



2021

RESOLUTIONS

Dear NNPSN Community,

In order to support your peer support growth needs during this time of crisis, NNPSN Board of Directors have been working hard for you all behind the scenes. 2020 may have stunted some of our network bandwidth growth, it never stopped the passion and vision. As we move forward in 2021, we hope that you continue to support the mission and vision. Spread the network, talk about, end the stigma to asking for help and keep the fire going....

We sincerely thank you all....

With that we offer you the next winter quarterly newsletter.

Opening Remarks from Dr. Steve Nicholas

The Spirit of New Year's



The spirit of the New Year encourages a focus of reflection combined with hope for health and prosperity. As a mental health provider, I am humbled as I think about 2020. The last year was a roller coaster ride that was beyond uncomfortable and frightening. Many of us could not escape the perceptions that we were helpless, alone, and endlessly in a state of crisis. The thought of 2021 and a reprieve seemed like a mirage in the desert.

Alas, the calendar turned and we likely find ourselves in a familiar state of chaos. How will we get through this? The answer is that we will get through this together. This year will shape up as an arduous undertaking where we can bond together with our affiliations of public service and good will. We serve those who are in need, and simultaneously, we find that we are also needing love, empathy, joy, and peace.

Togetherness is my hope for all who read this. 2021 will be the unfolding of a new normal that has a clearer focus on our love for our professions and for each other. When we are intentional about our service to each other, we can allow our brothers and sisters to serve us too. It has always been true that you will have your brother's and sister's back; please allow them to have yours. Together.

Steve Nicholas, Ed.D., MFT

What has Board Member Brian Orr Set as his Resolution?

Who is Responsible for Us?



We get so wrapped in our professional goals. We sometimes define ourselves by where we are professionally. I have been guilty of this over the past year.

My new year's resolution is to ensure I'm defining my self worth in my personal life. I'm focused not only on my family, but who I am. I'm starting simple by spending more time doing what makes my family closer. Simple conversation with family, taking the time for family game night, and taking time for simple joys (golf).

I also am focusing on myself. I have hired a physical fitness trainer. Not to learn how to workout but to have someone beside myself to hold me accountable. We forget we are responsible for so many people but, who is responsible for us?

Brian Orr, Law Enforcement Officer



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NNPSN would like to thank REMSA, Tahoe Forest Hospital District and Washoe County Sheriff Deputies Association for your generous donations in sponsoring this educational event in Spring 2021.

Please follow NNPSN our social media and www.nnpsn.com for details on dates and location.

Spring 2021

SAVE THE DATE

www.nnpsn.com



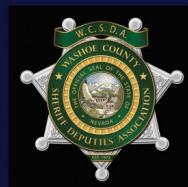
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2021: The Year of No Resolutions



I started January 2020 off with a new mindset: 2020 was going to be my year. I found an exercise routine I liked, I was going to lose a bunch of weight and get ready for my birthday trip to Hawaii in November (big 4-0 and all). I promised myself I was going to eat right, drink water, get plenty of sleep, and avoid wine. And I did great...until March.

Then the dumpster fire started, and all my well-intentioned resolutions went up in flames with it. My devotion to exercise waned as I became physically and emotionally exhausted by my new preoccupation with the pandemic and lockdowns. Was my family and I going to get it? If we did get it, how sick will we be?

Then summer and civil unrest hit. Preoccupation turned to doomscrolling social media and preparing myself for the next big bad thing to happen. I forgot my pledge to drop the wine, couldn't remember to drink my water, and sleep was not exactly happening. I was semi-comforted in the fact that I wasn't the only one feeling this way and neglecting ourselves during these crazy times. But I was also disappointed in myself. Why couldn't I just stick with the simple resolutions that I had committed to this year?

The answer actually makes sense. Shannon Mead, a local mental health professional, told me that we have been living through a year-long critical incident. Our mind and bodies have been responding as if we are involved in a large wildland fire or a bank robbery with hostages.... that never ends. Our flight or fight reactions and "surge" capacity are just tapped out, leaving little energy or willpower to put towards the things we want to do and barely able to do the things we need to do. Some of us are just surviving.

Armed with that knowledge, I'm starting 2021 with a different mindset. No "resolutions," because who the heck knows what else is coming our way. But I pledge to put small efforts into important things every day. And to make sure I give myself and others, plenty of compassion and grace this year. And my hope is that you will too!

