PROTEAM WELLNESS

A Division of ProTeam Tactical Performance

www.proteamwellness.com

AGENDA

- INTRODUCTION
- STATISTICS
- SERVICES
- RESOUCES
- BEHAVIORAL HEALTH PROGRAM
- SHIELD

PROTEAM WELLNESS

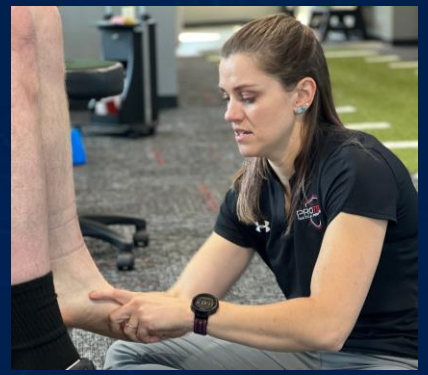
CITY OF LAWRENCE INDIANA

INTRODUCTION

PROTEAM WELLNESS

Company Overview

At ProTeam Tactical Performance, we take our innovative approach, professional athletics backgrounds, and comprehensive services to help tactical professionals improve their health, well-being and quality of life now and into retirement.



Injury Rehabilitation

Through our comprehensive programs, culturally competent experts and state-of-the-art equipment, we help tactical professionals stay healthy, improve their job performance, recover faster and return to duty in a safe, efficient manner.

Behavioral Health

Recognizing and addressing behavioral health problems within the public safety sector is incredibly important. When you provide mental health resources for your personnel, you create healthier workers who can excel in the line of duty. Mental fatigue from job-related trauma puts public safety officials at high risk for self-destructive behaviors.

SERVING THE CITY OF LAWRENCE SINCE 2020

32%

OF FIRST RESPONDERS SELF-REPORTED STRUGGLING WITH SUBSTANCE ABUSE

37%

OF FIRST RESPONDERS HAVE CONTEMPLATED SUICIDE

65%

OF FIREFIGHTERS SURVEYED REPORT BEING HAUNTED BY MEMORIES OF TRAUMATIC WORK SITUATIONS

12%

OF OFFICERS HAVE A LIFETIME MENTAL HEALTH DIAGNOSIS

26%

OF OFFICERS REPORT SYMPTOMS OF MENTAL ILLNESS

MORE FIRST RESPONDERS DIE BY SUICIDE EACH YEAR THAN LINE OF DUTY DEATHS

PROTEAM WELLNESS

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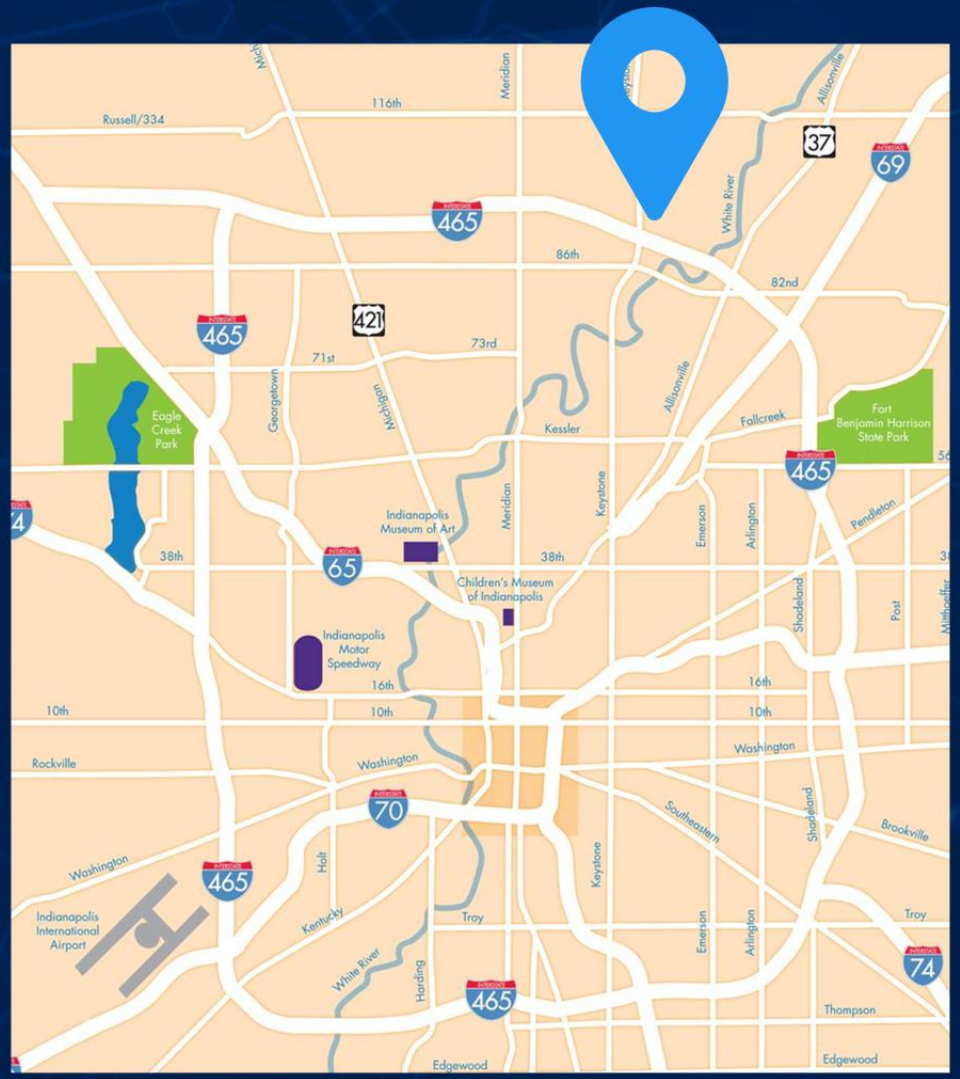


