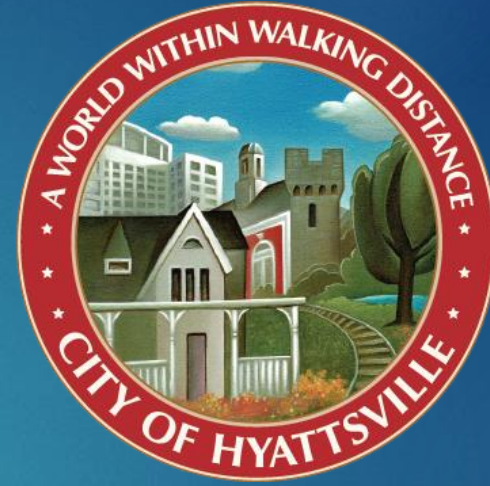


# HCPD Mental Wellness Check-in Program



# COVID-19 IS CAUSING A PARALLEL PANDEMIC

- ▶ *US Adults have the highest stress levels since April*
- ▶ *84% reported anxiety, sadness, anger*
- ▶ *67% said the number of issues America is facing is overwhelming to them.*

World Health Organization

"APA: U.S. Adults Report Highest Stress Level Since Early Days of the COVID-19 Pandemic." Feb. 2, 2021

[www.apa.org](http://www.apa.org)



# Police officers are at a higher risk of suicide than any other profession

- ▶ The rates for PTSD and depression among police officers is **five times higher** than that of the civilian population.
- ▶ The number of police officers who died by suicide is **more than triple** that of officers who were fatally injured in the line of duty.
- ▶ Suicide is the **number one cause of death** in law enforcement.

*"New Study Shows Police At Highest Risk For Suicide Of Any Profession". Sept. 14, 2019.*

[www.Addiction.com](http://www.Addiction.com)

*"Law Enforcement Suicide: Breaking the Code of Silence." Law Enforcement Action Partnership.*

<https://lawenforcementactionpartnership.org/officer-suicide>





# Mental Health Practitioners are Seeing an Increased Need for Support

- ▶ **2019: 9** fitness for duty assessments
- ▶ **2020: 42** fitness for duty assessments
- ▶ **2021: 15** fitness for duty assessments

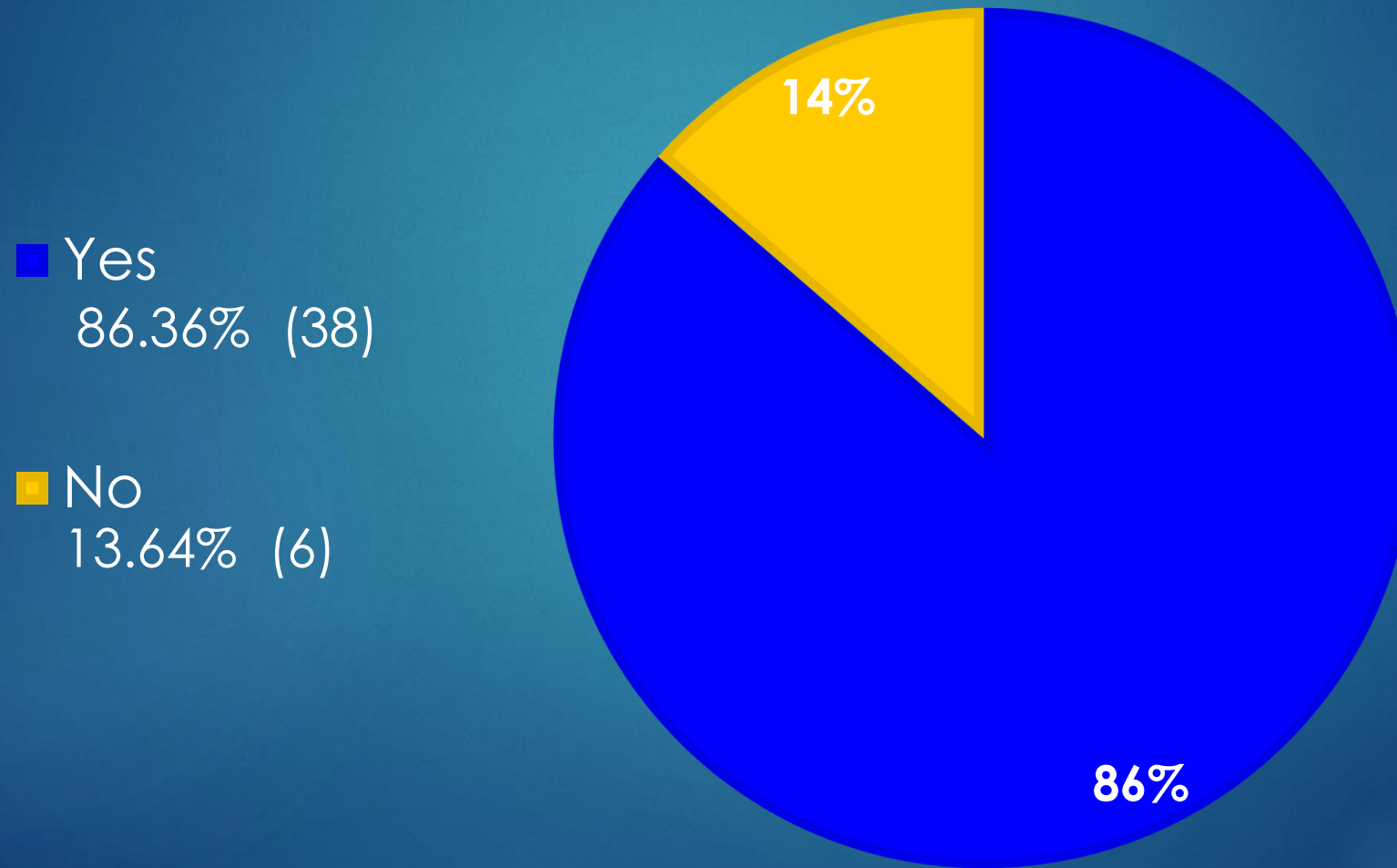
Increase due to pandemic, civil unrest/ experiencing a lack of support from their communities

