The National Institute of Corrections’ Webinar

**POST CRITICAL INCIDENT SEMINAR:**
Implementation & Best Practices in a Correctional Setting

April 4, 2023 | 1:00-2:00 EST

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Presenter

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Host
POST CRITICAL INCIDENT SEMINAR

Implementation & Best Practices in a Correctional Setting
On average, law enforcement and correctional officers died 12 years earlier than the general population. In other words, law enforcement and corrections officers lived 62.4 years compared to 74.2 years for the general population.

Correctional Officer Life Expectancy - National Institute of Corrections
What we see over the course of our careers can change us...

But, there are strategies that agencies can implement to support staff and build resiliency.
POST CRITICAL INCIDENT SEMINARS (PCIS)

A historical overview

- FBI First introduced 1983
- South Carolina (SC-LEAP)
  - 2000
  - Front-line law enforcement
- Currently 13 states actively host PCIS for front line law enforcement
- South Carolina DOC 2018
- North Carolina Department of Public Safety
- Missouri DOC 2022
EMPLOYEE WELLNESS
Proactive activities focusing on improving correctional employees' physical and emotional well-being, building resiliency as well as strategies to get through stressful events.

PEER SUPPORT
Various one-on-one and group intervention techniques to support staff through critical events they experienced at work and/or in their personal lives.

PCIS
3-day event, combining educational as well as experiential opportunities to address ongoing trauma-related issues.

TRAUMA DOG
Providing unique support to employees who have experienced traumatic events, assaults or other stressful situations.

South Carolina Department of Corrections Structure
What is PCIS?

3-Day event that combines small break out groups, peer support, mindfulness activities, mental health, medical massage therapy along with education on various topics

Topics Include:
- Coping with grief & loss
- Corrections, marriage & relationships
- Trauma reactions
- Phases of emotional recovery
- Meditation & other mindfulness activities
- Spouses story
- EMDR (eye movement desensitization and reprocessing)
PEER DRIVEN
(This is critical!)

- Facilitate Small Break-Out Groups
- Provide One-on-One Support
- Share Experiences and Inspire Others
SPOUSE/SUPPORT PERSON

- Living through career with correctional employee
- Gain support for themselves
- Learn strategies to support their loved one
MENTAL HEALTH PROFESSIONALS

- Meet one-on-one with participants
- Educate on variety of topics during PCIS
- Provide brief therapeutic interventions for a variety of common issues - Depression, anxiety, Substance Use issues
EMDR

EYE MOVEMENT DESENSITIZATION REPROCESSING

• Evidence Based Practice

• 80% efficacy rate

• Brief intervention with immediate improvements

• Past Participant comments:
  ▪ “I felt an immediate weight lifted off of me.”
  ▪ “I well slept last night for the first time in months.”
  ▪ “My wife and I were finally able to talk about what I’ve been going through.”
MEDICAL MASSAGE

ISSUES ARE IN THE TISSUES

• “The Body Keeps the Score” by Bessel van der Kolk, M.D.

• Improved mental & physical health

• Reduced risk of injury & improves ability to focus more effectively on mental health
TRAUMA DOG

• Be intentional with training
  - Flossy reacts to changes in blood pressure that can relate to stress, anxiety or other emotional reactions

• Dedicated to correctional staff

• Respect that not everyone likes dogs or may have allergies
Lessons Learned

- Reality of short-staffing

- Engagement of leadership

- Taking care of staff will help retain staff and reduce turnover
QUOTES FROM PCIS PARTICIPANTS

“I now have hope I can make it to retirement!”

“I can breathe for the first time in 10 years!”

“PCIS has saved our marriage”

“Thank you! I no longer feel invisible, you all truly care”

“Excited to be whole again!”

“I wish all correctional officers could experience this”
Joseph Cheng MD, PhD & Gregg Dwyer MD, EdD, MUSC (Medical University of South Carolina) conducted research in partnership with SC-LEAP from 2013-2017

- Positively impacted:
  - Depression
  - Anxiety
  - PTSD
FUTURE OF PCIS

- SC-LEAP – obtained official Trademark for PCIS – established standards

- Emerging variations
  - Wardens’ “Retreat”
  - “Sudden Traumatic Loss Seminars”
  - “Post Deployment Seminars”
  - PCIS for Retirees
  - Endless possibilities
QUESTIONS?

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