

RESPONDERSTRONG™

Reading References for Understanding the Stressors of Emergency Responders

Responders, Friends and Families:

Reading:

I Love a Firefighter: What the Family Needs to Know – Ellen Kirschman

I Love a Cop: What Police Families Need to Know – Ellen Kirschman

Challenges of the Firefighter Marriage- Anne Gagliano and Mike Gagliano

Emotional Survival for Law Enforcement: A Guide for Officers and their Families – Kevin M Gilmartin

Bulletproof Spirit: The First Responder's Essential Resource for Protecting and Healing Mind and Heart – Dan Willis

A Community of One: Building Social Resilience – Michael Marks, Phil Callahan and Mike Grill

Code Four: Surviving and Thriving in Public Safety – Tania Glenn

Armor Yourself: How to Survive a Career in Law Enforcement – John S. Marx

Increasing Resilience in Police and Public Safety Personnel – Stephanie M. Conn

The Resilient 911 Professional: A Comprehensive Guide to Surviving and Thriving Together in the 9-1-1 Center – Jim Marshall and Tracey Laorenza

Dispatcher Stress: 50 Lessons on Beating the Burnout – Adam Timm and Joe Serio

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others – Laura Van Dernoot Lipsky

When Home Becomes a Housing Unit - The book, priced at \$6.99 plus shipping, is available from Desert Waters at <http://desertwaters.com> or by calling 719-784-4727.

Web articles:

Law Officer on relationships with significant others and clinicians:

https://lawofficer.com/exclusive/peers-counselors-psychologists-establishing-credibility-first-responder-community/?fbclid=IwAR1yhzhbMulLnpa_UaxhOB3qBWcqzdd8BTkQoVG_Ydfnc0sRYyWyMcyuBnw

Why Responders are SO Burned Out: https://www.vice.com/en_us/article/ev497w/why-our-first-responders-are-so-burned-out

Clinicians:

Counseling Cops: What Clinicians Need to Know – Ellen Kirschman

First Responder Resilience: Caring for Public Servants – Tania Glenn

Emotional Survival for Law Enforcement: A Guide for Officers and their Families – Kevin M Gilmartin

Increasing Resilience in Police and Public Safety Personnel – Stephanie M. Conn

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Law Officer on relationships with significant others and clinicians:

https://lawofficer.com/exclusive/peers-counselors-psychologists-establishing-credibility-first-responder-community/?fbclid=IwAR1yhzhbMulLnpa_UaxhOB3qBWcqzdd8BTkQoVG_Ydfnc0sRYyWyMcyuBnw

For Everyone Interested:

Videos:

After the Sirens – documentary is available from subscription services online

Beneath the Vest : <https://www.youtube.com/watch?v=jOUziW6SwT4>

Behind the Badge: <https://www.youtube.com/watch?v=ujBJAh7CLhk>

Richard Goerling- Mindfulness and Resiliency:

<https://www.youtube.com/watch?v=YTC11nMIQNw&t=6s>

Richard Goerling- Mindfulness and Policing: <https://www.youtube.com/watch?v=WzuWMf3WPPc>

Code 9: Officer Needs Assistance: <https://www.youtube.com/watch?v=VkgFjvoa6iQ>

Starting the Conversation:

https://www.youtube.com/watch?v=5Ozf0rMmDDs&fbclid=IwAR3_kGclST3pkQCeWJos-6ecEKJk39y_JLNgsX2OOpTa1Wes1TihHzp1nEs

Online courses:

Denver metro area and web: <http://browerpsychological.com/>

Academy Hour: <https://www.academyhour.com/Courses>