

LEADING THROUGH TRAGEDY

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FILLMORE, CALIFORNIA



LIVING THE 
DREAM

LEADING THROUGH TRAGEDY⁷

January 7, 2016

NOW WHAT? – THERE IS NO MANUAL FOR THIS

Family

Organization

Community

Yourself

WHAT WAS LEARNED



Family - *Be there for the family. Look for ways to honor the individual when and if appropriate.*

Organization - *Provide grief counseling for your employees and elected officials. Don't be afraid to show emotion when talking to your employees.*

Community - *Let the emotion of the moment subside in order to make the right decision. Provide an outlet for the community to grieve and heal.*

Yourself - *Take time for yourself. Get away and recharge. Attend grief counseling and share how you feel.*

RIPPING THE SCAB OFF: AGAIN AND AGAIN



CENTERS FOR DISEASE CONTROL AND PREVENTION - SUICIDES



Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. If you or someone you know exhibits any of these, seek help by calling the Lifeline.

Talking about wanting to die or to kill themselves

Looking for a way to kill themselves, like searching online or buying a gun

Talking about feeling hopeless or having no reason to live

Talking about feeling trapped or in unbearable pain

Talking about being a burden to others

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CENTERS FOR DISEASE CONTROL AND PREVENTION - SUICIDES

Increasing the use of alcohol or drugs

Acting anxious or agitated; behaving recklessly

Sleeping too little or too much

Withdrawing or isolating themselves

Showing rage or talking about seeking revenge

Extreme mood swings

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National Suicide Prevention Hotline - (800) 273-8255

If you or someone you know needs help, please do not be afraid to ask for it.



THANK YOU

Questions?

ICMA | conference