



COMMAND PEER SUPPORT & CRITICAL INCIDENT DEBRIEF TRAINING

40 HOUR Command Level TRAINING

This course has been modeled after our basic peer support class and modified for command level personnel. 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 Responder commanders with an understanding of what Peer Support is and how to maximize its benefits for their employees. The course will demonstrate listening skills to recognize, help to prevent and understand the effects of stress and refer to outside resources, if needed. This training focuses on commanders assisting other commanders, knowing how to run a peer support program, and knowing how to assist their employees during critical incident responses. Throughout the training, participants will be expected to participate in peer support exercises which elicit personal information and feelings. Following this training, participants will be able to provide peer services to other commanders at their agency or inter-agency assistance as well as have knowledge of how peer support teams should be run. The course also gets participants to review department resources to aid in staff assistance.

Who should attend?

- Personnel above the rank of first line supervisors of Police, Fire, Dispatch, or EMS agencies. Chaplains, Mental Health Professionals that work with First Responders are also encouraged to attend

REGISTRATION IS FIRST COME, FIRST SERVED

TRAINING OPPORTUNITY

Hays, Ks

June 22-26, 2026

8a – 5p

LOCATION:

KLETC – Hays Campus
2101 E. 13th
Hays, Ks 67601

CONTACT:

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Registration

Free – grant funded
Only 30 spots available!

Go to:

www.frstmidwest.org

to reserve your spot



Rachel N. Murdock, MS, LPC (MO), LCPC (KS) Beyond the Storm Behavioral Health, LLC

Rachel is a Licensed Professional Counselor in Missouri, a Licensed Clinical Professional Counselor in Kansas and board approved supervisor for provisionally licensed counselors in both states. Her practice specializes in mental health counseling for first responders, individuals experiencing anxiety, mood disorders, post-traumatic stress, and survivors of abuse.

Her passion for first responder mental health came from her experience working crimes against children for the FBI in the Victim Services Division, Child Victim Services Unit, where she served as a Child/Adolescent Forensic Interviewer and supervisor for the same unit for a total of just over ten years before resigning in January 2023.

During her sixteen-year career as a forensic interviewer at the state and federal level, Rachel conducted almost 3,000 forensic interviews of alleged victims of/or witnesses.

Rachel is also an adjunct faculty member in the Department of Psychology with Missouri State University and Southern New Hampshire University.

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.

Jay Armbrister- Jay began his career in Law Enforcement in 1998 as a Corrections Officer at the Douglas County Sheriff's Office. Jay worked in the Corrections Division and in the Operations Division working as a Patrol Deputy, Patrol Supervisor, Detective, and Lieutenant. Jay became a member of his Peer Support team in 2015 when it started. Jay has been very open with his story about First Responder PTSI, Suicidal Ideation, and the healing journey from the work we have done as First Responders back into the life he wants to live as a husband, a father, and a community leader. Jay was elected Sheriff of Douglas County in 2020 and is now in his second term. One of his main initiatives upon becoming Sheriff was to bring First Responder Mental Health to the forefront as well as wellness programs for those who do this difficult but rewarding work in all of our communities. He lives with his childhood sweetheart and wife, Betsy, on a small hobby farm in Rural Douglas County and has two daughters and a Lab, Lucy, whom he loves dearly.