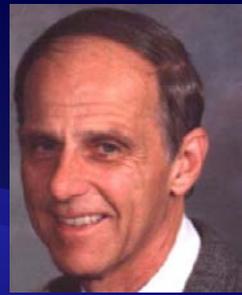


Police Suicide: The Enemy Within



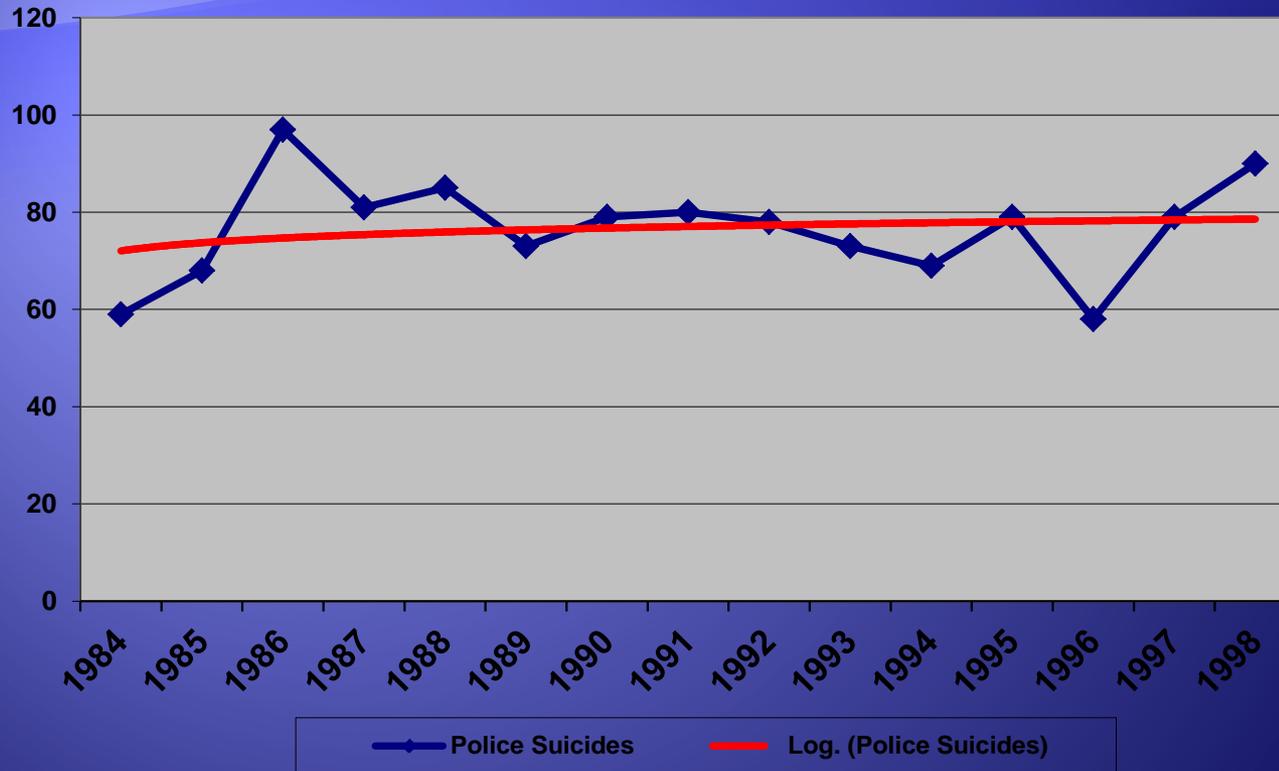
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Some Probable Factors Leading to Police Suicide

- Relationship problems
- Legal troubles- internal investigation
- Marital difficulties
- Alcohol/drug abuse
- Depression
- Chronic exposure to traumatic events (PTSD)
- Chronic stress
- Availability of firearms
- Lack of support
- Fear of getting help
- Mistrust of mental health professionals



Trends in Police Suicide: CDC National Occupational Mortality Surveillance 1984-1998



Violanti, J.M. (2010). Police suicide: A national comparison with fire-fighter and military personnel. *International Journal of Police Strategies & Management*, 33, 270-286. DOI 10.1108/13639511011044885.

Statistics on Police Suicide

Total Suicides Per 100,000:

- U.S. Total Population: 11
- Police : Approx. 18
- U.S. White Males: 25

Police Suicides:

- 2008: 141
 - 2009: 143
 - 2010: 147
 - 2012: 104 (as of October 1st)
-
- Mostly white male (95%)
 - 35-44 age group (40%)
 - Patrol level (90%)
 - Used firearm (94%)



O'Hara, A.F. & Violanti, J.M.. Police suicide: A web surveillance of national data. *International Journal of Emergency Mental Health*, 11, 17-24.

Military Vs. Police Suicides

(As of October 2012)

2011 Suicides

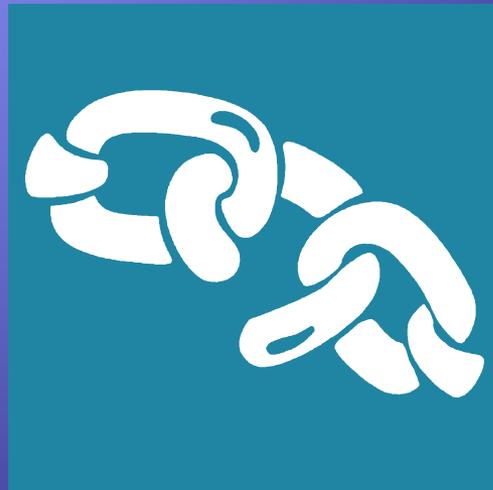
- Military: 165
- Police : 143

2012 Suicides (to date)

- Military: 126
- Police : 104



Prevention.... The Missing Link





Changing the culture.

The Air Force Suicide Prevention Program

Level One: Individual

Level One : Buddy care. basic awareness training, stress and suicide risk factors.

Level Two: Supervisory Gatekeepers

Equip supervisors with tools necessary to act as a gateway to help officers.

Level Three: Community Gatekeepers

involve those in the helping professions . Coordinate service delivery (e.g. chaplain, family support, wellness programs)

Level Four: Medical Professionals

Direct care. Medical providers trained in identifying, referring, and treating police officers



Peer Support in Law Enforcement



Developing Resiliency Against Stress:

Integration of Individual and Department



Trust in leadership!!

And last but certainly not least...

- We need a national police suicide reporting system to determine the full extent of the problem
- Perhaps similar to the FBI “LEOKA” Program
- This will also help us better research the problem and aid in prevention efforts