

LEAPS

Guide to Responses:

TERMS AND DEFINITIONS:

- a. *Defusing*:** A short, educational briefing by the LEAPS member within 3 hours of a High Stress Event for the purpose of *normalizing* an officer's internal response to the event. It is the response in which the LEAPS member does all the talking. Here, the officer does NOT reveal internal responses.
- b. *Counseling Session; Post High Stress Event*:** formerly known as Debriefing: an in depth briefing led by the LEAPS member in which the officer involved in the High Stress Event reveals internal responses to the LEAPS member under privileged protection of law. These sessions are generally conducted approximately 3 days after a High Stress Event with some exceptions in death or unusual situations. All counseling sessions should be conducted one on one unless an extreme circumstance exists.
- c. *High Stress Event*:** formerly known as Traumatic Event or Critical Incident: an event that has the ability to create significant *negative* emotional, psychological, and social changes to an officer. (Please note the words "overwhelm" or "coping skills" are not contained in the LEAPS definition!)
- d. *General Counseling Session*:** a meeting between a LEAPS member and an officer for the purpose of discussing general stress issues not related to a specific High Stress Event. Topics may include financial matters, relationship issues, illnesses, and general job stress. All counseling sessions should be conducted one on one unless an extreme circumstance exists.

LEAPS RESPONSES:

1. LEAPS members should train and prepare officers and departments for coping with general stress and high stress events on a constant basis. This may include formal classes, roll call briefings, providing brochures, or making contact with officers and leaders.
2. Following a **High Stress Event (c)**, LEAPS members should respond to provide a **Defusing (a)** to the officers involved. This should be done within 3 hours when possible. Group Defusings may be conducted in major events such as Line of Duty Deaths.
3. Following an approximate 3 day waiting period, a **Counseling Session (b)** should be conducted one on one (LEAPS member to the involved officer). Group counseling sessions involving more than one officer are not recommended. Follow up meetings are encouraged and should include a post 2 week meeting.
4. **General Counseling Sessions (d)**: may be conducted one on one as needed.