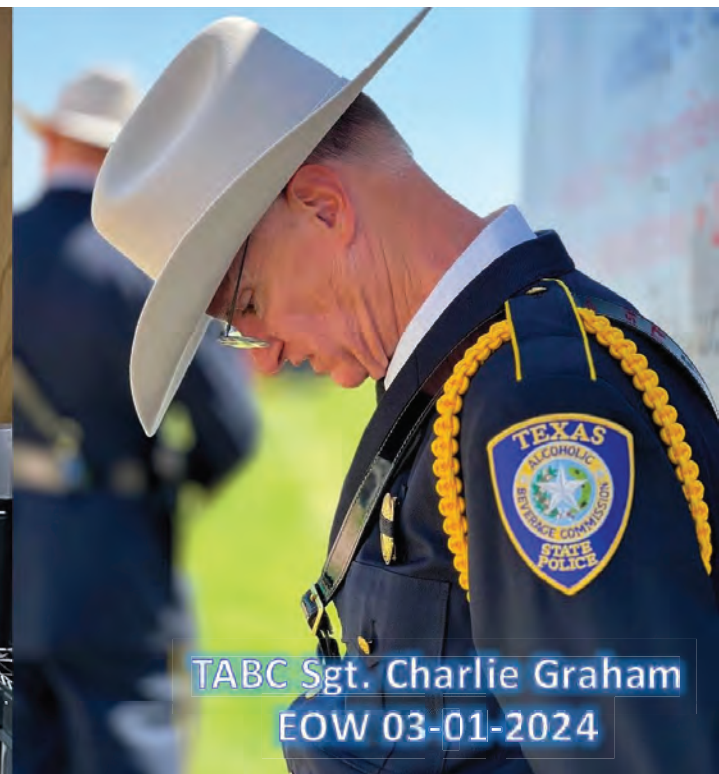




Peer Support Team

Team Member Selection and Training Recommendations





Who can be part of a Peer Support Team?

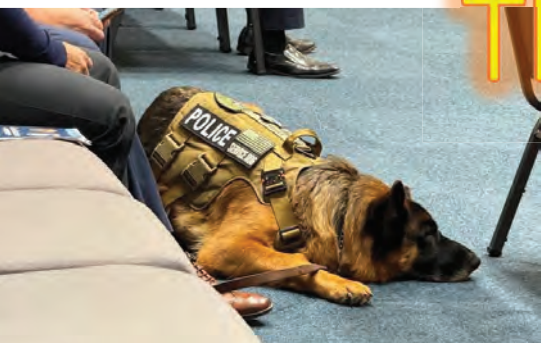
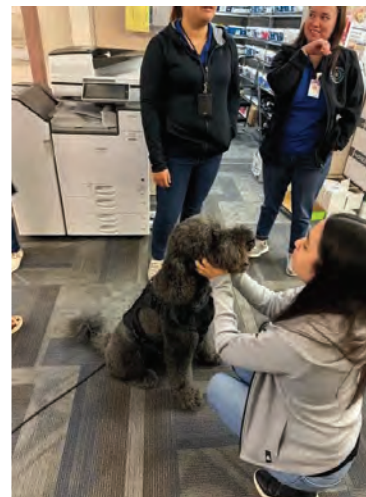
All First Responders & Civilian Administrative Staff

Chaplains

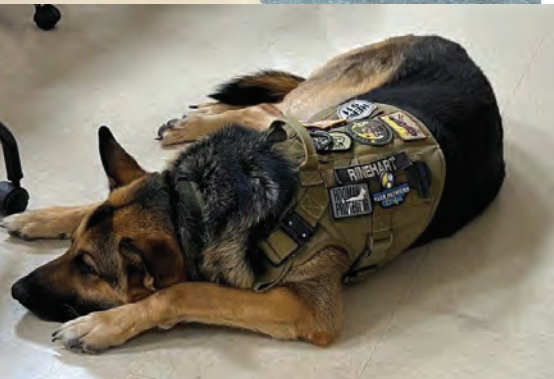
Clinicians (LPC, LMHA Screeners)

