



# Building Trust to Provide Care: Department of the Army Criminal Investigation Division Wellness Program

CPT Sarah Bean, LCSW

CPT Marquita Barr, LCSW

12 June 2023

# Learning Objectives

- Know about Law Enforcement population and culture
- Summarize CID Wellness Program's treatment and preventative efforts in response to cumulative, complex, and vicarious trauma
- Recognize when to pursue clinical support
- Recognize ways to build peer and social support in a law enforcement population through group psychoeducation, rapport building, and presence

# Agenda

- The Law Enforcement population and culture
- CID Wellness Program Design
- Clinical presentation in Law Enforcement
- Cultivating peer and social support within the Law Enforcement population

# Criminal Investigation Division Population and Culture

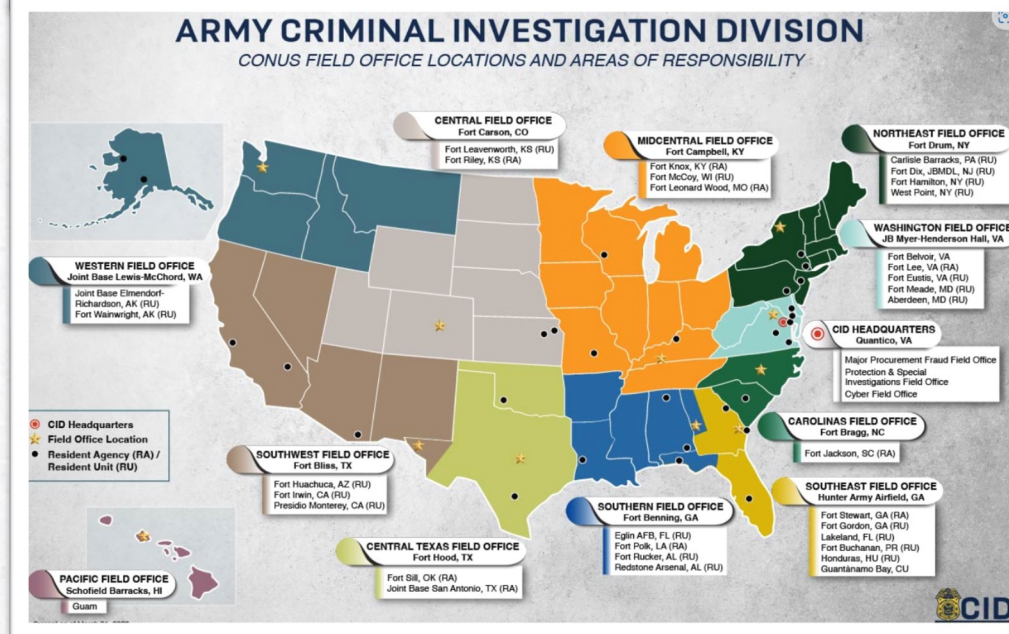
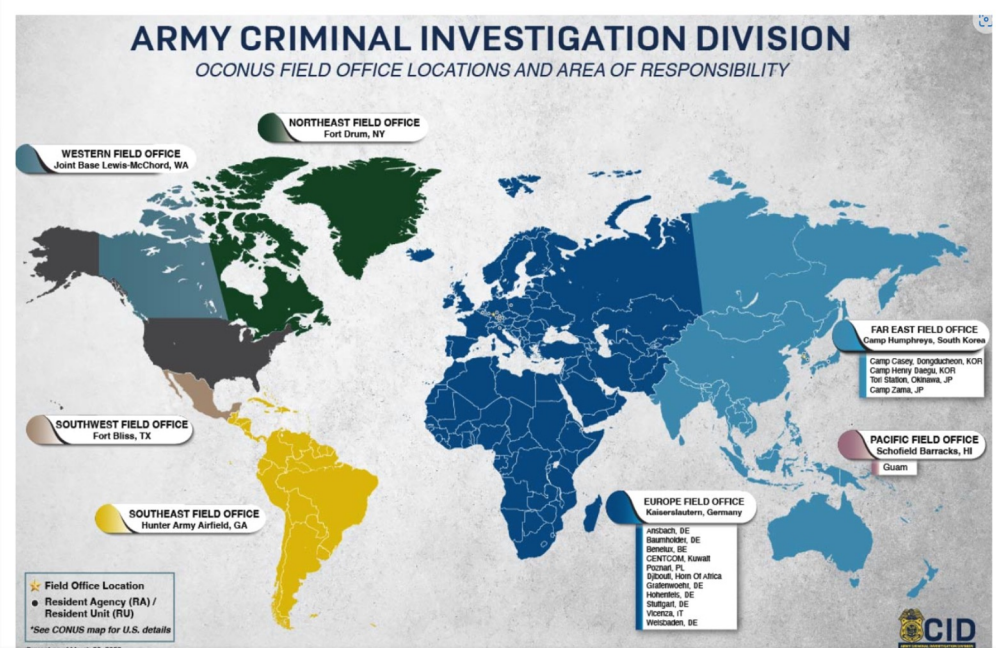


CID is an independent federal law enforcement agency consisting of nearly 3,000 personnel assigned to 124 world-wide locations, responsible for felony criminal investigations and operations; war crimes and terrorism investigations, criminal intelligence collection and analysis; cybercrime investigations and operations; multi-dimensional forensic support; and protective service operations for the Secretary of Defense, Chairman of the Joint Chiefs of Staff and other high risk personnel.

- High functioning population
- Motivated
- Inherently distrustful
- Significant stressors

# Agent Stressors

- Repeated exposure to “Man’s inhumanity to Man”
- Gruesome crime scenes and images
- Pressure to cover leads, bring justice to victims, etc.
- Ostracized from peers or society
- Resource constrains
- Administrative burden
- High professional standards of conduct and public scrutiny





# CID Wellness Program Design

- Emphasis on rapport building
- Not documented in EHR
- Brief solution-focused intervention
- Annual and Bi-Annual Wellness checks
- Psychoeducation
- Critical incident response
- Case management/referral assistance

# Clinical Presentations in Law Enforcement

- **Variations in Clinical Presentations**
  - Flat affect
  - Incongruent reported mood vs. observed mood
  - Numbed Responsiveness
  - Impaired memory with intrusive disturbing images
  - Irritability
  - Hypervigilance
  - Sleep disturbance
  - Social withdrawal
  - Avoidance
- **Adaptive Coping Defense Mechanisms**
  - Repression
  - Displacement
  - Isolation
  - Gallows Humor
  - “toughing it out”

# Clinical Presentations in Law Enforcement

- **Recognizing the Need for Clinical Support**
  - Elevated safety risk
  - Symptoms increasing
  - Solution focused brief interventions, problem solving and/or support therapy ineffective
  - Complex psychological issues are identified



# Cultivating Peer and Social Support in Law Enforcement

- **Presence**
  - Providers are embedded within the Field Office
  - Provide services and advocate
  - Battlefield circulation
- **Rapport Building/Relationship Building**
  - Acculturation
  - Departmental support
  - Morale events (include family)
  - Cultivating peer support





# CID

**ARMY CRIMINAL INVESTIGATION DIVISION**

# Questions?