# PEER SUPPORT & CRITICAL INCIDENT DEBRIEF TRAINING

**40 HOUR BASIC TRAINING**

Peer Support is a means for a department to show support to their employees, offering them opportunities to care for themselves and their families. Peer Support helps those, who without it, might turn to substances, illegal activity, poor performance, seeking a different career, mental health issues and even suicide.

Peer Support is an informal, private opportunity, for someone to speak to a peer, to assist with any issues the First Responder may be having difficulty. It helps clarify concerns and explore available resources. Peer Support is preventative maintenance.

This training will equip First Responders, Chaplains and Mental Health Professionals with listening skills to recognize, help to prevent and understand the effects of stress and refer to outside resources, if needed. The training will give insight into the culture of first responders to help providers who are looking to give support to this workgroup. Throughout the training, participants will be expected to participate in peer support exercises which elicit personal information and feelings. Following this training, the Peer will be able to provide services at their agency as well as assist and lead groups following critical incidents.

All of the instructors are either current or retired first responders and clinical staff are currently providing services to first responders.

**Who** should attend?

- Police, Fire, Dispatchers, Paramedics, Chaplains, Mental Health Professionals that work with First Responders

**REGISTRATION IS FIRST COME, FIRST SERVED**

## TRAINING OPPORTUNITY

Topeka, Ks

Feb 8-12, 2027

8a – 5p

## LOCATION:

**KBI – Docking Bld**
915 SW Harrison St
Topeka, Ks 66612

## CONTACT:

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785-262-9687

**Registration $475**

**www.frstmidwest.org**

**look for training tab**



**Erin O'Donnell** LPC Erin O'Donnell is a Licensed Professional Counselor practicing with Elliott Clinical Services LLC in Overland Park, Kansas. Erin specializes in providing services for first responders and public service employees. Erin is a retired Captain with over 25 years of Law Enforcement experience. She dedicated a large part of her career providing peer support and critical incident debriefs to police, fire, dispatch, and emergency medical personnel. Erin has been actively involved in initiatives that directly impact the public including, Crisis Intervention Team and Veteran's Treatment Court. Erin received her MS in Clinical Mental Health Counseling from Walden University and interned at both Cottonwood Springs and Johnson County Mental Health. She also collaborated closely with the staff and residents of the Adult Detox Unit in Shawnee, Ks. Balancing work, families, friends, and life's ups and downs can be difficult for anyone, and lead to emotional distress. Being exposed to critical incidents and trauma can enhance this distress for first responders. Erin is committed to providing a safe and non-judgmental environment to address the mental health needs of those who serve others.

**Rob Hole -** Rob retired from the Lenexa Fire Department in September of 2021 as a Fire Apparatus Operator. He has 25+ years of service with the Merriam Fire Department, Independence, MOFD, Kansas City, KS FD, and then his last 18 years with the Lenexa FD. Rob led the start of the Lenexa FD Peer Support team in 2015 and remained the coordinator of that team until retirement. He currently serves as a retired member of the LFD Peer Support team, the Johnson County CISM team, and frequently provides education for Peer Support providers in the metro and beyond. Rob has had multiple battles with clinical depression which brings great compassion and empathy to his teaching.