Erin Yeung, Dispatcher

THE HUMAN CAPACITY

**For Burden is like Bamboo
–Far more flexible than you ever
believe at first glance**

Jodi Picoult





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Personal and Professional Reform



As local regional and national cries for police reform still resonate, I want to focus on resolutions of personal and professional reform you could consider.

- **Prioritize training:**

The funding for training within Law Enforcement departments is usually the first item reduced in times of financial downturns. When added with calls to defund the police, training resources are further threatened. No matter your seniority staying updated on training is essential. There are always new techniques coming along that can be innovative and potentially a lifesaver in the field. The more you know, the better equipped you will be to handle any situation that arises. Resolve to sign up for trainings and conferences that come your way in 2021.

- **Breakdown the barriers of mental health treatment:**

Help people connect with mental health treatment. Whether it is a coworker or a member of the public that is in need of professional assistance, offer resources you believe can help. Examples of resources can be PEER support, EAP and vetted clinicians if available. Also, reach out to friends, family and coworkers to reconnect or simply check-in. Resolve to take action this year every single time you see someone in need.

- **Make easily attainable SMART goals:**

Specific, **M**easurable, **A**ssignable, **R**elevant and **T**ime-based.

Drink more water. Take a walk weekly. Eat more vegetables daily. Read a book. Listen to an educational podcast or anything that is a pivot from your current habits or routine. Resolve to take better care of yourself.

These resolution examples are just a glimpse of opportunities that are available for making positive redirections that not only have the result of bettering yourself but effecting change for others.

Cameron Wagner, Law Enforcement Officer





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Competing Priorities...



The adversities we were introduced to last year forced many of us to take on new roles and challenges very quickly and with few resources. Our routines were disrupted, we were distanced from our loved ones, and the community we serve became sick and afraid. Seemingly overnight we were tasked with simultaneously being parents, providers, caretakers, teachers, and advocates, all while being stretched thin as public servants. For a lot of us, these competing priorities were overwhelming and impossible to organize, and for some, they still are. This is, in large part, because more than one thing requiring our immediate focus and attention shouldn't exist.

The word "priority" was not pluralized until 500 years after its introduction to the English language, which illustrates what is truly being asked of us when we multitask. Something usually gives, and often times that something is our own sanity. So, what can we do when we need to be everything to everyone and put our own needs on the backburner? We can ask for support. While it is hard to fathom asking for help when everyone is facing their own hardships, there are those out there who have exactly what you need. Just as you muster up strength and time to support others, others are wanting to support you. If you do not know where to even begin to ask for help, peer support might be a great place to start. Peer supporters can listen without judgement and help take things off your plate while giving you tools to navigate your own unique challenges, making your first and most important priority you.

Sarah Vonarx, Dispatcher





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[illegible]

All the best to you all in your decluttering moments. Tap into the power of your mind.

Natasha Lukasiewich, Registered Nurse





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Measure Twice, Cut Once.



A New Year resolution most would agree is making a promise to yourself to do something different on day one of the new year. Some of these resolutions may be to get back into gym, eat healthy, lose weight, run a marathon, or give up social media. Your new year resolution may also be defined as setting an expectation for self. When we set an expectation for ourselves, we are planning to either shed a bad habit or start good ones that are more in alignment with healthy living. This can often be challenging and require a degree of self-discipline.

Anytime we set expectations for self-improvement, we are potentially setting ourselves up for failure and disappointment. When we consider the effects of Covid-19 and three ring circus that it came with it, this can be a difficult time to measure your goals. Most of us would agree that the word “normal” has been difficult if not impossible to define nowadays. The word “normal” has become a moving target which account for inconsistencies that are hard to calculate. Everything about our lives seems to be in constant motion and at times out of our control.

The life of a first responder is about adapting and overcoming to situations that are coming at you at a rapid pace which require action so things don’t get worse. Our very skill set is based on gathering the best information we have, coming up with a plan, and taking action. To measure twice, cut once is a way to say that you will set expectations to fit the current environment with the understanding that life is historically unpredictable and sometimes unfair. You’ll measure those expectations and make adjustments to succeed. Then you will make that commitment to hold the line, refrain from self-sabotage, avoid excuses, and as Nike puts it, JUST DO IT.

If your looking for some inspiration, check out Discipline Equals Freedom by Jocko Willink. We all wish to be inspired especially in these times. Measure yourself and your environment twice before committing to a goal or resolution. Then commit (cut) that goal into 2021 by accomplishing to what you aspire. Challenge yourself and remember, no one said it was supposed to be easy.

Derek Reid, Fire Fighter
NNPSN President

