Call for Nominations
John J. McAtee Award

Your department will soon receive a postcard and an email alert, requesting nominations for this year’s McAtee Police Recognition Awards, along with details about the luncheon event to honor law enforcement. Awards will be presented on June 7 at the Missouri Athletic Club – Downtown.

If you already have an officer in mind, click here to review nomination criteria and access the nomination form.

Nominees do not have to be a CIT officer.

Watch your USPS mail and email for additional details.

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Un fortunately, the stigma of seeking help is hanging on within the First Responder Industry. But its grip is weakening! All types of agencies from across the United States are quickly learning the “power of support” by an almost unlimited number of organizations that simply want to help. Never mind the fact that Employee Assistance Programs are required by government agencies to include their first responders.

Our Cultural Landscape
Getting employees to the EAP can be a daunting task when you consider the stigma of simply seeking help. The Number One excuse typically given for not seeking help is trust and the perceived lack of confidentiality. This is especially prevalent in smaller agencies where it seems everyone knows everyone else’s business. Trust is often the issue. It’s a part of our culture because too many of us have had our trust violated at some point early in our careers. The nature of our work does not lend to any of us trusting anyone with anything.

Knowing What To Know
Another stumbling block on the road to seeking help is a basic lack of knowledge or understanding of how to seek that help. I challenge anyone from any agency to ask the first employee they see what the name of their EAP provider is. If they happen to know the answer, then ask what the phone number is for the EAP. Also, walk around your agency and count how many old posters or flyers are up from the last contracted EAP your agency used.

What We Learned
At the St. Louis County Police Department, we provided a one-hour block of instruction during in-service that was basically an “EAP 101.” (We didn’t dare call it “EAP for Dummies”!) We educated each employee on how to contact the EAP via phone and/ or website. We explained the differences of being mandated to make an appointment vs. choosing to make an appointment on your own. The biggest surprise we heard several times was that employees didn’t realize their family members could also receive services. The second biggest surprise was that the first several visits are FREE. During class, we challenged each employee to take a minute and add the EAP name and phone number to their smart phones. We explained there is nothing worse than someone overcoming the stigma, reaching out for help, but not being able to receive assistance only because of not knowing a simple piece of contact information.

Within two months of teaching this block, EAP use within our department went up 62%.

A More Positive Future
The stigma of seeking help is slowly dissolving, and I’ve seen...
it happen within the last several years. I attribute this to the next generation of Millennial police officers who are joining the force.

Among the several positive traits of the Millennials is the fact they are more in-tune with their well-being, both physically and mentally. Millennials often say they value their time with their friends and family, but they also value a healthy mind and body.

People who value health know what they need to do in order to achieve it. It can include regularly seeing a therapist or counselor to “dump the bucket” of all the cumulative stress that comes with the first responder industry.

I specifically saw this happen with two Millennials who talked with each other about how their EAP sessions went. They mentioned what a relief it was to simply talk to someone about their issues. That type of conversation is almost unheard of in ANY previous generation!

It’s finally time to embrace the fact that people need to seek support and help when necessary. It’s also time to get ahead of it by periodically dumping the bucket of cumulative stress before it overflows.

In our industry, there is no time for preventable bad days due to a mental health crisis.

Sgt. Scott Roach is a current member and peer on the Critical Incident Stress Management team of Greater St. Louis. He is a strong advocate of Officer Wellness within police departments and within all first responder agencies. He strongly believes a mentally healthy first responder is significantly safer when serving in a dangerous job.

STREET REPORT:
PARTNERING AGAINST HEROIN

By Det. Casey Lambert

Our entire St. Louis region is struggling with an epidemic that has blindsided our community.

The epidemic is heroin. It’s a drug that is easily obtained and is killing more people than criminal activity in the St. Louis metropolitan area.

In 2016, St. Louis County had 181 heroin overdose deaths and St. Louis City had over 200. This drug is destroying our communities. We are losing our youth to these overdoses and criminal activity is increasing as a result of their addiction. Eventually their habit grows, and they turn to criminal activity, such as stealing from family or committing robberies and car-jackings just to obtain an extra dollar so they can get high.

Law Enforcement has been generating educational materials and advertising strategies to prevent the initial use of heroin by teens and to educate those already struggling with heroin addiction.

**Partners in the Fight**
The St. Louis County Multi-Jurisdictional Drug Task Force (MJDTF) has recognized that the heroin epidemic is the greatest threat to residents in the St. Louis area at this moment. St. Louis County and St. Louis City have developed a focused strategy that enhances an existing collaborative effort already in place among the MJDTF, the National Council of Alcoholism and Drug Abuse (NCADA), the St. Louis County and City Health Departments, Community Resources United to Stop Heroin (CRUSH) and several other treatment and advocacy organizations. Our goal is to increase public awareness and participate in community prevention through town hall meetings, wellness meetings and conventions. We are focusing on public awareness through advertising on radio, news and billboards, and at movie theaters and bus stops.

