



Post Trauma Life





# POST-PTSD

The “New” Normal



## UPDATE

2018: **16** first responders and 6 military members have died by suicide.

2017: **46** first responders and 10 military members have died by suicide.

2016: **48** first responders and 15 military members have died by suicide.

2015: **39** first responders and 12 military members have died by suicide.

Between April 29 and December 31, 2014: **27** first responders died by suicide.

In 2014, **19** military personnel died by suicide.

# WHERE DOES RPR FIT IN

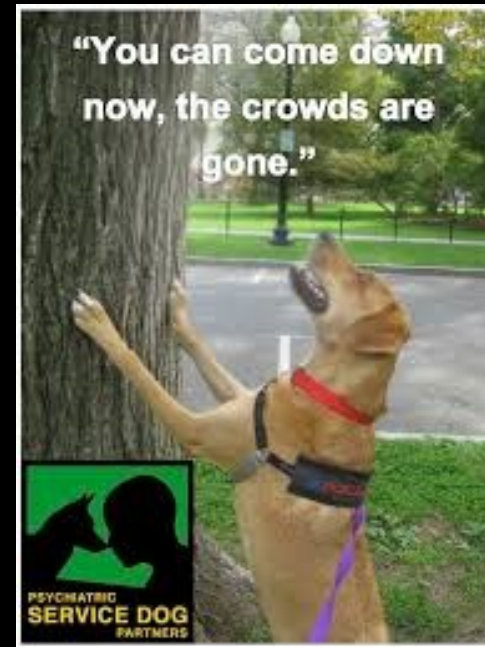
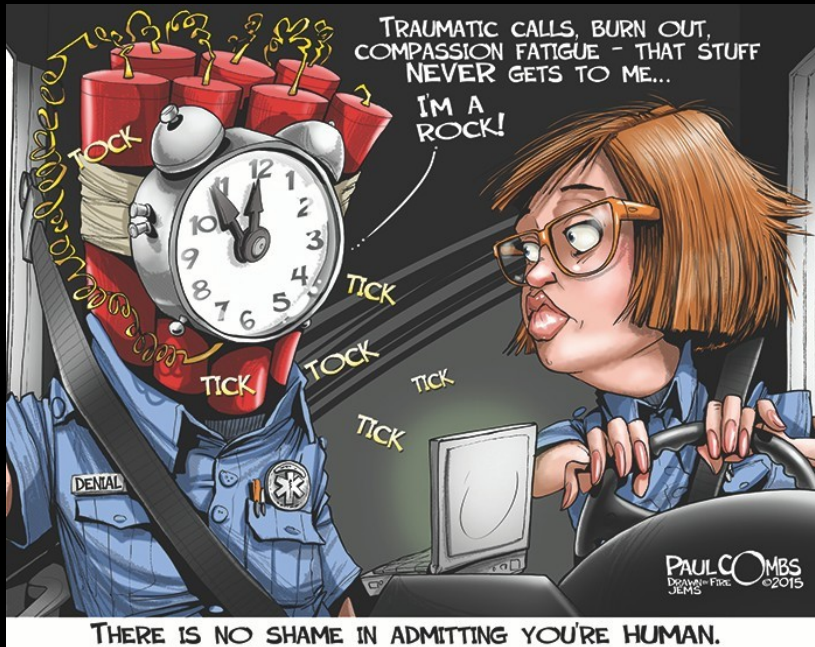