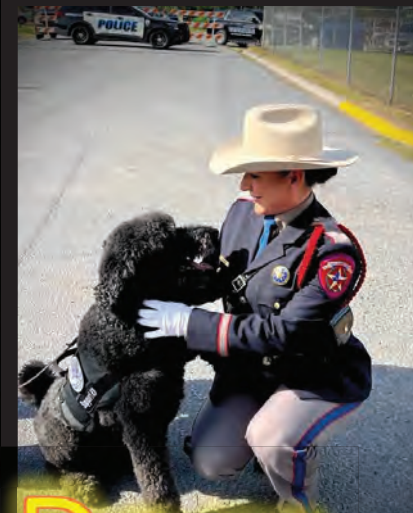
Mental Health Professionals

(Many peers in these groups are spouses)



Therapy Dogs





Therapy Dogs





<https://k9sforwarriors.org/>
<https://patriotpaws.org/>
<https://www.guardianrevival.org/>
www.guidedogsofthedesert.org

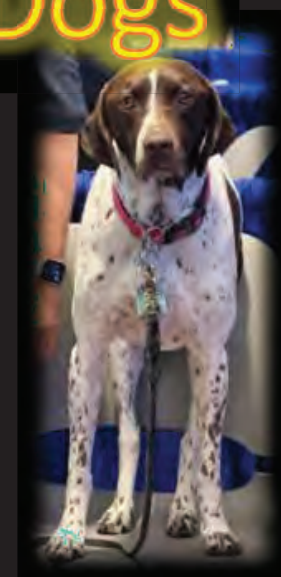
Therapy Dogs





www.hopeaacr.org
www.caninesforchrist.org
www.crisiscanines.org

Therapy Dogs



The Stigma of Self-care

Society has internalized the concept of self-care as selfish and indulgent...

Flight attendant rule:

