

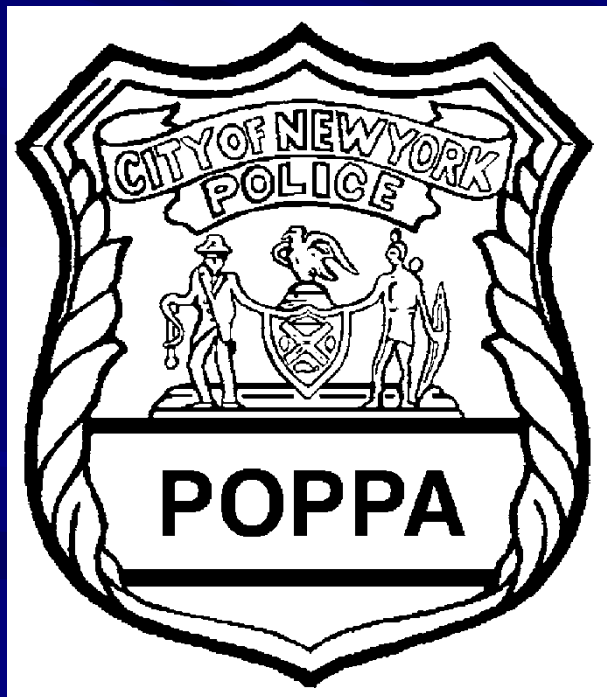
POPPA: Using Volunteer Peers for Building Resiliency and Suicide Prevention

Police Organization
Providing Peer Assistance

Best Practices in Peer to
Peer Support Programs

Monthly Webinar, DCOE

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Bill Genet, BS, CEAP

Founder and President, POPPA

Frank Dowling, MD

Medical Advisor, POPPA

Clinical Associate Professor of
Psychiatry, SUNYSB

Similarities Between Military and Law Enforcement Experience

Psychological Complications

- Post Traumatic Stress
- Institutional Stress
- Alcohol Abuse
- Marital/Family Problems
- Excessive Aggression
- Suicide

Barriers to Seeking Help

- Fear of Work Consequences
 - Altered Career Path
 - Loss of Weapon
 - Loss of Assignment
- Fear of Stigmatization by Peers
- Feelings of Personal Weakness or Failure
- Distrust of Agency Internal Psychological Services
- Distrust of Mental Health System

POPPA-NYPD Partnership

- Started in 1996, in Response to Suicide Crisis
26 NYPD Suicides Mid 1993-1995
- Independent, Confidential Voluntary Peer Based Assistance Program for NYPD Officers
- Peer Role Defined as Separate from Agency Role, Supervised by POPPA
- Confidentiality for All POPPA Interventions
 - Written Agreement with Agency
 - Ironclad Protection of Both Peer and Client
 - Only Exception is Imminent Danger to Self/Others
 - Because Volunteer Peer Role is with External Agency, Trust in Confidentiality is Higher

Volunteer Peer Support Officers (PSO's)

- Volunteer for the 24/7 POPPA Help-Line in Addition to Their Regular NYPD Assignment
- Screened by POPPA Administration, Peers and Clinicians
- Available for Additional POPPA Initiatives and Provide Surge Capacity for Mass Casualty Event
- ***Importance of Volunteer Peer-Not Voluntold***
 - Credibility with Rank and File of NYPD
 - Establishes Volunteer Peer as Role Model for Fellow Officers
 - Volunteerism Ensures Highest Quality of Personnel and the Maximum Delivery of Services
 - Reinforces the Cultural Imperative that Officers Take Care of Their Own...