**Supporting Law Enforcement and First Responders**
This initiative also targets marketing via social media to those most at risk and facilitates training for area law enforcement and first responders on how to administer the antidote for heroin, known as Naloxone, or by the trademark name Narcan.

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How it Can Start

Scary as it might sound, most individuals begin their addiction taking prescription medications prescribed by a doctor. The patient has no intention of getting involved with illegal drugs. An appointment is made and the result is a prescription for pain medication. The individual might be suffering from an athletic injury or even just had their wisdom teeth removed.

Once the initial pain has dissipated, the person realizes that the narcotic prescribed by the doctor fills more voids than just the pain he/she originally had upon their first visit.

Eventually the medication runs out, whether the doctor stops prescribing or the person no longer has the finances to afford it. This is when the individual transfers from prescription medication to heroin. Heroin can be found on any street corner, and it is cheap. Heroin is just five dollars for a “bean” or “button” (capsule).

Law Enforcement is also discovering that heroin and other drugs sold on the street are being mixed with substances such as fentanyl, which can increase the chance of an overdose.

Another problem citizens and police throughout St. Louis County and City are struggling with is the lack of an adequate number of detox, rehabilitation and treatment centers. When individuals realize their addiction has completely consumed their lives, and they decide they want help, they cannot get it. The few drug rehabilitation facilities that we have in our area have waiting lists as long as six months to get into a program. For addicts, that may be the rest of their lives.

Since 2007, every city in the State of Missouri has seen a steady increase in heroin overdoses. Recently, we have chosen to combat this issue in two different ways: 1) increased enforcement against drug dealers and 2) education. We must increase the awareness of the prevalence of heroin use within St. Louis County and City and prevent first-time users of heroin. Our hope is to get other municipalities and Departments on board with a program to save the lives of our future. One person cannot fight this battle alone; it is going to take an army.

A LOOK AT THE DATA

![Chart showing opioid death rates per 100,000 people for different counties in Missouri.](chart.png)
STREET TIPS:
SUPPORT FOR PATIENT AND FAMILY

By Det. Rick Fraunenfelder

Police Officers encounter many different types of people and situations on a daily basis. Our job consists of many different “hats” we wear throughout a shift. The ability to address and comprehend what type of situation or person we're dealing with is critical to our survival and success as an Officer.

I’m writing about a professional and personal situation and person I address on a daily basis: a loved one with Alzheimer’s disease. This loved one is my mother, Carol. She’s a grandmother of six, and wife of nearly 50 years, taken from us by this terrible disease. Mom is still with us physically, but I haven’t had a conversation with her for nearly eight years.

The Personal Side
She was diagnosed with cancer in 2000 and began chemo treatment. During the treatments, my dad began to notice things that were out of the ordinary for mom. She would go to the store, come home and leave the groceries in the car. He would come home from work and find her napping, while the driver’s door of the car would be left open in the driveway. Numerous day-to-day things were occurring with mom before we realized this is an important time in her life, as well as ours, to find out what is going on. She was 60 years old when this journey began. No one should deal with either disease, much less both cancer and dementia, while still at the prime of life with grandchildren.

Since then, a long process has been in place to help find support for my mom, dad and siblings. My dad is from the thought process of “OLD SCHOOL.” He wasn’t accepting of either terrible disease in the beginning, and frankly, I don’t really know if he has done that yet. She’s in the later severe stages now. We set things in order at a very early stage with hesitation from my dad. He’s reluctantly accepted help from family members with caregiving at his house, as well as suggestions for a future for mom as well as himself when the time comes to make a very hard decision about care and/or a home. All of the family members attempt to understand what he goes through, but I’m not sure we will ever be able to feel what he does.

Mom is still at home, and she is in need of 24/7 care. I commend my father for all he’s done for mom, but unfortunately, we’ve lived the toll he’s experiencing mentally and physically. The “Value of Support” can’t be taken for granted and is a key part of the process. I strongly suggest having the support system in place for the caregiver. It is demanding and absolutely takes over his/her life as well.

I’ve had challenges on the job, like a lot of us, but I’ve never had a challenge like my mother faces every day. God bless my mom and dad.

The Professional Side
I’ve handled calls for service involving subjects with Alzheimer’s. I now look differently at the situation, family dynamic and most of all, the person. It wasn’t that long ago when we would encounter a subject with mental illness or disease, we would figure he/she was “crazy.” That is not the case. It’s a very true reality in everyday encounters, both professionally and personally.

If you’re not already aware of them, it’s important to know the basic signs of what might be Alzheimer’s or other dementia in someone you encounter in your professional work.

An individual with Alzheimer’s might display some of the following characteristics:

- Difficulty managing personal business (finances, laundry, cleaning, cooking)
- Difficulty managing hygiene
- Wandering
- Changes in sleep patterns
- Mood changes, withdrawn, detached
- Forget personal history, address, phone number, name of spouse
- Repetitive story-telling

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In more severe stages of the disease, you’ll notice the person experiences:

- No communication skills
- Lack of bowel control
- Needing assistance with everyday tasks/living
- No comprehensive abilities

Whether in your personal life or professional work, these resources can be helpful for family members.

