

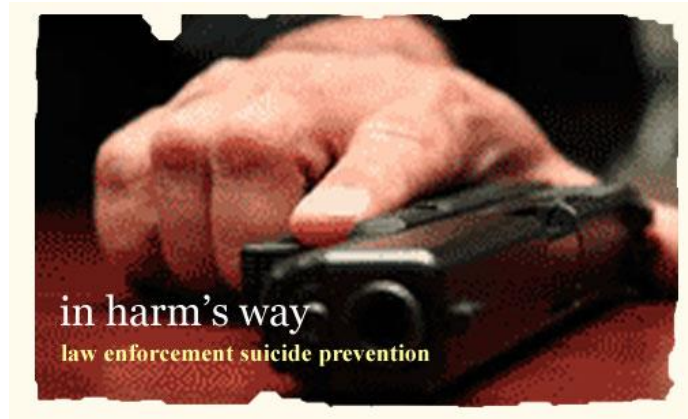


**Niagara & Erie County Sheriff's Office
&
Catch a Falling Star Law Enforcement Assistance Program, Inc.**

Comprehensive Programming for First Responders Peer Support Team

Are co-sponsoring

Suicide Awareness, Education and Prevention



Police, Fire, EMS, Corrections, Dispatchers, Clergy and Mental Health

When: Wednesday May 30th 2018

Time: 8:30 AM – 4:00 PM

Where: Niagara County Fire Training Center

5574 Niagara Street Ext.

Lockport, NY 14094

**Light refreshments will be served. Lunch on your own
There is NO FEE associated with this training venue**

Please register early as seating is limited by May 29th, 2018

Registration forms can be faxed to (716) 656-7245

For more information regarding this training please contact

Cindy Goss at (716) 435-4895 LAWAEP@aol.com. www.catchafallingstar.net

Training objectives:

Describe the scope of law enforcement/first responder occupational risk for suicide:

- Describe the physical, emotional and psychological signs of stress and distress
- Discuss the major causes of law enforcement/first responder suicide
- Implement prevention strategies for law enforcement/first responder suicide
- Understand the criteria for Posttraumatic Stress Disorder (PTSD)
- Review the need for specialized resources for personnel in crisis.
- Understand how to break barriers to mental health stigma.
- Understand the proper intervention steps addressing a responder in crisis.
- Understand firsthand the impact on families as outlined by a suicide survivor.
- Understand the detrimental physical and emotional effects of stress and trauma on the importance of utilizing healthy versus harming coping skills.
- Will be better prepared to help reduce the prevailing stigma in first responders regarding mental health issues by encouraging access to counseling and support resources and providing suicide prevention training for their personnel and civilian alike.

All attendees will receive a certificate of attendance and completion and a Law Enforcement/First Responder Suicide Prevention Toolkit that is designed to help attendees present back to their respective departments for training while reducing the stigma associated with seeking help and encourage personnel to roll back-up for each other. This toolkit compliments of the “In Harm’s Way” Suicide Awareness and Prevention Program; St. Petersburg College, Florida.

About Your Speakers



Dr. John Violanti Ph.D.

Dr. Violanti is a Research Professor in the Department of Epidemiology and Environmental Health, School of Public Health and Health Professions, University at Buffalo and a member of the University at Buffalo graduate faculty. He was formerly a full professor at the Rochester Institute of Technology Department of Criminal Justice. He is a police veteran, serving with the New York State Police for 23 years as a trooper, criminal investigator, and later as a coordinator of the Psychological Assistance Program (EAP) for the State Police.

Dr. Violanti has been involved in the design, implementation, and analysis of police stress and health studies during his entire career. Recent projects include a longitudinal study on psychological stress and cardiovascular disease in police officers and the impact of shift work on police health outcomes funded by the National Institute of Occupational Safety and Health. Dr. Violanti has authored over 50 peer-reviewed articles on police stress and PTSD, police mortality, suicide, and cardiovascular health. He has also written and edited seventeen books on topics of police stress, psychological trauma, and suicide. He has lectured nationally and internationally at academic institutions and police agencies on matters of suicide, stress and trauma at work.



