

Modified PFA focusing on Resilience Strategies for Police Officers

Safety:

- Risk factors – lack of self-care, addictive behaviors, aggression

Connectedness:

- Personal
 - Constant communication
 - Share their experiences,
 - Who are you speaking to? (partner?)
 - Peers
- Family Support
 - use family for support? Are they getting the support they need?
Cause additional stress?

Self-Efficacy (strength based)

- Life Outside of Policing
 - What do you do when not at work
 - What bring you oy away from policing?
 - Does it help to redirect the stresses of the job
- Stress Management Training
 - What do you do to manage everything confronted with at work?
 - Do you care for your whole self?
 - What do you do to blow off steam (substance assessment)?
- Physical Health
 - Sleeping well? Eating well? Exercising?
- Have you been sick? Family members?
- Eliminate Other Stressors
 - Feeling the COVID stress?
 - Changes in society?

Help/Hope (Psych-ed focused)

- Peer support
 - Would this be useful
 - Provide resources
- Hotlines
- Addictions resources
- Therapy outside EAP
- Reconnect