3003 E. 98TH ST

COMMON THERAPY TOPICS

TRAUMA

SLEEP

SUBSTANCE ABUSE

ANGER

RELATIONSHIPS

HEALTH ISSUES

LOSS OF LOVED ONE

WORK CONFLICT

METHODOLIGIES

1

THERAPY

Our therapists work with individuals throughout their career to help with any issues that first responders are experiencing

2

BIO-FEEDBACK

Biofeedback uses visual displays of your stress levels to guide you in using relaxed breathing techniques to calm the "fight or flight" stress responses.

3

PERFORMANCE

Focus on identifying and applying psychological principles that facilitate peak performance, enhance participation in physical activities and help achieve optimal human performance.

METHODOLOGIES

4 EMDR

Eye movement desensitization and reprocessing (EMDR). This method involves moving your eyes a specific way while you process traumatic memories.

5 COGNITIVE BEHAVIORAL THERAPY

Cognitive behavioral therapy is one of the most effective means of treatment for substance abuse and co-occurring mental health disorders

6 ACCELERATED RESOLUTION THERAPY

ART is a type of therapy that combines principles from several traditional forms of psychotherapy to reduce the effect of trauma and other psychological stressors.

WORKERS COMPENSATION CRITICAL INCIDENT

OTHERS		PROTEAM TACTICAL PERFORMANCE
✗	Public Safety Specific	✓
✗	Cultural Competency	✓
✗	Mobile App Support	✓
✗	Priority Scheduling	✓
✗	Early Intervention	✓
✗	Dedicated Resources	✓