Recognize  
PTSD Exists

Addiction  
Centre

MD  
Psychiatrist  
Psychologist  
RSW

National  
Network of  
Social  
Retreats

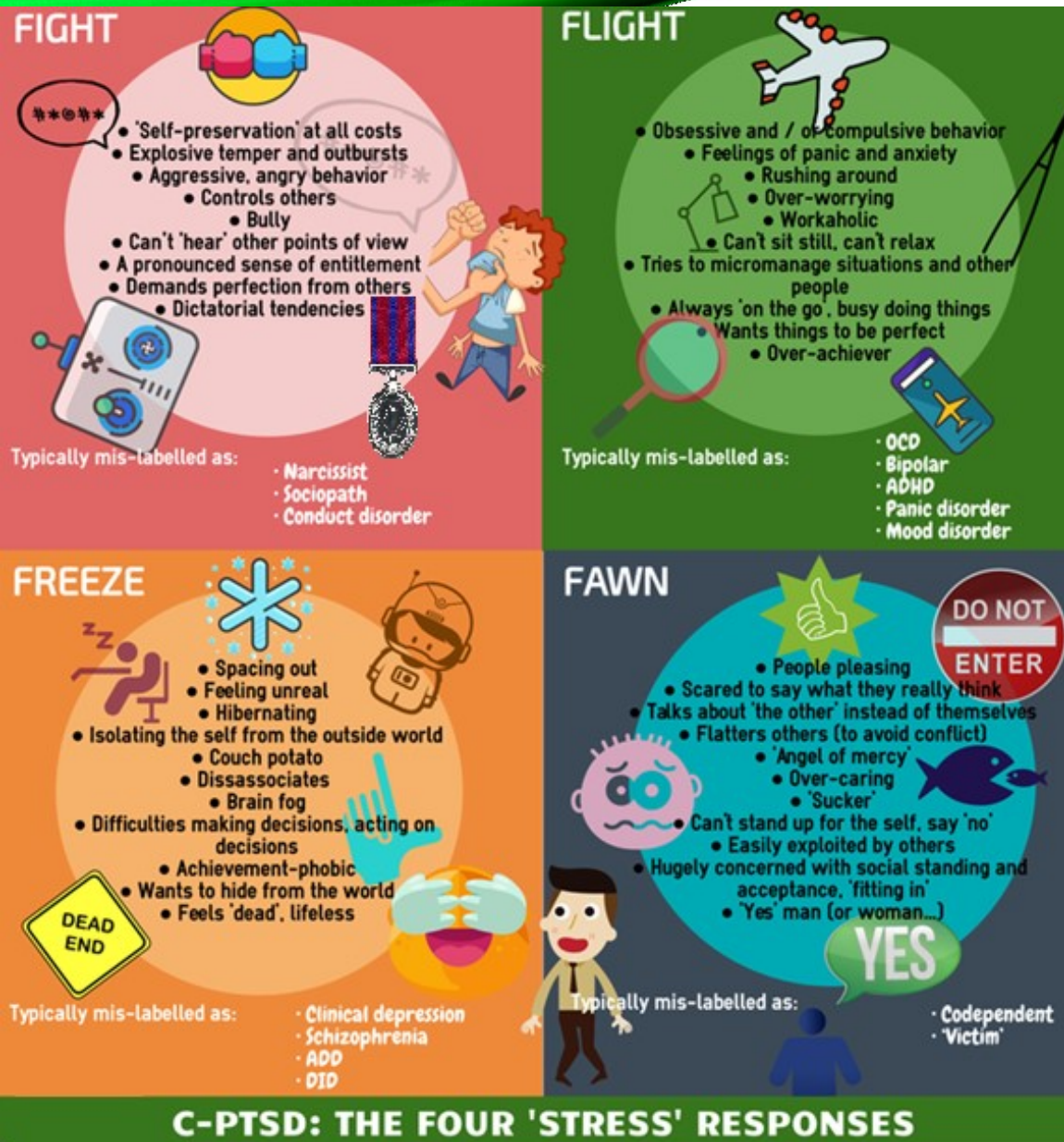




- RPR addresses the Societal Symptoms of PTSD (*not addressed by Doctors*):
  - Avoidance
  - Isolation
  - Lack of purpose
  - Poor eating habits
- How:
  - Promoting and providing purposeful opportunities
  - Developing new interests and skills
  - Growing healthy food



# LIVING WITH PTSD



- Post-traumatic stress disorder (PTSD) is a complex disorder that is the reaction to a traumatic event
- Symptoms can arise suddenly, gradually, or come and go over time.
- Does not just affect the person with the condition
- <http://privatehealthcarereports.com/how-to-live-with-someone-who-has-ptsd/>

# COMMON SYMPTOMS OF PTSD



## ASSOCIATED FEATURES

- ✗ excessive guilt
- ✗ rapid emotional fluctuations
- ✗ spacey, confused, or as if in a daze
- ✗ self-destructive and impulsive
- ✗ weak, nauseated, achy (somatic/bodily complaints)
- ✗ a sense of ineffectiveness, shame, despair, or hopelessness
- ✗ permanently damaged
- ✗ a loss of previous beliefs
- ✗ constantly threatened or on guard
- ✗ changes in personality



- Re-experiencing the traumatic event
- Avoiding reminders of the trauma
- Guilt or self-blame
- Feelings of betrayal, depression and hopelessness
- Feeling alienated and alone
- Increased anxiety and emotional arousal
- Anger and irritability
- Substance abuse
- Physical aches and pains
- Suicidal thoughts and feelings



# GIVE SUPPORT DURING FLASHBACKS



- Re-experiencing the event can involve intrusive and upsetting memories
- Flashbacks - give them space and keep them safe
- Don't ask a lot of questions of the person