NO ONE LEFT BEHIND

POPPA Clinical Panel

- Independent Mental Health/Substance Abuse Professionals:
 - Screened, Trained, Monitored by POPPA
 - Coordination and Communication with POPPA Only
 - Raises Trust in Confidentiality
- Independent Practitioners and Agencies in NYC and Surrounding Counties-Raises Trust in Confidentiality
- Provide Treatment and Support Peer Based Initiatives
- Provide Surge Capacity for Mass Casualty Event
- Faculty Appointments
 - Medical Schools: NYU; Columbia; Cornell; Mt. Sinai; Stony Brook
 - Other University Settings: Adelphi; Iona; Hofstra; John Jay

24-Hour Peer Help Line

- Cornerstone of POPPA Program
- Voluntary Clients, Self Referrals Only
- Face-to-Face Meetings at Non-Agency Location
- No Referral Without Face-to-Face Meeting
- All Conversations Strictly Confidential
 - Not Part of Employment Record
 - Not Subject of Any Official Enquiries

POPPA Help Line Results:

12,061 Calls 1996-2009

- 70% of Calls Result in Peer to Peer Meeting
- 40% of Callers Accept a Clinical Referral
- 90% of Cases Continue to Work Full Duty Without Any Restrictions
- 10% of Cases Use Confidential Sick Leave
- 90% of Sick Leave Cases Return to Full Duty
- Over 80 Suicides Prevented (High Risk Officers Who Stated Definitively That They Would Have Committed Suicide if POPPA Were Not Acceptable and Accessible to Them)

POPPA Programs

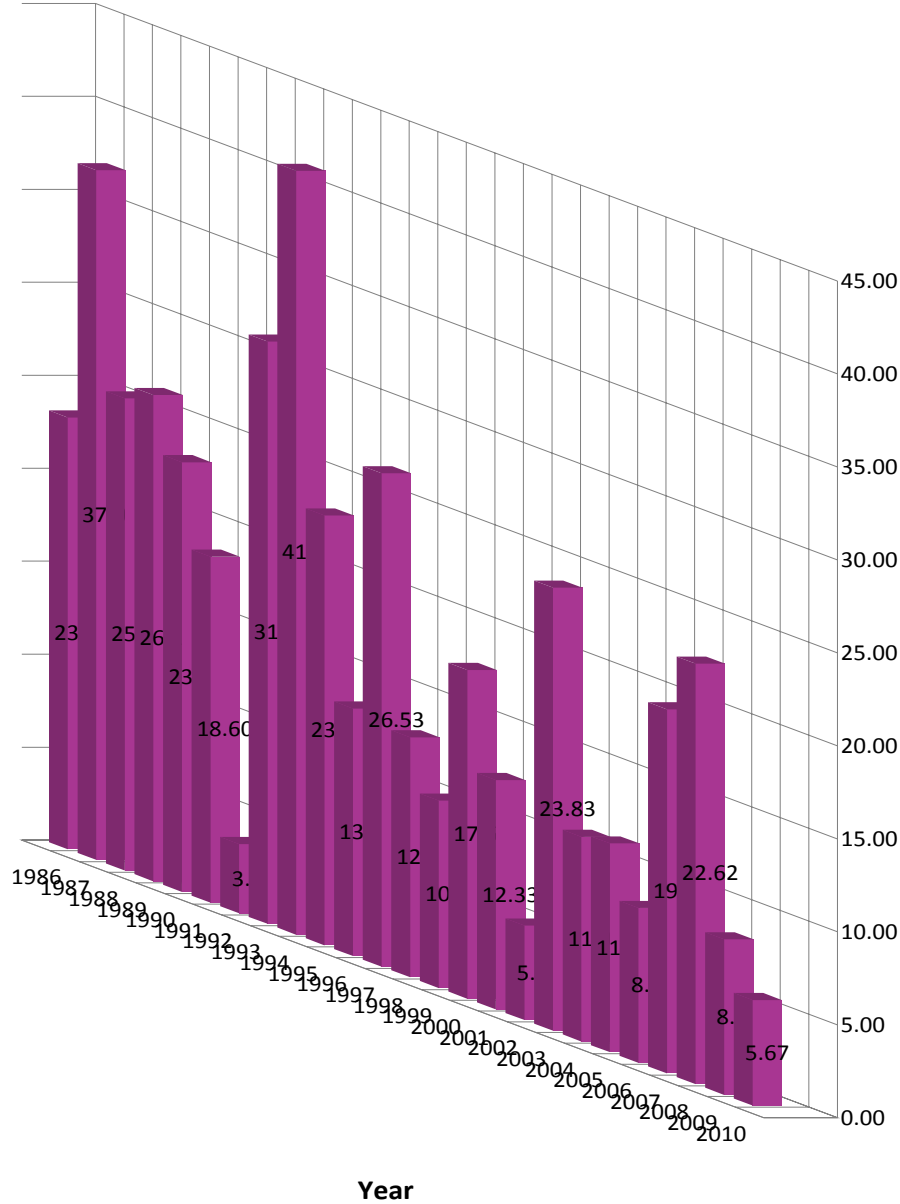
- 24 Hour Help Line Remains the Cornerstone of POPPA Interventions
- TRT (Trauma Response Teams)
 - Post 9/11 Response Effort
 - Project Liberty POPPA
- Retired Officers Program
- Peer Support Groups-Military Returnees
- RSP (Resiliency Support Program)