SHIELD™

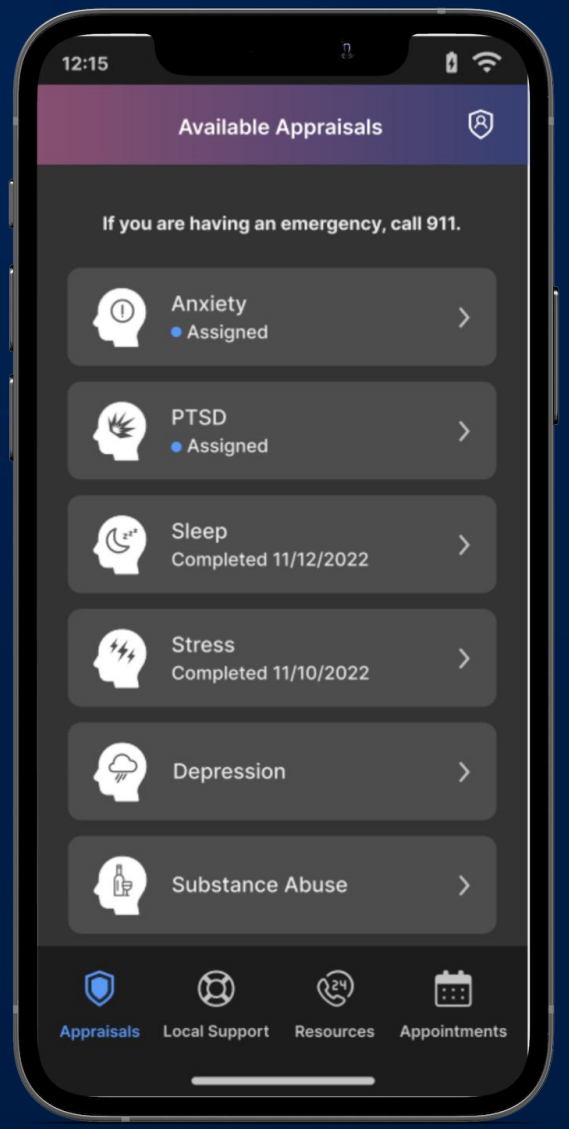
NOT ALL INJURIES ARE VISIBLE

SHIELD is a proactive and comprehensive mobile application designed to provide public safety personnel an anonymous self-appraisal of their mental health.

GET IT ON Google Play

Download on the App Store

www.proteamtactical.com/shield



The Appraisals

Our appraisals allow us to help people understand when to reach out for help and what help is available. Our appraisals use industry standard testing instruments approved by the APA.

PROTEAM WELLNESS

DSM5	SUBSTANCE ABUSE	DSM 5 offers a set of criteria that helps people affected by substance abuse issues. The features of DSM substance use disorder include symptoms of drug abuse as well as the adverse effects it has in a person's daily life.
PHQ9	DEPRESSION	The Patient Health Questionnaire (PHQ-9) is a widely-used tool for screening, diagnosing, monitoring and measuring the severity of depression, including presence and duration of suicidal thoughts.
PSS	STRESS	The Perceived Stress Scale (PSS) is a classic stress assessment instrument. This tool is a popular choice for helping us understand how different situations affect our feelings and our perceived stress.
GAD7	ANXIETY	The Generalized Anxiety Disorder 7 (GAD-7) is a screening tool and symptom severity measure for the four most common anxiety disorders: Generalized Anxiety Disorder, Panic Disorder, Social Phobia and Post Traumatic Stress Disorder.
PC5	PTSD	The Primary Care PTSD Screen PD5 is a 5-item screen designed to identify individuals with probable PTSD. This screening is particularly useful after a critical incident.
ESS	SLEEP	This formula, the Epworth Sleepiness Scale (ESS) is taken from Johns (1991). The ESS distinguished patients with sleep disorders from the normal patients in this study.

SHIELD™

APPRAISALS

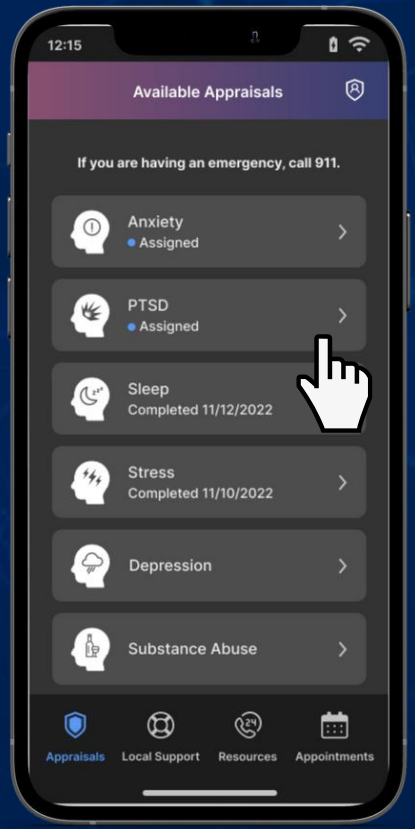
SHIELD has been carefully designed using five major behavioral health self-appraisals and a sleep assessment to empower you as an officer to self appraise, identify and seek assistance if needed.