# RELAXATION TECHNIQUES

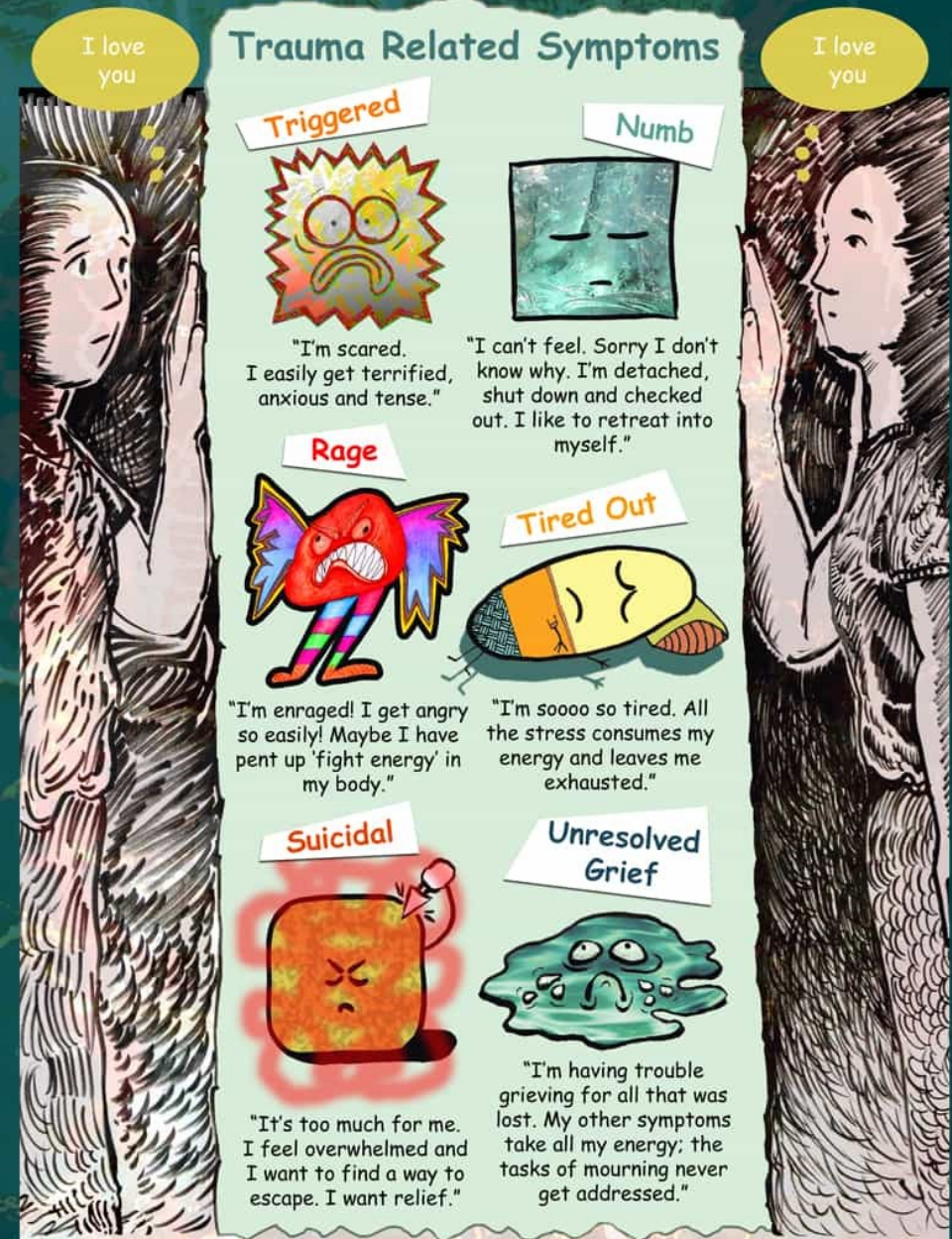


- Distress physical responses:
  - pounding heart,
  - rapid breathing
  - nausea
  - muscle tension
  - sweating
- Deep breathing exercises
  - breathe in for four seconds
  - hold their breath for four seconds
  - release their breath slowly over the course of four seconds



# PAST TRAUMA - CURRENT RELATIONSHIP

How trauma related symptoms/PTSD can stand in the way of having a healthy relationship



# MAKE A SAFE RELATIONSHIP



- Your loved one may have a hard time feeling safe.
- Ways to make them feel safe include:
  - Discuss plans for the future with your loved one.
  - Keep your promises.
  - Create a routine that you both stick to.
  - Tell them that you believe that they will recover.

