

# Resources, Notes, and Links from Kevin Hines Presents: The Art of Wellness for First Responders

March 11, 2021

**Maryland Crisis Line** – 24/7 support- Dial **211** then press **1** for information, referrals, and crisis intervention

<https://211md.org>

**National Crisis Text Line-Text “HOME” to 741741”**

<https://www.crisistextline.org>

**National Suicide Prevention Lifeline-24/7 support at 1-800-273-TALK**

<https://suicidepreventionlifeline.org>

**First Responder Crisis Support Helpline-24/7 support at 1-844-550-HERO (4376)**

**COPLINE: 1-800-COPLINE**-provides peer listening through a hotline by maintaining complete confidentiality as well as anonymity if the caller chooses. They train competent, confident, committed, and compassionate retired officers to engage with callers on the daily stressors officers and their family members experience.

**Anne Arundel County Crisis Response- 24/7 support at 410-768-5522**

Kevin’s Website <https://www.kevinhinesstory.com/>

Kevin’s YouTube Channel [https://www.youtube.com/channel/UCYZeM7MIkXtU\\_-r9BIDTQA](https://www.youtube.com/channel/UCYZeM7MIkXtU_-r9BIDTQA)

Kevin’s Facebook Page <https://www.facebook.com/KevinHinesStory.us/>

Kevin’s Twitter Feed <https://twitter.com/kevinhinesstory?lang=en>

Kevin’s LinkedIn Profile

<https://www.linkedin.com/public-profile/in/kevinhinesstory?challengeId=AQHDuEUfVFk8mgAAAXi26QQ4wLBrVs5syYBHhN1O1Ffa10ZzJQRNgFn-2IWg7MShhzivXjcf784FyFMcbUkShFDtSpTyf6b2NQ&submissionId=c30baa7c-fd34-7416-8e2b-3c777e5dec7c>

## **Video notes:**

**Resonance Breathing**- Kevin inhales for 4 seconds, holds his breath for 4 seconds, then exhales for 8 seconds. He does this 30 times in the morning, and again in the afternoon and evening.

Kevin also uses the Calm and Headspace Apps for meditating

## **Kevin's Book Recommendations:**

*Loving Someone with Bipolar Disorder* (by Julie A. Fast)

*Bipolar Disorder for Dummies* (by Candida Fink and Joe Kraynak, and Kevin is featured in the 3<sup>rd</sup> edition)

**Movie:** *The Bridge*, directed by Eric Steel (2005)

For more information about **The Bridge Rail Foundation**, go to <http://www.bridgerail.net/>

## **The Art of Wellness:**

- 1) Therapy
- 2) Nutrition
- 3) Exercise
- 4) Sleep
- 5) Education
- 6) Medication
- 7) Meditation
- 8) Advocacy for self and others
- 9) Coping mechanisms and strategies
- 10) The Plan (emergency plan)

**Chief Neil Gang**- Pinole Police Department (California)

The Asher Model- a 7-point approach to a culture of wellness

<https://www.cordico.com/2020/09/23/asher-model-7-point-approach-to-a-culture-of-wellness/>

## **Q & A Panelists:**

**Lt. Steven Thomas**-Anne Arundel County Police CISM & Peer Support Team Coordinator

**Jennifer Corbin**- Anne Arundel County Crisis Response Director

**International Critical Incident Stress Foundation**- Critical Incident Stress Management (CISM) is a method of helping first responders and others who have been involved in critical incidents that leave them emotionally and/or physically affected by those incidents. CISM is a process that enables peers to help their peers understand problems that might occur after an event. This process also helps people prepare to continue to perform their services or in some cases return to a normal lifestyle.

ICISF provides training for individuals interested in becoming a part of a crisis management team, or for an organization that is dedicated to helping individuals or groups recover from incidents.

<https://icisf.org/>

**Anne Arundel County Crisis Response Community Warmline**- 410-768-5522

Provides Anne Arundel County Residents in crisis with supportive assistance and linkages to resources within the community 24/7

**All Clear Foundation** -Provides resources for the physical and mental health of First Responders

<https://allclearfoundation.org/resources/>

**SAMHSA**- Disaster Technical Assistance Center Supplemental Research Bulletin- First Responders: Behavioral Health Concerns, Emergency Response, and Trauma

<https://www.samhsa.gov/sites/default/files/dtac/supplementalresearchbulletin-firstresponders-may2018.pdf>