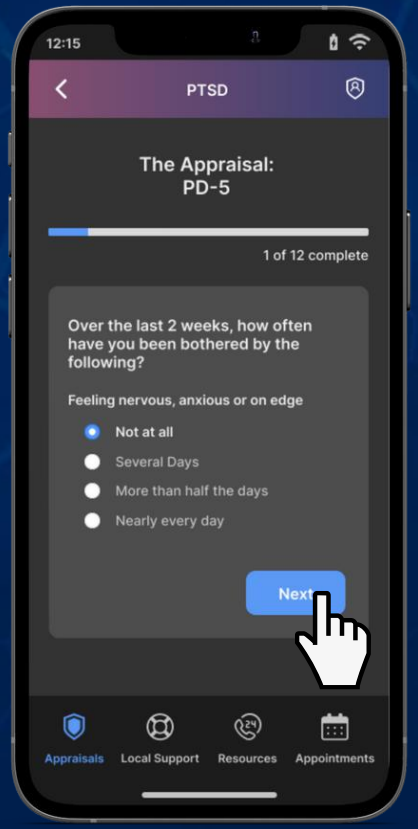
RESOURCES

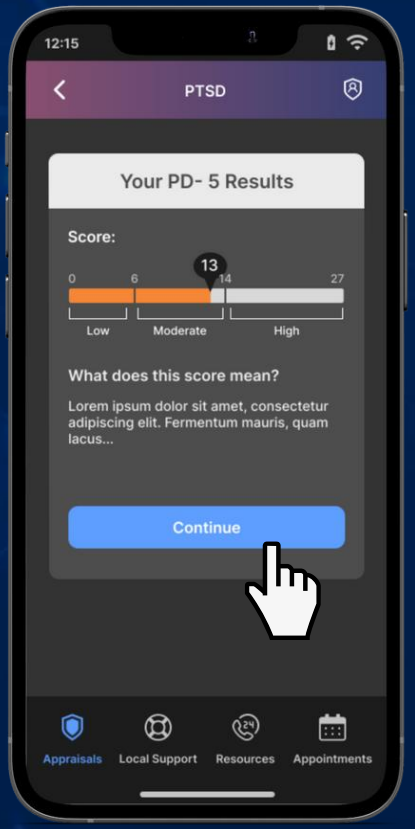
Customized resources from your department including but not limited to, CISM, Finance, Social Worker, local behavioral health specialist and national resources giving you one touch access at any time.

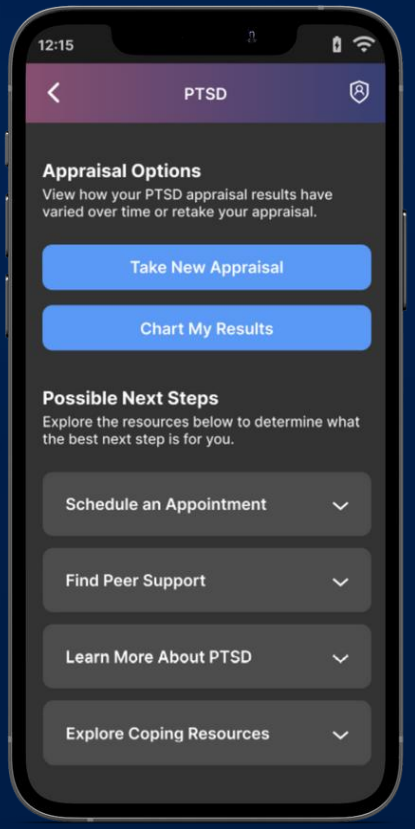
APPOINTMENTS

Use the Appointments feature to schedule appointments with trusted resources designated by department as well as a ProTeam dedicated resource.