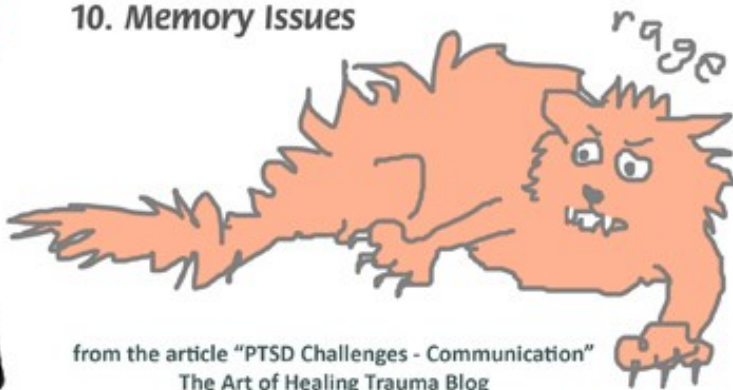


# TRY TO UNDERSTAND



## 10 Ways PTSD Messes with Communication:

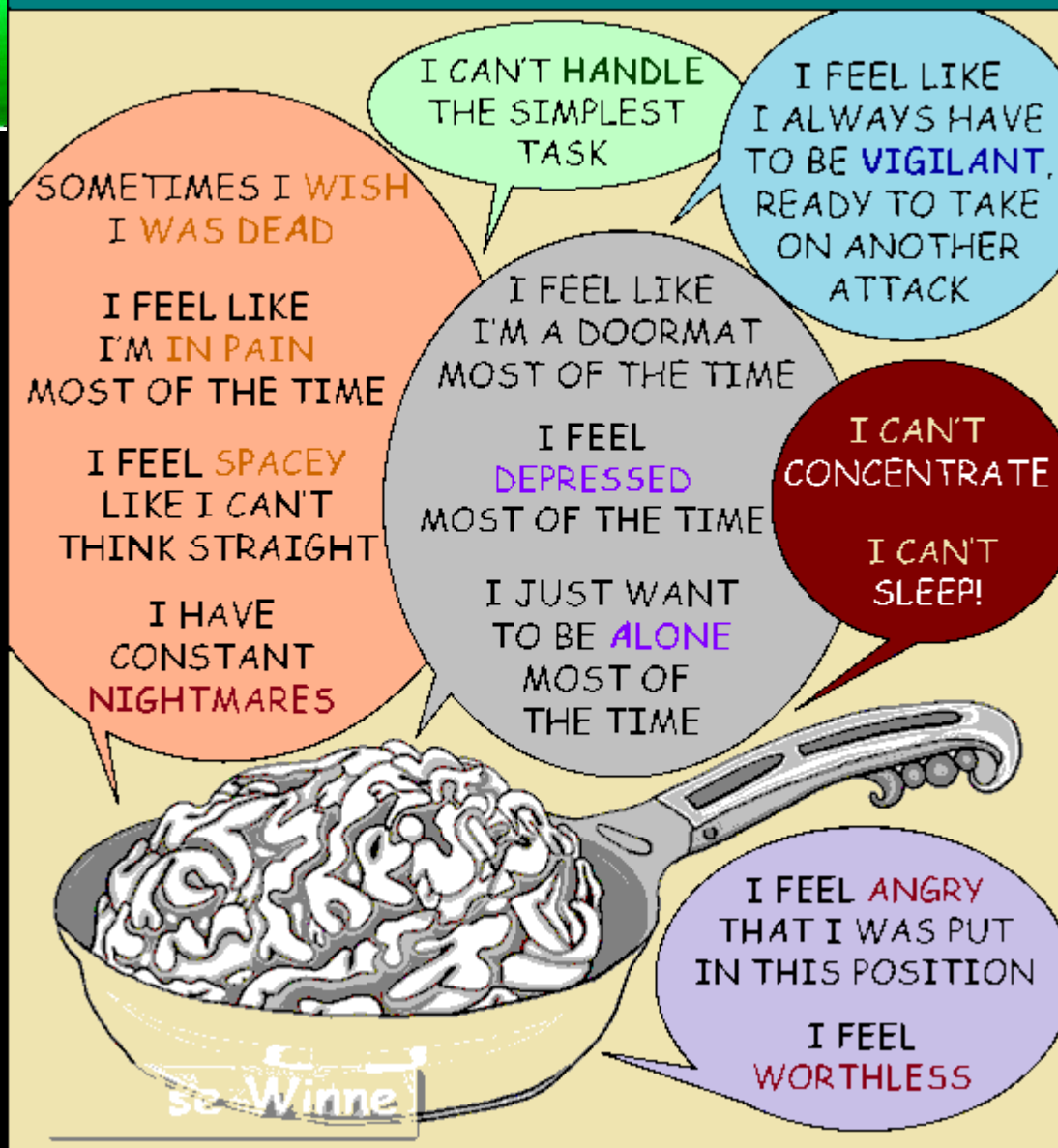
1. Powerful Sense of Disconnect
2. Unable to Create Emotional Rapport
3. Lack of Assertiveness
4. Hypersensitivity
5. Rage
6. Rigidity
7. Difficulty Processing Information
8. Difficulty Organizing Information
9. Lack of Concentration and Focus
10. Memory Issues