Put on your own mask before helping others





Self Care

Yearly Physical Exam

-Mind/Body Connection

Exercise

Walking, swimming, biking, Pilates, yoga,
running, Taichi

Prayer

Meditation

Mindfulness

Mani-Pedi

Sitting and drinking a cup of coffee

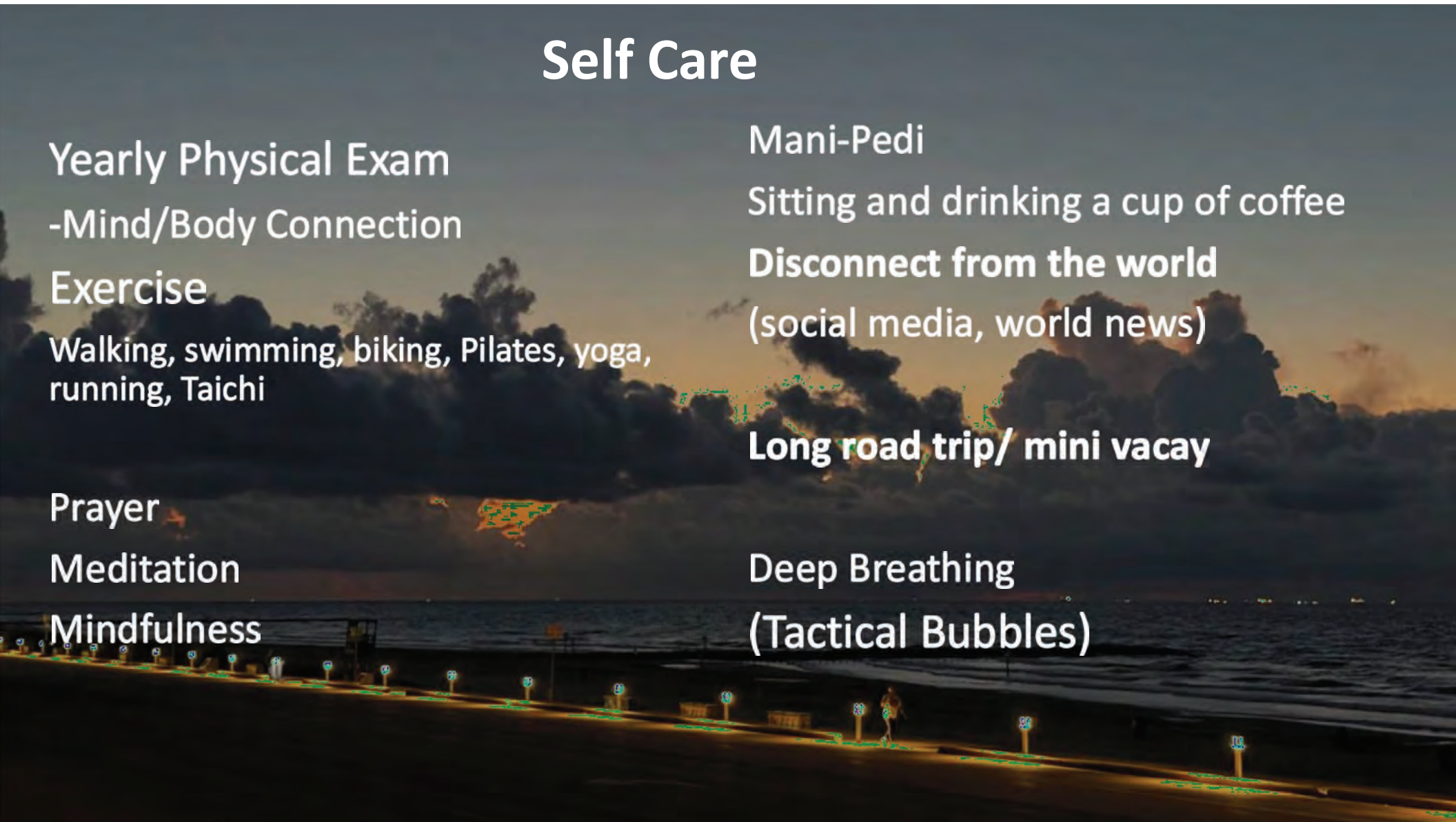
Disconnect from the world

(social media, world news)

Long road trip/ mini vacay

Deep Breathing

(Tactical Bubbles)



*Grounding
Napping
Gratitude Exercises*

Taking Breaks

Healthy Eating

Journaling

Cook out

Dance

Go to a play/ Broadway show

Water...hydrate daily





WELLNESS ROOMS/ QUIET ROOMS



Wellness Rooms



What Does Trauma Look Like?

Recognizing trauma in law enforcement officers



Physical Symptoms

- Fatigue/exhaustion
- Insomnia
- Sleep disturbances
- Nightmares
- Change in appetite
- Digestive problems
- Changes in sexual health
- Physical problems
- Headaches
- Nausea



Cognitive Symptoms

- Lack of concentration
- Flashbacks of the event
- Difficulty making decisions
- Memory lapses
- Forgetfulness
- Confusion
- Poor problem-solving
- Altered thinking
- Change in alertness



Emotional Symptoms

- Fear
- Guilt
- Emotional numbing
- Over sensitivity
- Anxiety
- Depression
- Feeling helpless
- Anger
- Irritability
- Frustration
- Hopelessness
- Burnout
- Compassion Fatigue



Behavioral Symptoms

- Change in activity
- Communication changes
- Withdrawal from peers/family
- Detached
- Lack of trust
- Hyper-alertness
- Increase in being easily startled
- Change in sexual behavior
- Emotional outbursts
- Difficulty sitting still

Source(s): Irvine Police Department Crisis Response Team.; Bird et al, 2021.1398-1426; Yehuda et al, 2021, 1107-19

