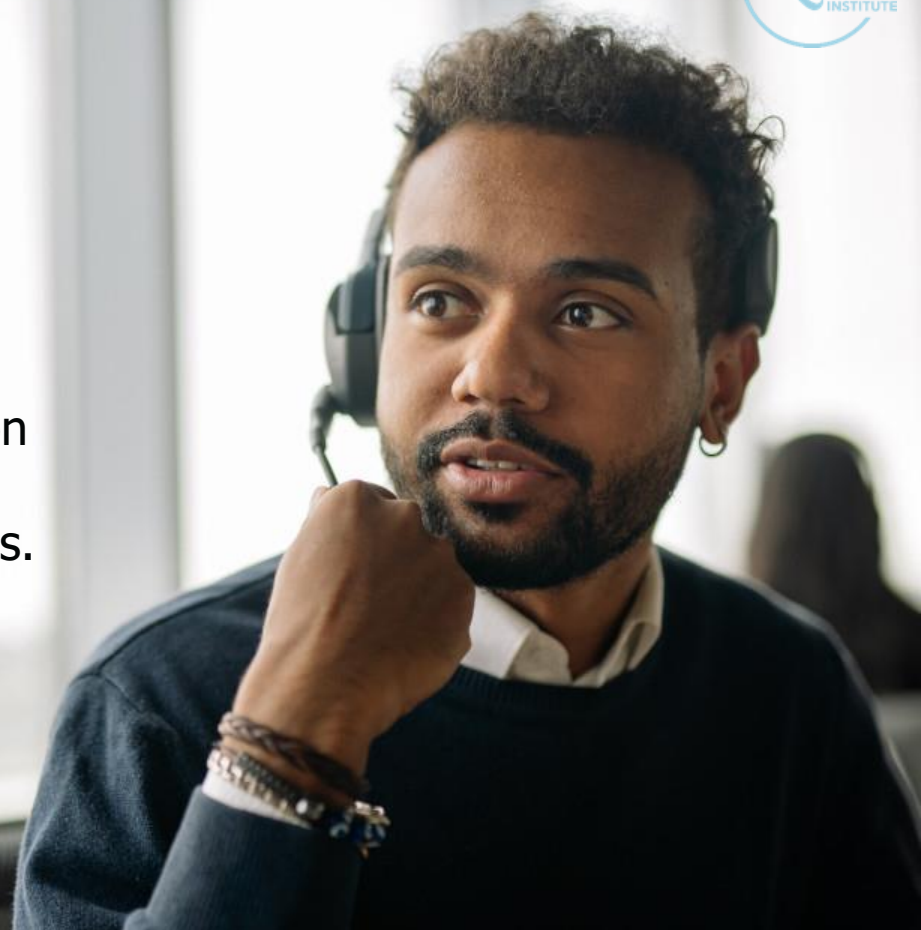


REMEMBER:

Since almost all efforts to persuade someone to live instead of attempt suicide will be met with agreement and relief, don't hesitate to get involved or take the lead.

Pro Tips for Effective QPR

- Offer encouragement, such as:
 - “I want you to live”
 - “I’m on your side... We’ll get through this.”
- Get others involved. Ask the person who else might help.
 - Family. Friends. Brothers. Sisters. Pastors. Priest. Rabbi. Bishop. Physician.





More Pro Tips

- Join a team. Offer to work with clergy, therapists, psychiatrists or whomever is going to provide the counseling or treatment.
- Follow up with a visit, a phone call or a card, and in whatever way feels comfortable to you.
- Let the person know you care about what happens to them. Caring may save a life.

REMEMBER

When you apply QPR, you
plant the seeds of hope.

Hope helps prevent suicide.



**Let's take a
BREAK!**

**Next session
begins in
10 minutes**



Counseling Resources Available

Karen Lansing, LMFT
EMDR Specialist



copwhisper@me.com
www.copwhisperer.com
831-234-3365

Counseling Resources Available

Dr. Steve Dolezal

Psychologist



drsdolezal@aol.com
408-781-9444

Counseling Resources Available

Janet Childs

Bay Area CISM Team

Center for Living with Dying

Put contact info here



Counseling Resources Available

City of Santa Clara *Employee Assistance Program**



MHN 1-800-242-6220
Provide Group #5730

*This benefit is only for Non-Sworn employees

Enjoy your **LUNCH**

Served in the Courtyard downstairs

**Next session
begins at
1:30 pm**



Family Matters

Internet Safety for Kids *Vigilant Parent Initiative*



Angelie Donzanti

San Jose Police Department

angelie.donzanti@sanjoseca.gov

408-247-4102

Family Matters – Wills & Trust

Adam Ferguson



Ferguson Law Group
www.Ferglawgroup.com
408-296-3700

Let's take a
BREAK!
Next session

begins in
10 minutes



SCPD Wellness Resources

Captain Saskia Lagergren



SCPD Wellness Resources

Sgt. Max Nielepko
Financial Wellness



m.nielepko@santaclaraca.gov

SCPD Wellness Resources

Ofc. Marc Samaha
Nutritional Wellness



m.samaha@santaclaraca.gov

SCPD Wellness Resources

Ofc. Sean Eagan
Physical Fitness



s.eagan@santaclaraca.gov

SCPD Wellness Resources

Sgt. Josh Craig
Lighthouse Wellness app
& SCPD Chaplains



j.craig@santaclaraca.gov

SCPD Wellness Resources

Sgt. John Terry
Peer Support



j.terry@santaclaraca.gov

SCPD Wellness Resources

Ofc. Dustin Silva

Preventative Body Scan



d.silva@santaclaraca.gov

Thank --- You

CREDITS: This presentation template was created by **Slidesgo**, including icons by **Flaticon**, infographics & images by **Freepik** and illustrations by **Stories**

Please keep this slide for attribution