from the article "PTSD Challenges - Communication"  
The Art of Healing Trauma Blog

- Avoidance and withdrawal are two of the major symptoms.
- Can lead to:
  - a loss of interest in favorite activities
  - a detachment from others
  - emotional numbness
- Decline to join family gatherings
- Continue inviting them
- Remain persistent

## THIS IS YOUR BRAIN ON C-PTSD



# CHALLENGE DISTORTED THOUGHTS



- May harbor negative thoughts about themselves
- Keep your tone light
- Express your love
- Express positive thoughts
- Without condemning them



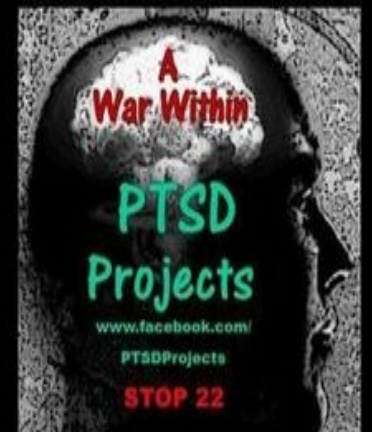
# FALLING ASLEEP AT NIGHT



- People with PTSD may find it hard to fall asleep at night.
- Practice relaxation techniques with your loved one before they go to bed:
  - deep breathing exercises
  - set the temperature to a comfortable level
  - turn off all electronics at least an hour before bed



In the morning you beg to sleep more, in the afternoon, you are dying to sleep and at night time you refuse to sleep. The life with PTSD.



# MANAGE THEIR IRRITABILITY & ANGER



- PTSD can make a person develop levels of irritability that they never experienced before the traumatic event
- Distance themselves from the upsetting situation before reacting
- Start journaling about their thoughts and emotions (especially anger)





# AVOID STARTLING YOUR LOVED ONE



- Can cause an extreme jumpiness and hyper vigilance.
- Try to avoid startling your loved one.
- Announce when you are home.
- Let them know when you are going to do something that involves a loud noise.