2022 Law Enforcement Suicide Statistics

19 L.E. in the State of Texas

1 Correction Officer

12 CBP

12 Texas National Guardsmen



<https://1sthelpp.org/the-numbers/>

2023 Law Enforcement Suicide Statistics

6 L.E. in the State of Texas

5 CBP

5 Texas National Guard OLS



<https://1sthelp.org/the-numbers/>

2024 Law Enforcement Suicide Statistics

3 L.E. in the State of Texas
1 Corrections Officer Texas
0 Texas National Guard OLS



<https://1sthelp.org/the-numbers/>

2025 Law Enforcement Suicide Statistics

11 Law Enforcement Officers

2 EMS

0 Firefighters

0 Corrections Officers

0 Texas National Guard OLS



<https://1sthelp.org/the-numbers/>

LE Suicide Statistics

VERIFIED LE SUICIDES TO DATE 09-09-2025

2025 -- 61

2024 -- 103

2023 -- 122

2022 -- 173

2021 -- 149

2020 -- 150

2019 -- 198

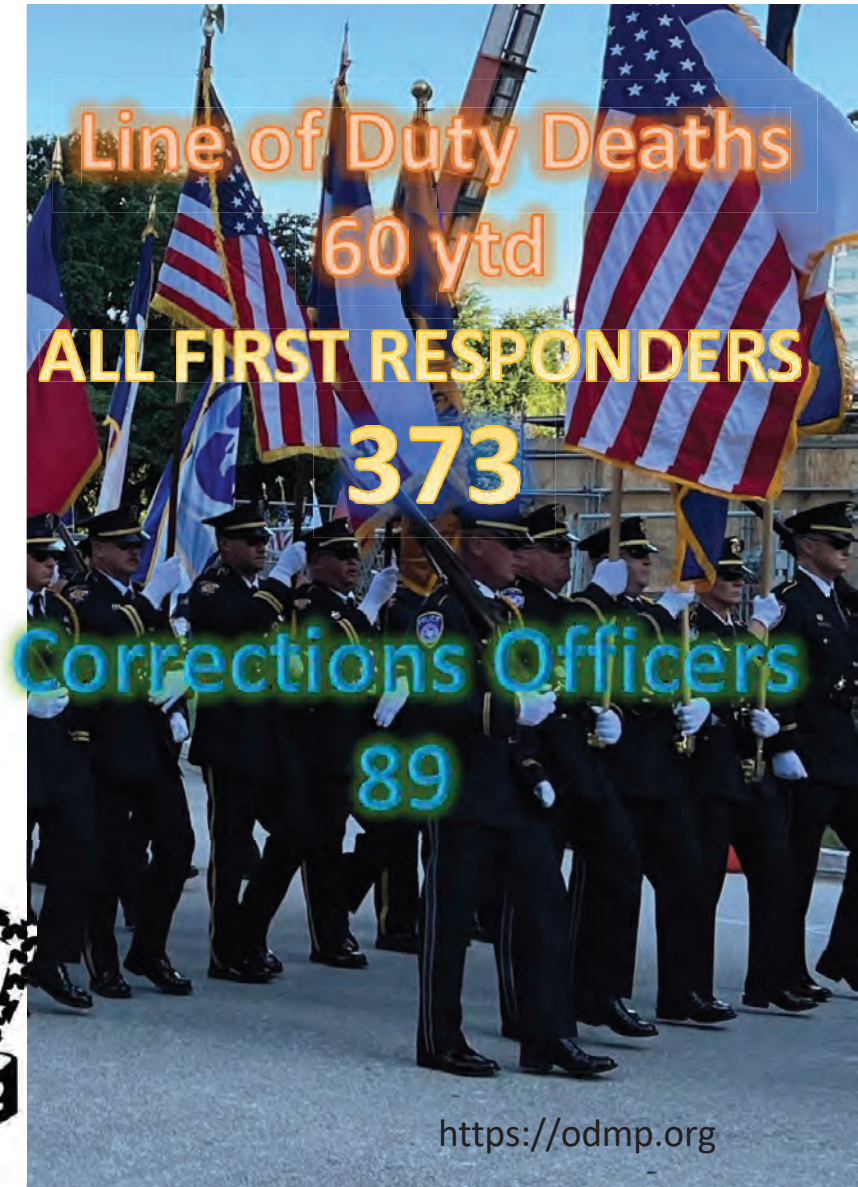
2018 -- 157

2017 -- 125

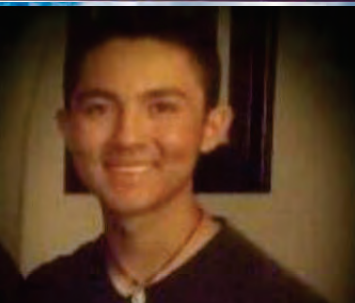
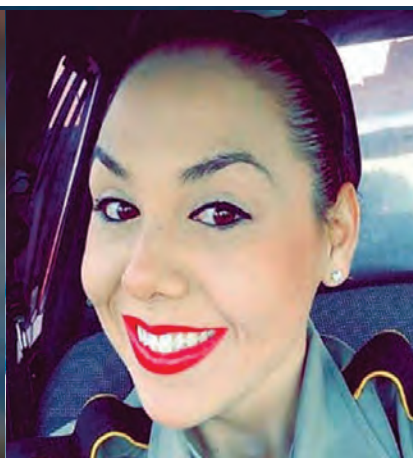
1,239

