

**CENTRAL
OREGON PUBLIC
SAFETY
CHAPLAINCY**



**Serving the
Hearts & Minds
of Central
Oregon's First
Responders**

SEPTEMBER NEWSLETTER

Supporting One Another

September is here and for many of you this means that the new school year has started for kids. There are many things that are new to kids and parents. Each of us have different things that cause stress in our lives. Whether you are a kid or an adult. For many this means a new school, new friends, new classes, new teachers, and etc.

Kids come to parents to get guidance and help. We give them a big hug, give them affirmation, encouraging them, provide for them many tangible ways that help them to succeed. During their childhood we create a bond that hopefully shows them what it means to be family. Family is vital and shouldn't be taken for granted. Sometimes it is hard to love family when you hurt. Where do our kids go to get support? They get them from Parents, family, and friends. We support our kids by helping them through life.

Life can be tough for parents and kids. Jobs are stressful, finances can be stressful, marriage can be stressful, and family can be stressful. How do we cope with them individually or in multiples of two or more? It at times can be overwhelming and hard to handle. Where can we go to get help? Adults need each other. Adults need to encourage each other, support each other when times are tough. Life is not easy but we "do life" because we love each other.

How do you support each other when times are tough? Do you have a friend who you can confide in when you need help? Maybe you have a traumatic event and you need someone to help get you through the difficult time. This is why it is so important to support all around you. Don't wait for a traumatic event, start building relationships that will be there through the good times and the tough times.

Support is someone who puts bandaids on cuts when you are bleeding. Care is someone who knows you are hurting and gives you a hug. Love is when someone supports you unconditionally. It takes all of these combined to get us through life as we know it. Most importantly, where we are spiritually can make an even bigger impact on us. Reach out and help each other! Each of us has been impacted by someone else and so pass that on to someone else. Use less words and more actions. This will truly show what support really is and makes us effective once again. Resilience is key to being successful personally and professionally. Watch out for each other!

Treating Invisible Wounds: Helping Each Other Manage Trauma

Responding to a difficult call can affect you emotionally, long after the crises are under control. Seasoned first responders see first-hand how occupational stress can lead to serious problems, including excessive alcohol and substance misuse, post-traumatic stress disorder, and even suicide. But a proactive approach to reducing stress can help. While support groups exist, first responders often worry that they will be judged as mentally and emotionally weak for asking for help.

Support groups can build social cohesion, promote socialization, provide peer accountability for healthy behavioral changes and help normalize the experience of trauma, grief or occupational stress. Peer support groups play an integral role in prevention and education of behavioral health problems.

Have you considered starting a peer support group in your own local? Peer support is a natural extension for all first responders. Introduce your brothers and sisters to the program in group sizes of 10 or less. Make the introduction about the program short, no more than 15 minutes, and inform your peers about the purpose of the group to lay some ground rules. You help people in your community every day. Peer support systems are an opportunity to get help or support a fellow fire fighter during a difficult time of need. If you need help, ask one of the chaplains. COPSC is here to help and support.

By IAFF Center of Excellence



COPC Chaplains

The Chaplains of Central Oregon Public Safety Chaplaincy provide the crucial services that support the region's First Responders and the community. On an on-call basis, 24 hours a day, seven days a week, COPC Chaplains are dispatched to calls including deaths (Code 99s), death notifications, drownings, fires, homicides, hospital transports, infant and child deaths, motor vehicle accidents, search and rescue, suicides, and more.

In addition, COPC Chaplains provide confidential personal counseling and mentoring, hospital and home visits to assist in healing and provide support, critical incident stress debriefing and defusing for First Responders and the community following traumatic events. They officiate at ceremonies including funerals, weddings, celebrations, dedications, and other events. They do ride-alongs and visit the First Responders at the agencies throughout Central Oregon. They also are involved in administrative duties, attending meetings, making community contacts, and fundraising.

Monthly training is offered to the COPC Chaplains, First Responders, and others; training to help Chaplains, Emergency Services Personnel and their family members maintain healthy relationships.

If you would like to donate to Central Oregon Public Safety Chaplaincy, please [click here](#).

We would like to welcome three New Chaplains!

Don Manning lives and serves in the south Deschutes County area

Leslie Lanquist helps assist Jefferson County Fire, Jefferson County Sheriff's Office and Madras Police Department

Richard Ross who lives and serves the greater Bend area

If you see them out and about, please welcome them. We are excited to have them a part of Central Oregon Public Safety Chaplains





CHAPLAIN

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Do You Want to Help?

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Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to Central Oregon Public Safety Chaplaincy at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number 81244.

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