Creating Resilient Individuals and Communities: 
An Evidence Based Approach

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Startling statistics...
and why we want to be resilient
As a protective factor to suicide, because ...

Across the healthcare provider community suicide rates are consistently higher than the general population.

Police and firefighters are more likely to die from suicide than be killed in the line of duty.

First responder PTSD may be upwards to 10 times higher than the general population.

Physician suicide rates twice as high as the general population.

Nurses have the highest suicide rates of any medical profession

Female nurses 23% more likely to commit suicide than women in general general.
According to the World Health Organization (WHO) ...

804000 suicide deaths occurred worldwide in 2012

Every 40 seconds a person completes suicide

More Americans die from suicide than die in auto accidents

Age-standardized rate of 11.4 per 100,000

Account for 50% of all violent deaths in men and 71% in women

Highest in people aged 70 years or over

Second leading cause of death in 10–34-year-olds
The 10 Leading Causes of Death by Age Group, United States (CDC, 2016)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Unintentional Injury</th>
<th>Suicide</th>
<th>Homicide</th>
<th>Malignant Neoplasms</th>
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<td>10-14</td>
<td>847</td>
<td>436</td>
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<td>13,895</td>
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<td>35-44</td>
<td>20,975</td>
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Production of Data:
- The National Center for Health Statistics, CDC
- The National Center for Injury Prevention
- The World Health Organization (WHO)

According to the World Health Organization, suicide accounts for 50% of all violent deaths in men and 71% in women. More Americans die from suicide than die in auto accidents. Every 40 seconds a person completes suicide. In 2012, 804,000 suicide deaths occurred worldwide.
What puts us at risk

*Environmental:* war, disaster, stresses of acculturation, discrimination, sense of isolation, abuse, violence, conflictual relationships, poverty.

*Individual:* previous suicide attempts, mental health disorders e.g. PTSD, alcohol, chronic pain, financial, family history

*Professional:* workplace suicide for protective service occupations (e.g. police, fire) was 3.5 times greater than the overall U.S. worker and first responders show a higher incidence of PTSD than the general population.
What protects us

Social Support: our most important sustaining element when coping with adversity

- Development of social support systems
- Spirituality as an access to a socially supportive community

Resilience: the development and use of skills needed to manage adversity and stress in an optimal way

- Lifestyle resilience practices of positive coping strategies, good self-esteem, self-efficacy and effective problem solving-skills
Social Support System

It’s a system, so everyone has a specific purpose

It considers my strengths and weaknesses

It changes as I change

I am able to reach out to it

I must sustain it so it can sustain me, my family
What are some evidence-based positive coping skills

Belief

Persistence

Strength

Trust

Adaptability
Beliefs
Beliefs

“the greatest discovery of my generation was that a person could alter their lives by altering their attitude.”

-- William James
Belief

“We must never forget that we may also find meaning in life even when confronted with a hopeless situation, when facing a fate that cannot be changed. For what then matters is to bear witness to the uniquely human potential at its best which is to transform a personal tragedy into a triumph to turn one’s predicament into a human achievement. When we are no longer able to change a situation—just think of an incurable disease such as inoperable cancer—we are challenged to change ourselves.”

— Viktor E. Frankl, Man’s Search for Meaning
Beliefs
“Isn’t it a shame that with the tremendous amount of work you have done you haven’t been able to get any results?’ Edison turned on me like a flash, and with a smile replied: ‘Results! Why, man, I have gotten a lot of results! I know several thousand things that won’t work.’”

-- Walter S. Mallory
Persistence

Persistence is facing a challenge with the belief I will ultimately succeed

• Persist by building belief

• Consider creating a realistic goal and the steps needed to reach the goal

Persistence encourages me to make change, mark progress, and build belief in myself
Persistence

“When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps.”

-- Confusius
Persistence

“The brick walls are there for a reason. The brick walls are not there to keep us out. The brick walls are there to give us a chance to show how badly we want something.”

-- Randy Paush (The Last Lecture)
Persistence
Strength

Physical strength grows from proper nutrition, exercise, relaxation and sleep

• Create and practice plans for diet, exercise, relaxation, and sleep to fit my lifestyle while meeting the goals of proper nutrition, aerobic exercise, stress reduction and adequate sleep

Practicing a good diet, physical exercise, relaxation, and good sleep improves physical, emotional, and mental well-being
Strength - Exercise
Strength - Eating
Strength - Relax
Strength – Sleep