Law Enforcement and Suicide Prevention

Speaker’s Task Force on Suicide Prevention
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114 Law Enforcement Suicides Reported to Blue H.E.L.P. between January 1, 2019 and August 1, 2019
What We Know

• According to the National Alliance on Mental Illness (NAMI), some of the risks for suicide for the general population include, but are not limited to:

  ➢ Gender
  ➢ Age
  ➢ History of trauma
  ➢ Prolonged stress
  ➢ Access to Firearms
  ➢ Recent tragedy or loss
  ➢ A serious or chronic medical illness
  ➢ Agitation and sleep deprivation

All of the above risks are highly relevant for law enforcement.
What can be done?
What is the DOJ Doing?

- Additions to the Basic Law Enforcement Officer Training Academy:
  - Physical Readiness Test
  - Physical Fitness Training
  - 4-Hour Block on Wellness
  - 4-Hour Block on Suicide Prevention
Wellness Training

- Living a Healthy Lifestyle
- Stress Management Techniques
- Healthy Choices in Diet and Exercise
- Alcohol and Drug Use
- Maintaining Healthy Relationships
- Maintaining Financial Stability
Suicide Prevention Training

- QPR
  - Question
  - Persuade
  - Refer
Other Initiatives

Wellness Training Incorporated In:

- Instructor Updates
- Leadership and Management Training
  - New Chiefs & Sheriff’s Seminar
  - New Jail Administrator’s Training Seminar
  - First Line Supervision
  - Leadership in Police Organizations
  - Command College
Peer Support Training
What More is Needed?

- Funding to Support Officer Wellness training and initiatives through the DOJ.

- Legislative privacy protections for officers who seek support through peer support programs.