12:15
Available Appraisals
If you are having an emergency, call 911.
Anxiety
Assigned
PTSD
Assigned
Sleep
Completed 11/12/2022
Stress
Completed 11/10/2022
Depression
Substance Abuse
Appraisals
Local Support
Resources
Appointments


12:15
PTSD
The Appraisal:
PD-5
1 of 12 complete
Over the last 2 weeks, how often have you been bothered by the following?
Feeling nervous, anxious or on edge
Not at all
Several Days
More than half the days
Nearly every day
Next
Appraisals
Local Support
Resources
Appointments


12:15
PTSD
Your PD- 5 Results
Score:
13
0
6
14
27
Low
Moderate
High
What does this score mean?
Lorem ipsum dolor sit amet, consectetur adipiscing elit. Fermentum mauris, quam lacus...
Continue
Appraisals
Local Support
Resources
Appointments


12:15
PTSD
Appraisal Options
View how your PTSD appraisal results have varied over time or retake your appraisal.
Take New Appraisal
Chart My Results
Possible Next Steps
Explore the resources below to determine what the best next step is for you.
Schedule an Appointment
Find Peer Support
Learn More About PTSD
Explore Coping Resources

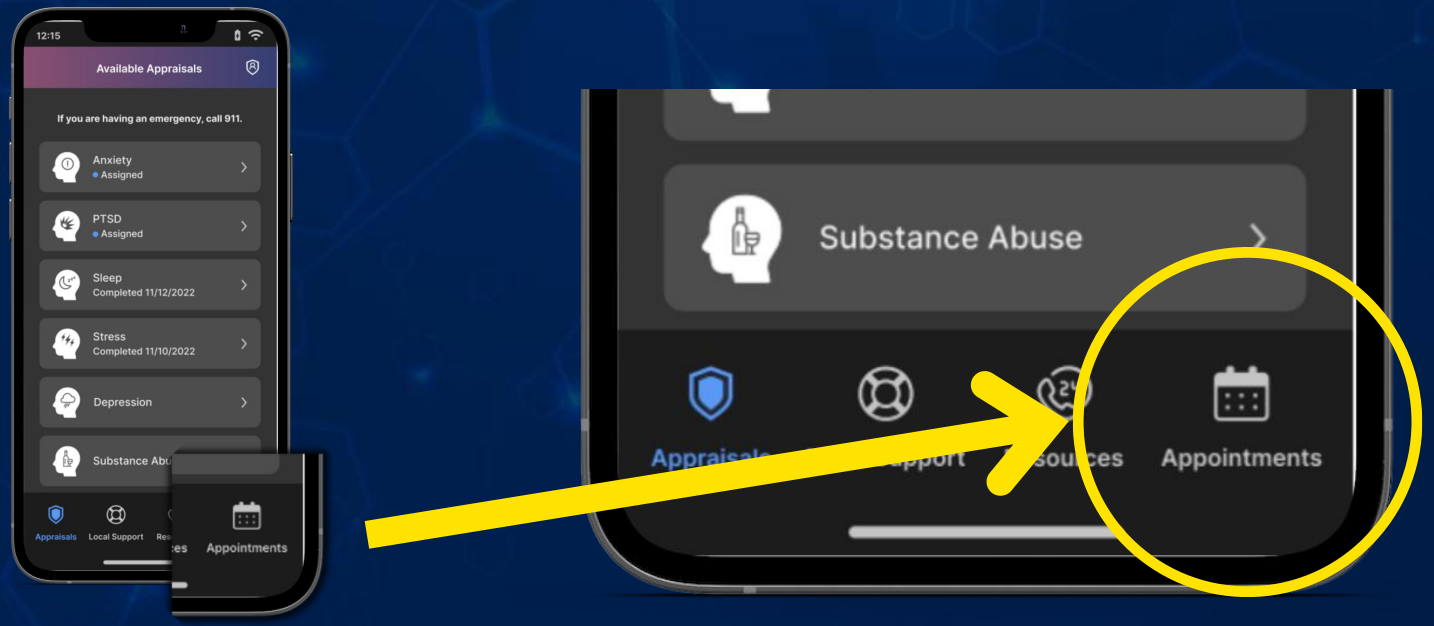
SHIELD™

SHIELD™

NOT ALL INJURIES ARE VISIBLE

Available on in the App Store
and Google Play

HOW TO SCHEDULE



WAYS TO CONNECT

CALL

PEER SUPPORT

SHIELD APP

EMAIL

WELLNESS UNIT

WEBSITE

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