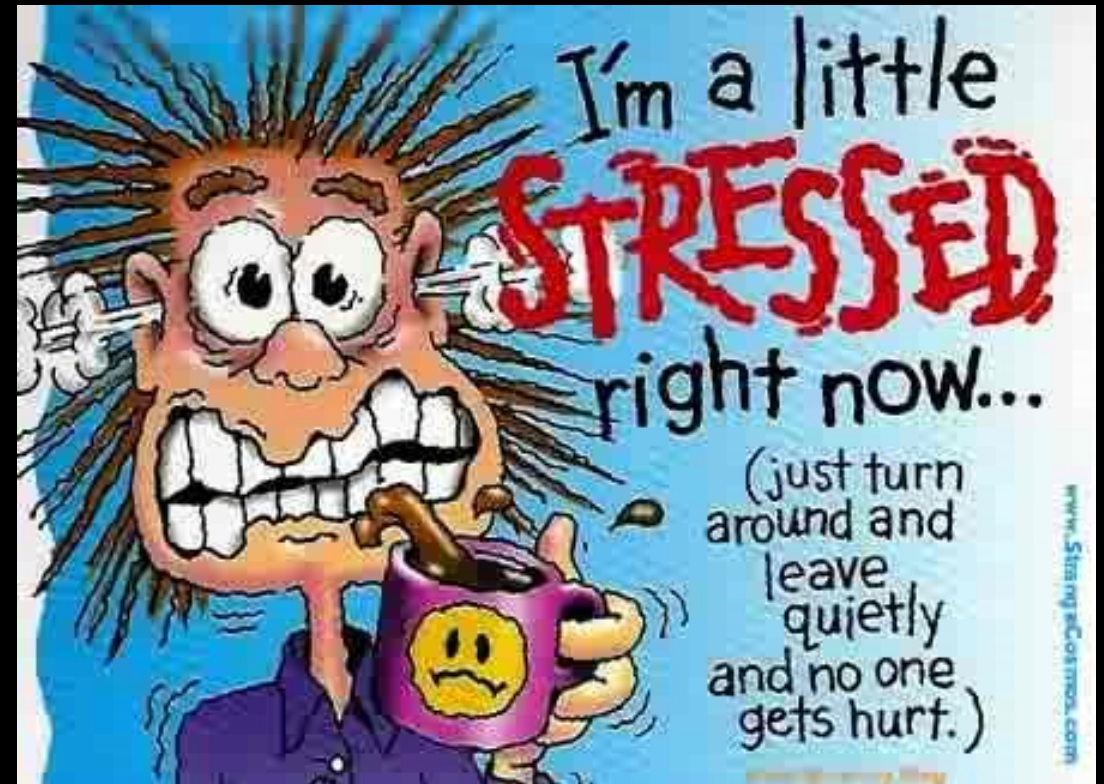
**WHEN I'M HOME  
ALONE,  
EVERY  
NOISE  
I HEAR  
IS A  
SERIAL  
KILLER.**



# BE SURE TO GIVE SPACE



- They are dealing with a lot and they may or may not be able to talk about their experience.
- Do not pressure your loved one into talking about what they are going through.
- Be prepared for your loved one to want to be alone one day, but supported the next.





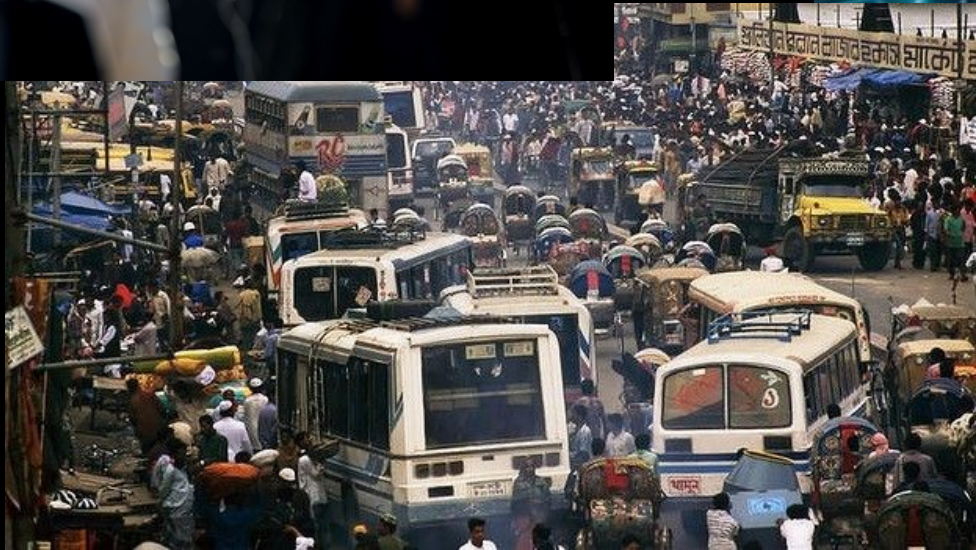


# RALLY POINT RETREAT

Saving those who saved others



# RPR MAY NOT BE FOR YOU IF ...






# NON-PROFIT STATUS



- Non-Profit Status, under the Societies Act, 2 Feb 16
- Reg Num 3295936




Nova Scotia

CERTIFICATE OF INCORPORATION  
Societies Act

Registry Number  
3295936

Name of Society  
RALLY POINT RETREAT SOCIETY

I hereby certify that the above-mentioned society was incorporated this  
date under the Societies Act.

  
\_\_\_\_\_  
Registrar of Joint Stock Companies

February 2, 2016  
\_\_\_\_\_  
Date of Incorporation

# MISSION STATEMENT



- Rally Point Retreat provides a quiet, safe, and relaxing, rural setting on Nova Scotia's South Shore as a respite for essential services members in treatment for CIS/CSI/OSI/OSIS/PTSD to regroup themselves and reconnect with their families, to prevent further collateral damage from traumatic events.