Officers Perceptions of POPPA

- NYU Study Compared External POPPA Program and Internal NYPD Peer Based Program (Early Intervention Unit)
 - 184 Members of the NYPD Participated in the Study:
 - 89% of Respondents Were Satisfied or Very Satisfied with POPPA Services, Compared to 58% for EIU
 - 93% of Respondents Would Recommend POPPA Services to a Fellow Officer, While 50% Would Recommend the EIU Program
 - The Majority of Respondents Believe That POPPA Services are Confidential
- Anonymous Exit Surveys-Over 85% of Participants
 - Believe the Intervention was Helpful
 - Would Recommend the Intervention to Fellow Officers
 - Believe That Resiliency Support Program Should Be a Part of Annual Training

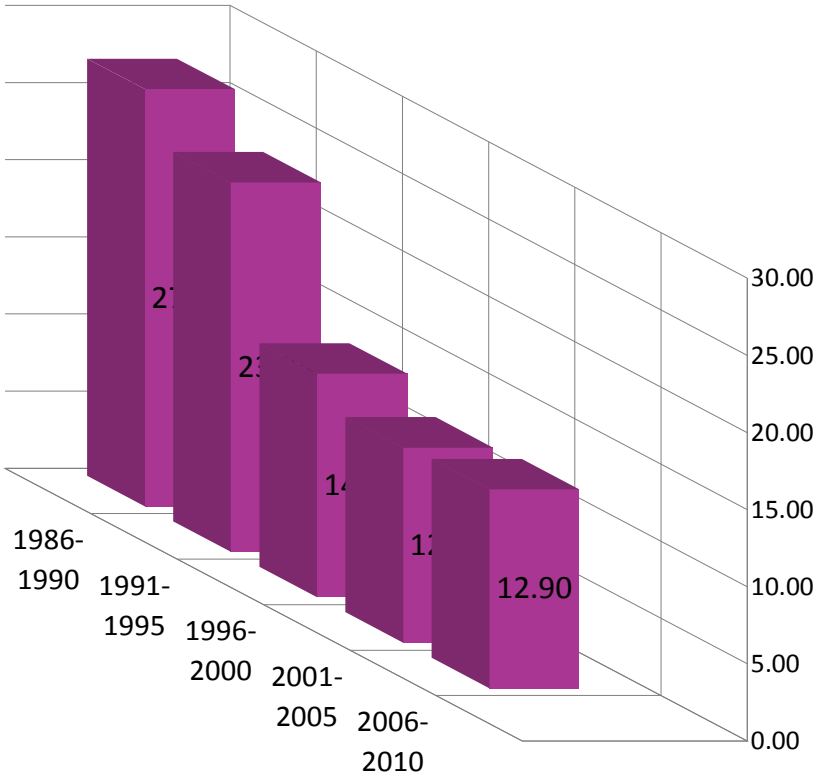
NYPD Suicide Rates 1986-2010

Suicide Rate per 100,000



NYPD Suicide Rates 1986-2010

Suicide Rate
per 100,000



Year

POPPA Contact Information

Bill Genet, Founder and President

212-298-9111

BILL.GENET@POPPANEWYORK.ORG

MAPBILL@AOL.COM

Frank Dowling, Medical Advisor

631-656-0472

DOWLING7@MSN.COM