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

Lenexa, Ks

March 8-12,2027

8a – 5p

LOCATION:

Lenexa Fire Depart
Fire Station 3
24000 Prairie Star Pkwy
Lenexa, Ks 66227

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.

Jeff Bragg – Retired Olathe Police Department, former OPD Peer Support Coordinator, FRST Midwest Ed Chair

Jeff served the Police Department for 30 years. He retired as a Major at OPD as the division commander of the personnel and training units. He was an original member of the Peer Support Program at OPD in 2007 and rose to be the coordinator until his retirement. Jeff was instrumental in creating the FRST Midwest organization and continues to serve as the educational chair of the organization.

Richard Bull- Richard is a retired fire service professional, United States Marine Corps veteran, and dedicated advocate for first responder mental health and wellness.

Richard served eight years in the United States Marine Corps, where he developed a strong foundation in leadership, teamwork, and service. His military experience led him to pursue a career in the fire service, joining Lawrence-Douglas County Fire Medical. Throughout his nearly 30-year career, Richard served in various leadership roles before retiring in 2023.

Since 2015, Richard has been an active member of the Peer Support program, providing compassionate assistance and guidance to fellow first responders facing personal and professional challenges.

Since 2021, Richard has also been an active member of FRST Midwest (2024-2026 serving as the Vice President) continuing his commitment to supporting the mental health and emotional well-being of first responders.

Richard remains passionate about strengthening peer support programs, promoting mental health awareness, and ensuring that those who dedicate their lives to serving others have the resources and support they need.