Numbers include Retired officers

<https://1sthelp.org/the-numbers/>



<https://odmp.org>



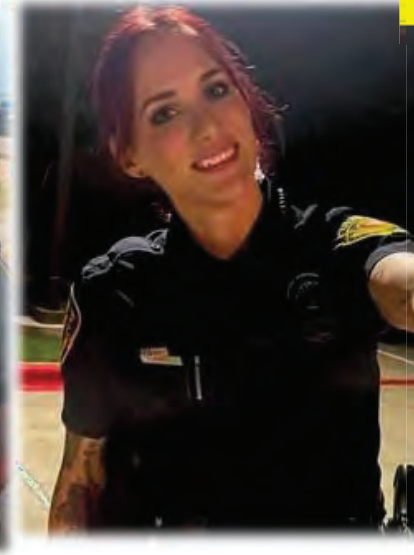
May they Rest in Peace & the memories they made last forever



In Memory of
Anthony Thomas Deda
1990 - 2022



May they Rest in Peace & the memories they made last forever





END OF WATCH

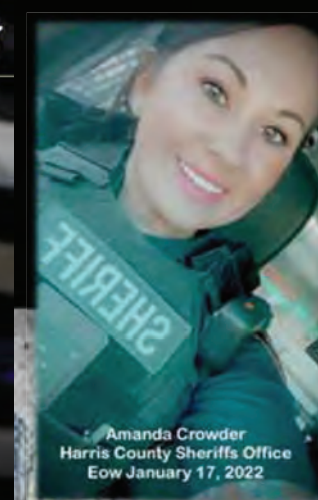


BLESSED ARE THE PEACEMAKERS

**POLICE OFFICER
WILLIAM KASBERG**
SAN ANTONIO POLICE DEPARTMENT, TEXAS

END OF WATCH TUESDAY, DECEMBER 10, 2024

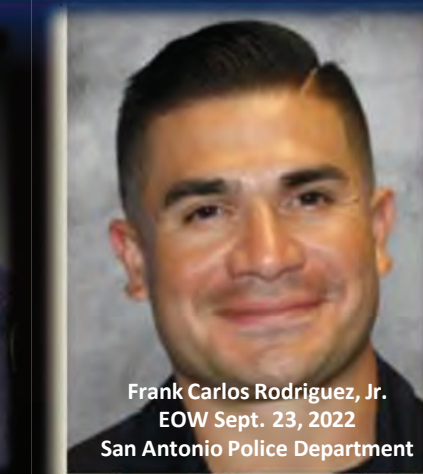
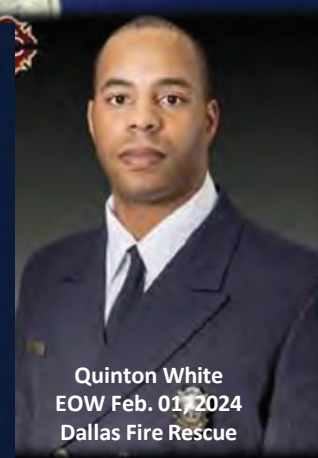
NATIONAL FRATERNAL ORDER OF POLICE @GLFOP @FOPNATIONAL

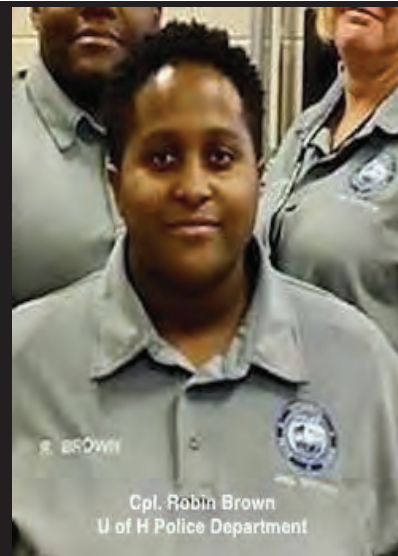


Amanda Crowder
Harris County Sheriffs Office
Eow January 17, 2022

Larry Alvin Martin
EOW Sept. 16, 2008
TXDPS Pilot "DPS 108"

May they Rest in Peace & the memories they made last forever





May they Rest in Peace & the memories they made last forever



Victoria Anna Cisneros, TABC
EOW July 20, 2023

Matthew Emmet Bacon
Dallas Police Department
EOW August 08, 2023

Shaun Kristopher Jackson
Tyler Police Department
EOW June 01, 2023

Ronald Alvarado
EOW July 30, 2023



Jesus "Jesse" Cano
Waco Police Department



Officer Marshall Hobbs
Waco Police Department
EOW February 04, 2025



**May they Rest in Peace & the memories they
made last forever**



CPL Madisyn Paige Vansyckle
McLennan County Jail
EOW February 04, 2025



William C. Bozeman
Deputy

