

ISSUE 5 • SUMMER 2025

# THE MINDFUL MONTY

Ben Clark Public Safety Training Center  
Suicide Prevention Newsletter

## The Mindful Monty

The Mindful Monty provides suicide prevention resources and information. First responder students experience unique stressors and traumas that can increase the likelihood of experiencing suicidal thoughts. We want to work together to stop suicide and prevent suffering in silence.

*"To know even one life has breathed easier because you have lived. This is to have succeeded."*

— Ralph Waldo Emerson



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First Responder and Suicide Prevention Resources

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## Managing Sleep in Emergency Work

Sleep deprivation and poor sleep quality are significant concerns among first responders. These issues not only affect their health and safety but also could have broader implications for public safety. Sleep deprivation is associated with increased risk of experiencing anxiety, depression, cardiovascular disease, diabetes, gastroesophageal reflux disease, and post-traumatic stress disorder (PTSD).

As students prepare to enter the demanding first responder field, establishing good sleep hygiene practices is crucial for their long-term health, safety, and job performance. Research shows that sleep disorders and fatigue are common among first responders. By adopting healthy sleep habits, such as maintaining a consistent sleep schedule, creating a restful sleep environment, and using strategies like strategic napping and sleep banking, students can build resilience. Developing these habits early supports emotional well-being and helps first responders stay sharp and effective.

## Rest to Respond: Sleep Strategies for First Responders

- **Strategic Napping:** Strategic napping involves taking short naps of 10 to 30 minutes during a shift to reduce drowsiness and boost alertness. This practice has been shown to improve vigilance, short-term memory, and reaction time, making it especially beneficial for high-stress, high-alert roles. Be mindful that naps longer than 60 minutes can cause grogginess.
- **Sleep Banking:** Sleep banking involves getting extra sleep in the days before expected sleep loss, like long shifts or deployments. This helps cognitive function, mood, reaction time, and alertness during periods of sleep deprivation. Ideally, aim for 8 to 10 hours of sleep for a couple nights beforehand and avoid stimulants late in the day to ensure good-quality rest.
- **Environmental Modifications:** Aim to create work and sleep spaces that promote restful, restorative sleep. This includes using dark, quiet sleeping areas at stations, using blackout curtains and white noise machines, maintaining cool room temperatures, and using blue-light filters on screens at night to help support natural melatonin production.

## Check-In Corner

### Ask Yourself:

- How am I really doing this week?
- Have I checked in with a classmate today?
- What's one thing I can do for my mental health this week?



### Sources:

Bonnet, M H, and D L Arand. "Impact of naps and caffeine on extended nocturnal performance." *Physiology & behavior* vol. 56, 1 (1994): 103-9. doi:[10.1016/0031-9384\(94\)90266-6](https://doi.org/10.1016/0031-9384(94)90266-6)

Czeisler, CA, Buxton, OM & Khalsa, SBS 2005, The Human Circadian Timing System and Sleep-Wake Regulation. in *Principles and Practice of Sleep Medicine*. Elsevier Inc., pp. 375-394. <https://doi.org/10.1016/B0-72-160797-7/50038-0>

Huang, Garry et al. "Prevalence of sleep disorders among first responders for medical emergencies: A meta-analysis." *Journal of global health* vol. 12 04092. 20 Oct. 2022, doi:[10.7189/jogh.12.04092](https://doi.org/10.7189/jogh.12.04092)

Kujawski, Slawomir et al. "The impact of total sleep deprivation upon cognitive functioning in firefighters." *Neuropsychiatric disease and treatment* vol. 14 1171-1181. 8 May. 2018, doi:[10.2147/NDT.S156501](https://doi.org/10.2147/NDT.S156501)



# How to Help a Peer Using the V.I.C.K.S. Model

## 1 **VALIDATE**

"You are going through a lot right now. Thank you for sharing."

## 2 **IDENTIFY**

"I'm noticing these challenges are impacting other parts of your life, like your academics."

## 3 **CARE**

"I'm here for you and I want to help connect you with appropriate support".

## 4 **KNOWLEDGE**

"As a student, you have access to mental health therapy. Can we call or walk there together right now?"

## 5 **SUPPORT & SELF CARE**

Take time to reenergize after helping your peers. Schedule an appointment with a mental health therapist to discuss self-care.

## V.I.C.K.S. in Action

Video on How to Help Someone in

Distress



## Know the Warning Signs of Suicide

Increased  
substance use

Withdrawal

Talking about  
suicide or death

Feeling hopeless  
or helpless

Sudden changes  
in mood

Feeling like a  
burden to  
others



**SCAN ME**

Visit

[suicideispreventable.org](https://suicideispreventable.org)  
for more information.



## First Responder Resources

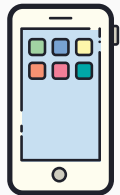


Access Peer  
Support Resources  
(NAMI)

### Peer Support

- Safe Call Now: (206) 459-3020.
- Next Rung: call or text "SUPPORT" to 1-833-NXT-RUNG (698-7864).

## Mental Health and Wellness Apps:



- Crew Care
- Mindfulness Coach
- MindShift



## Suicide Prevention Resources

### National Resources

- Suicide and Crisis Lifeline: 988
- Crisis Text Line: 741-741
- Trevor Project LGBTQ+
- Hotline: (866) 488-7386
  - Text 'START' to 678678.

### Local Resources

- Inland SoCal HELPLine: (951) 686-4357
- Mental Health Urgent Care:
- Riverside: (951) 509-2499 (ages 18+)
  - Perris: (951) 349-4195 (ages 13+)
  - Palm Springs: (442) 268-7000 (ages 13+)

## If you or someone you know is experiencing a crisis or suicidal thoughts:

- Visit an on-site therapist at the Ben Clark Training Center Monday, Tuesday & Thursday 8 am - 4 pm
- Access the Wellness Center on the MVC main campus in Student Services 103.  
Monday - Thursday, 8 am - 4 pm  
Friday, 8 am - Noon
- Provide and call the crisis resources listed above.



### Know the Signs

Suicide prevention  
training registration

### Timely Care

MVC students can  
access 24/7 health and  
wellness information  
and support with  
TimelyCare



## Daily Wellness Groups

The MVC Wellness Center offers  
Wellness Groups every day at  
9 am  
11 am  
Monday - Thursday at 5:30 pm

### Contact Us

wellness@mvc.edu  
(951) 571-6103  
Student Services 103 (Main Campus)

[Explore activities and support groups](#)



The SAFE Team is here to support you if you have concerns about a student's behavior. Please fill out a Concerning Student Behavior Referral Form.