

PPB Wellness Restoration Project Proposal



Portland Police Bureau

Wellness & EAP Programs

The Problem:

- 160 nights of protests and several riots in Portland have left multiple PPB officers with physical and emotional injuries
- About 60 officers have been assigned full-time to respond to these protests and riots, and many were moved to a different shifts and days off, impacting personal lives and relationships, childcare, sleep, etc.

The Problem:

These officers have been:

- Hit with frozen water bottles, bricks, rocks, balloons filled with feces and paint
- 1491 injury log entries in 2020 vs 581 in 2019
- Nightly been spit on, told to kill themselves, told to quit their jobs, and that everyone hates them

The Problem:

Several officers have:

- Been followed home and had protestors vandalize their homes and yell at their kids
- Have had their personal finances hacked
- Had personal and family relationships dissolve due to their occupation, with no warning or disagreements

Do we have a problem?

Challenging to quantify, however:

- PPB EAP used to average one call per week for contact information for counseling, now averaging one call per day
- Multiple reports from members that they or coworkers are hopeless, severely traumatized, their personal relationships are in danger, and they're unsure that they can continue in this line of work

The Need:

Transition this group of officers back to normal patrol duties, old shift hours, new norms, and leave behind any support and bond that this collective experience has brought them

Unresolved Trauma:

As the military has found, if society doesn't support and restore injured people as much as possible, some may never recover and they may cause damage to themselves, families and communities

The Proposal:

- The PPB Wellness Restoration Project would be a 2-week program that will prepare officers for the transition from managing nightly protests back to regular police and patrol duties
- This program will provide care and training for these officers mental, emotional, and physical health through the following ways:

The Proposal:

The PPB Wellness Restoration Project will provide officers:

- Individual time with a mental health professional
- Group debriefings with a mental health professional
- Stress and Resilience classes
- Time to practice yoga and meditation
- Consultation with a Physical Therapist
- Information on alcohol use and abuse
- Information on sleep strategies and needs
- Support for the officers and their families as a unit

Anticipated Results of the Wellness Restoration Project:

Fewer members needing to make PTSD or stress claims, and members that do make claims able to return to work sooner and healthier.

These outcomes might:

- Make PPB members healthier, allowing them to more effectively serve the community for a full career
- Save FPD&R money by reducing the money needed to cover short- or long-term disability costs

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Thank you.