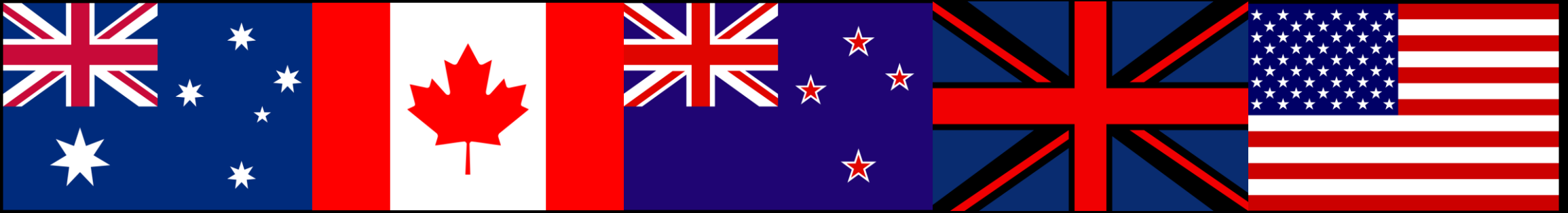
# VISION STATEMENT



*Eliminate collateral damage associated with traumatic events for essential service members and their families*



# 5-EYES WELCOME



- Essential Service Members from Aus, Can, NZ, UK, US

46

Number of Australian soldiers  
killed on active service since 1999.

239

Number of returned soldiers  
who've taken their own lives.



SERGEANT  
JAMIE CASSIDY





# ENTREPRENEURIAL VISION



- Safe place to renew family
- **End Vet/FR homelessness**
- Purpose through team work
- Facilitate physical manifestation
- Negate self-destructive tendencies