Janice McCarthy

Janice McCarthy's husband, Paul, died from suicide in July of 2006. Paul had been a well respected Massachusetts State Police Captain. During his 21 year career he suffered three serious line of duty accidents, which proved to be the etiology of his PTSD.

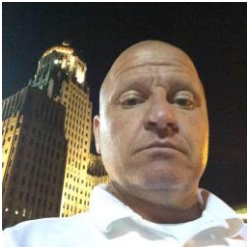
Paul's death spurred Janice to commit herself to the cause of PTSD recognition and suicide prevention in law enforcement. Her passion is rooted in helping surviving families find the strength to reconcile the guilt so many suicide survivors experience. She draws upon her personal experience as a cop's wife and now as a cop's widow to connect with officers. She knows the law enforcement life and has been openly accepted by those to whom she has spoken.

In her training of officers, Janice uses Paul's story to illustrate the need for all officers to reach out for mental health assistance without fear of repercussion. She calls for an end to the age-old stigma of asking for help. She clearly articulates how the "good old boy - suck it up" mentality was instrumental in fueling her husband's deterioration.

She has spoken nationally before thousands, telling her family's personal story in an attempt to reach officers on an emotional level. She appeals to officers as a cop's wife now widow, hoping that they might understand and appreciate their spouses' sacrifices. She speaks candidly and emotionally of her children's pain, hoping the officers might see their own kids in the images of Paul, Shannon and Christopher McCarthy. And she recounts witnessing firsthand her husband's struggles, hoping the officers might associate themselves with Paul and realize the consequences of not reaching out for help when they need it.

Her experience as a lecturer has included weekly recruit and officer in-service trainings, Employee Assistance Conferences, Peer Support Conferences, Internal Affairs Investigators, FBI Agents, University Police Chiefs and Correctional Officers. She has also been a guest speaker at the In Harm's Way and American Association of Suicidology Conferences. Most recently she has worked with the Samaritans of Merrimack Valley constructing and facilitating suicide

prevention training for Middle Age Men. Janice is a board member of Badge of Life, a nonprofit organization which promotes psychological survival for first responders. She is a recipient of The Commendable Service Award from the City of New Haven Connecticut and the Departmental Award of Education from the New Haven Connecticut Police Department for her devotion to the cause of suicide prevention and PTSD awareness in law enforcement. She is the founder of C.O.P.S.S. (*Care Of Police Suicide Survivors*), which is a nonprofit foundation formed in her husband's memory and dedicated to their children Christopher, Paul and Shannon. The foundation provides Care and Support for law enforcement suicide survivors and suicide prevention training for law enforcement. In addition to her training and nonprofit work, she has authored several short papers on "Policework, PTSD and its Aftermath". She is currently working with legislators in Massachusetts to mandate Suicide Prevention Training for First Responders in the state. She considers her greatest achievement to be her three children whose strength and love fuel her.



LT. THOMAS P. ENGLISH

Tom English is a Lieutenant in the Buffalo Police Department and a 25 year veteran of Law Enforcement. He has worked patrol in one of the city of Buffalo's busiest districts most of his career with a few assignments in schools, accident investigation as well as corrections. Tom currently is a police officer peer support counselor and has spoken internationally on the topics of PTSD and police suicide and also on his own personal experiences with critical incident stress and its effects. He is active with his local, state, national and international peer response team for critical incidents, shootings, and suicide. He has coached youth hockey for over 30 years and recently completed his 20th season officiating high school football. Tom has been married to his beautiful wife Kate for 24 years and has three wonderful children Emma, Jillian and Thomas.

**Comprehensive Programming for First Responders
Suicide Awareness, Education and Prevention
Registration Form**

Name: _____

Organization: _____

Address: _____

City, State, Zip: _____

Contact Info: Cell: _____ **Email:** _____

Please Check:

Law Enforcement _____

Fire: _____

Corrections: _____

EMS: _____

Dispatcher: _____

Mental Health: _____

Clergy: _____

Other: _____

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