Increase of support requests by officers of color

- *Public Safety Psychological Services, PLLC*



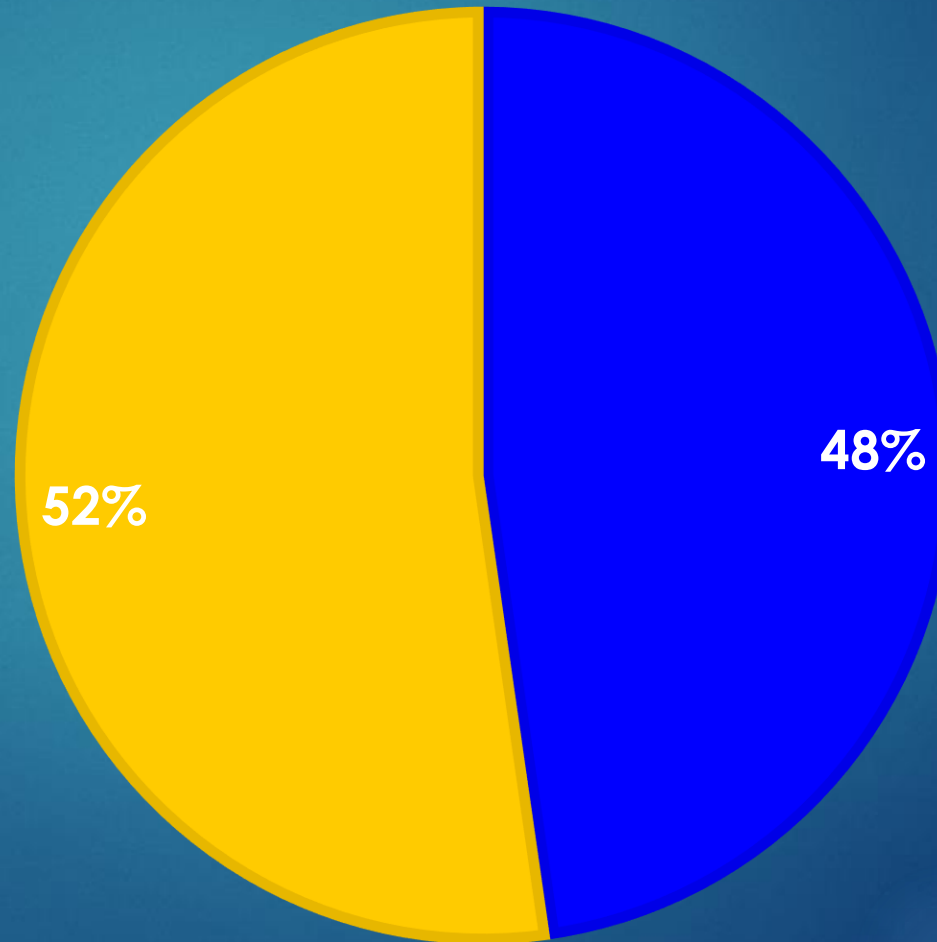
**SURVEY:** If you thought a colleague might need mental health support, do you feel it is your responsibility to report this concern?



**SURVEY:** IF YOU THOUGHT A COLLEAGUE MIGHT NEED MENTAL HEALTH SUPPORT, DO YOU FEEL YOU HAVE AN OUTLET TO REPORT THIS WITHOUT CAUSING YOUR COLLEAGUE PROFESSIONAL HARM?

■ Yes  
47.73% (21)

■ No  
52.27% (23)





SURVEY: Would you see it as a positive or a negative if it became HCPD policy for every officer and dispatcher to meet with a talk therapist once a quarter for a mental wellness check-in?

- Positive  
61.36% (27)
- It would not matter to me  
20.45% (9)
- Negative  
18.18% (8)

