



OPERATION INNER + ARMOR

Feel Well + Live Better

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Overview

- Psychological strain from traumatic events leading to high rates of anxiety, depression, PTSD, and substance abuse among first responders (SAMSHA, 2018; Sharp et al., 2022).
- Problem:
 - Lack of tailored treatment methods for first responders
 - Stigma-related barriers to support
- Existing solutions and their limits: CISM
- Proposed Program: Operation Inner Armor



Program Components

- Goals
- Objectives
- Stakeholders

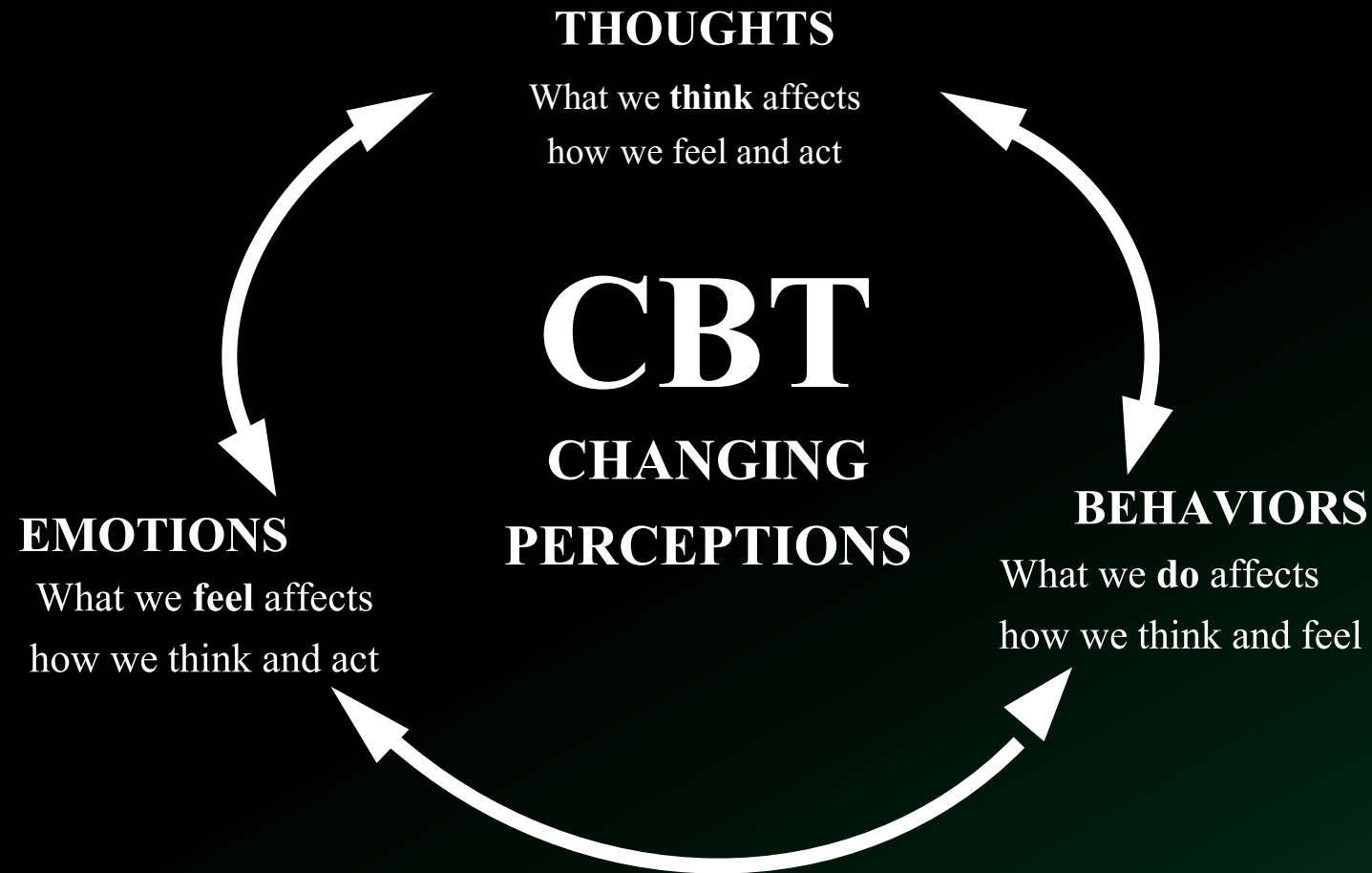




Program Design

- Participant selection procedure
 - Using CISM, identify and assess high-stress first responders
- 10-Month Treatment Plan (Four Phases)
 - Cognitive Behavioral Therapy
 - Meditation and Mindfulness
 - Resilience Training
 - Education, Awareness, & Disengagement
- Attendance Policy and Incentives
 - Time-and-a-half pay
 - Warning system

Phase 1: Cognitive Behavioral Therapy (CBT)



61% to 84% of participants no longer meet PTSD criteria after CBT (Watkins, et al., 2018)



Phase 2: Meditation & Mindfulness

- **Goal**
 - Using guided meditation to achieve deep relaxation to improve depression, anxiety, mood, and overall physical well-being
- **Effectiveness:**
 - 73.4% of first responders reported a positive change in their mental health (Thompson & Drew, 2020)
 - 90.8% reported increased calmness (Thompson & Drew, 2020)
- **Process:**
 - Participants will partake in two months of Yoga Nidra
 - 30 minutes of Yoga Nidra & 15 minutes of mindfulness meditation

Phase 3: Resilience Training



Phase 4: Education, Awareness, & Disengagement

- Section A (four weeks)
 - Education and awareness materials
 - Workshops, seminars, digital support networks
- Section B (four weeks)
 - Disengagement
 - Phone calls & limited interaction



Outcomes

- Surveys will evaluate:
 - Mental health improvement
 - Skills and coping mechanisms
 - Overall well-being
- Post-program:
 - Bi-weekly phone calls for one month
 - Bi-monthly phone calls for two months



MENTAL HEALTH
FOR HEROES

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