

# FINAL QUESTIONS

Tell us about yourself.

What would you consider yourself passionate about?

What is a peer support team and what does it do?

Why do you want to be part of the peer support team?

What, if anything, have you done to prepare yourself to be a peer support team member? (training courses, education)

What skills or qualities do you possess that would make you a good peer support team member?

How would you describe your listening skills as well as your ability to let the person know you not only heard but understand what they are telling you?

The issues being discussed are to remain confidential between the person seeking help and the Peer. However, there may be a time when the confidentiality must be broken, i.e., Violation of Policy, possible harm to themselves or others, etc. Will you be able to follow the protocol for sharing the information when the person seeking help requests that you not?

Do you find yourself being the one people come to for advice? If so, why do you think that is and how do you feel about it? Can you tell us about a time when that happened? (No names!)

Can you discuss the importance of confidentiality for a peer support team member?

How would you respond if a supervisor demanded that you provide information reference an employee that you were providing assistance?

Although an effort will be made to minimize call back to duty, there may be instances where peer support members would get called back to duty to provide assistance. Would this be an issue for you?

Are there any type of callouts that you would not want to participate in?

Are there any situations that you would not feel comfortable providing peer support?

What was **your** most difficult on-street experience as a police officer?

Do you have a 'Family Plan' for such incidents?

Tell us about a stressful situation and how you managed it?

What do you do for your own wellness?

How do you relax after a stressful event: immediately following? Later that day?

How may critical incident callouts affect your home life?

Do you have the App on your phone?

What would you like to see added to it?

The role of a Peer Support team member is to listen, be supportive and provide resources for further help vs counseling them and trying to fix their problems. How would you go about that? What resources would you suggest? What if "I don't trust the EAP!"

Peer support involves more than just critical incidents and includes our professional staff. Do you feel you could relate to a variety of issues not necessarily centered around law enforcement?

Who have you heard people approach for help for 'peer support?'

## Scenario Questions

1. You responded to a critical incident as a peer. Several days later a supervisor asks you about the callout and how Officer Jones is coping. How do you respond?
  - a. **Follow-up circumstances:** The next day, Officer Jones calls you at 9pm. He/she tells you they are having a rough time and imply they are suicidal. What is your next step?
2. How would you respond if approached by a co-worker who stated they were still struggling because of the fatality car crash they responded to a month ago involving a deceased child despite participating in a critical incident stress debriefing?
  - a. **Follow-up circumstances:** They further disclose they have not been sleeping well and have been irritable at home causing problems in their marriage and their significant other is talking about divorce.
  - b. **Follow-up circumstances:)** They state, "My family would be better off if I wasn't around anymore. Will you tell my significant other I am sorry?"
3. An officer/employee calls you for non-urgent help but you are off-duty and in the middle of coaching your child's game. What is your response?
4. A supervisor asks you to give advice on how to make his/her unit "run more smooth" because they are "not getting along." They think it's a mental health issue. What is your response?
5. An officer/employee you are helping asks you on a date. How do you respond?
6. An officer/employee approaches you and asks for financial advice about a consolidation loan for their credit card debt. How do you respond?
7. An officer/employee asks you how to help with his anxiety about an upcoming deployment with his military unit. How do you respond?
8. An officer/employee says they "think" they might be involved in a domestic violence situation at the house. How do you respond?
9. A dispatcher has sought you out for help. During the conversation they say: "You wouldn't understand! You don't do what we do for 12 hours every day!" How would you respond?