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<td><a href="http://www.alz.org">www.alz.org</a></td>
<td>Education, support groups for family and friends, links to assistance and services; in the St. Louis metro area, call 314-432-3422.</td>
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<tr>
<td><a href="http://www.brightfocus.org">www.brightfocus.org</a></td>
<td>Educational information</td>
</tr>
<tr>
<td><a href="http://www.healthline.com">www.healthline.com</a></td>
<td>Health education on a wide range of conditions</td>
</tr>
<tr>
<td><a href="http://www.caring.com">www.caring.com</a></td>
<td>Provides senior care review and resources</td>
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Rick Fraunenfelder has been in law enforcement for 16 years, and currently serves as a Detective for Lake St. Louis. He also serves on the St. Louis area’s Major Case Squad. He has been a Supervisor, FTO, Firearms, Taser, PPCT and Type 2 instructor.

AT YOUR SERVICE: COMMUNITY RESOURCES AND SUPPORT

CHADS Coalition for Mental Health is a non-profit agency which has been in the St. Louis community since 2005. CHADS’ mission is to save young lives by advancing the awareness and prevention of depression and suicide. Founders Marian and Larry McCord started the organization after losing their son Chad to suicide in 2004. They have made it their life work and mission to help kids and families in the St. Louis Community find the support and resources they so desperately need when they find themselves faced with an overwhelming crisis.

One way CHADS fulfills its mission is through its Family Support Program. This program provides individualized counseling sessions from a CHADS licensed professional, and addresses critical behaviors such as self-injury, bullying, depression, explosive anger, anxiety and thoughts of suicide. Available at the CHADS office, school setting or at another agreed-upon location, this program is available in St. Louis County, Jefferson County and St. Charles County for individuals under the age of 25 and for their families.

Additionally, CHADS offers support group services for youth in schools, dealing specifically with anxiety and depression. CHADS provides Survivors of Suicide (SOS) Adult support groups at its main office in the south county area. This group is specifically for those who have lost a loved one to suicide.

If you would like additional information, contact Heather Barnett at heather@chadscoalition.org, call our Family Support line at 314-952-8274 or visit chadscoalition.org.

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KUTO, Kids Under Twenty One, prepares teens with the skills, confidence and courage to help their peers – and themselves – cope before, during and after a crisis. Whether through awareness and skills training or the Crisis Helpline, KUTO strives to offer support by helping young people connect with resources that are easily accessible, readily available, and build self-care and coping strategies.

In general, KUTO’s peer support is best described as young people with similar lived experiences offering authentic empathy and validation to others. Actively listening for the emotion connected to the content of a conversation allows for the exchange of ideas and practical suggestions for problem resolution. Peer support builds self-efficacy that can optimize self-care and informal care, uses appropriate resources, and is identified as meeting a “key proportion of healthcare need in all societies” (Pitman & Osborn, 2011).

**KUTO Crisis Helpline** volunteers work with callers to identify attitudes, past experiences and perceived barriers to seeking help, and to assist callers to overcome these barriers. This non-professional perspective is critical in helping youth rebuild their sense of worth and purpose following a discouraging situation or life-threatening crisis.

In addition to calling the KUTO Crisis Helpline (314/888-644-5886), telephonic and online resources can be found on the agency web site at [www.kuto.org](http://www.kuto.org).

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**Provident** is one of the oldest social service agencies in St. Louis, providing care to the St. Louis metro region and beyond in a variety of ways. As officers, you might encounter individuals who can benefit from these types of supportive and educational services.

### Crisis Intervention and Suicide Prevention

- **24/7 Crisis Hotlines** (free, 314-647-HELP (4357) are managed by crisis workers who receive 80 hours of crisis intervention and suicide prevention training
- **Survivors of Suicide** support groups are free and are offered six times every month for those who have lost a loved one to suicide (free, 314-446-2881)
- **Hope After** offers ongoing supportive care to individuals at very high risk of suicide, creating safety plans, growing safety skills, connecting to resources (free, 314-446-2882)
- **Feeling Kinda Blue** (free, [http://feelingkindablue.ning.com](http://feelingkindablue.ning.com)), an interactive social media website directed towards adults with mental health issues, allows connection with peers and/or with crisis workers
- **Community education** is offered to teach individuals and groups how to identify suicide warning signs, intervene and find support (314-446-2858)
- **Missouri’s state-wide 1-888-BETSOFF** (free) gambling hotline is managed by specially trained clinicians

### Mental Health Counseling (314-533-8200)

- Evidence-based counseling delivered by Master’s level licensed or provisionally licensed therapists
- Services available at multiple agency locations, and in community-based settings such as schools and non-profit agencies
- Counseling services are available for youth ages 2 through 19 and adults over 20

Provident is a proud member of the United Way. The agency is accredited by The Joint Commission and the American Association of Suicidology. Provident offers some services at no cost, accepts insurance, and has a sliding fee scale for those without insurance.