# SOUTH SHORE HAVEN

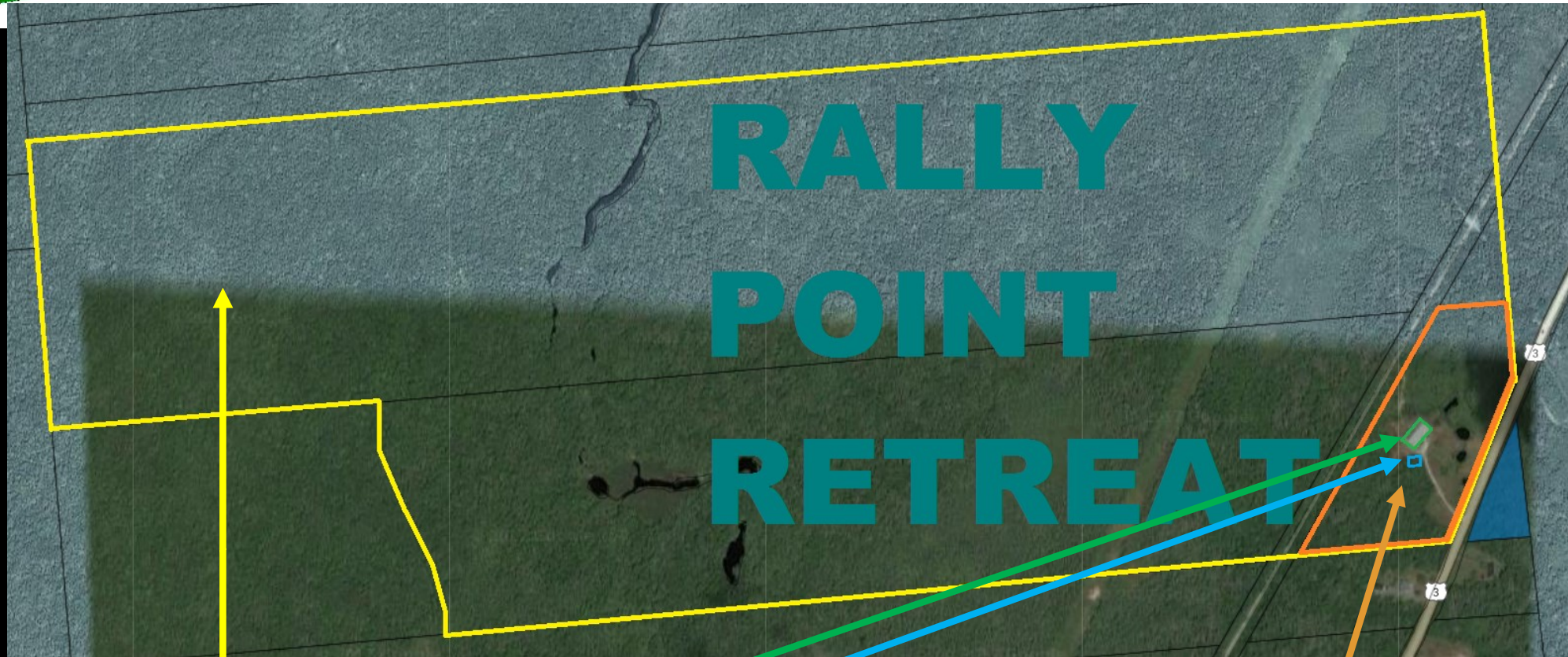


To get there

- Highway 103
- Exit 23
- ~7 km on the right



# ROOM TO GROW



6700 sq ft main house

2000 sq ft garage

15 acres in front yard for permaculture development

305 acres in back yard for cabins/trail development



# SIMPLE RULES OF RPR



- NO JUDGEMENT
- RESPECT
- Honesty
- Engagement





# RALLY POINT RETREAT PEN



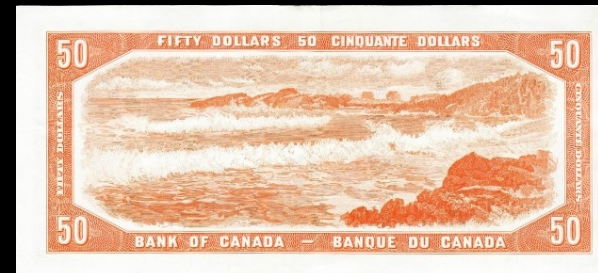
Create their own pen

Why?

- Short time frame (<2 days)
- New or renew old skills
- Tangible practical project
- Grounding tool
- Thought Transcription



# OUTDOOR ACTIVITIES





# INDOOR ACTIVITIES



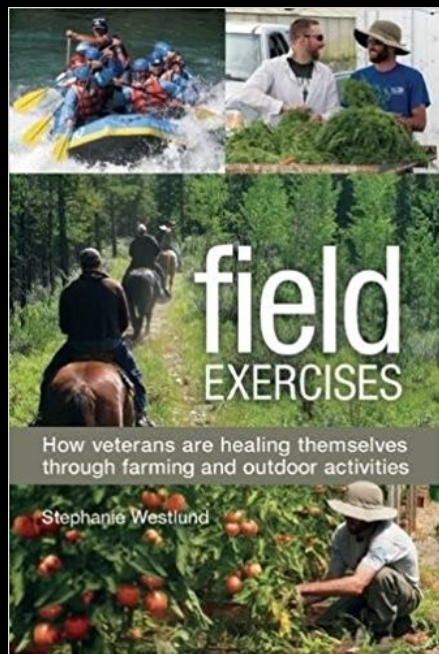


# FUTURE ACTIVITIES





# HIGH TUNNEL AGRICULTURE

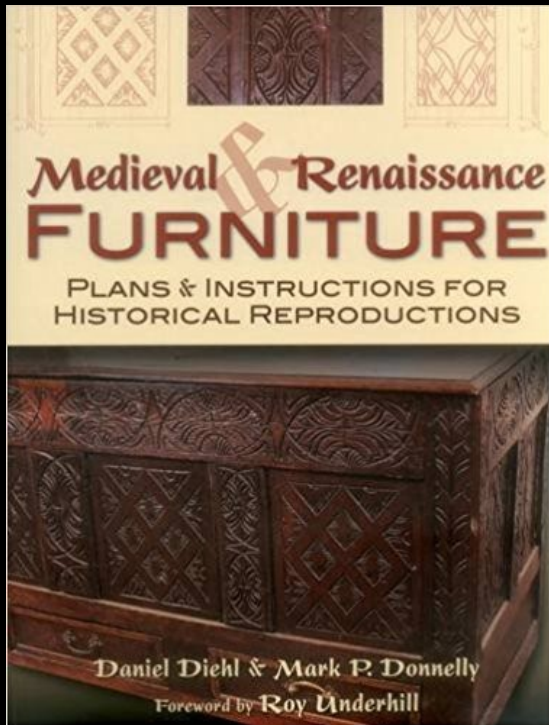


## High Tunnel Systems

Easy to build, maintain, and move, they provide an energy-efficient way to extend the growing season and improve plant health and vigor.



# FINEST MODERN MEDIEVAL FURNITURE





# ALLIANCES



# SUPPORTERS



Eastern **Turf** Equipment



# Value Village



# MEDIA SUPPORT



# CAVERN CORNER



- Records the history of those who made Rally Point Retreat
  - Workers
  - Supporters
  - Businesses





# “BE OUR GUEST, BE OUR GUEST...”



## Prior to Visit

Supported by RSW; Psychologist and/or Psychiatrist

Not suicidal/homicidal

In a positive phase of therapy

Fill out request form

## Preparation for Visit

Known triggers (for us to eliminate)

Food allergies/dislikes

Food preference

Physical challenges

Desired outcome of visit

## Visit

Explore South Shore Nova Scotia



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