



LEO Training and Consulting Group, LLC

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Officer Wellness: Implementing & Operating Resilient CISM and Peer Support Programs

COURSE DESCRIPTION: *Officer Wellness: Implementing & Operating Critical Incident Stress Management (CISM) and Peer Support Programs* is a two-day course designed for law enforcement and other first responding agencies looking for guidance in developing or improving Officer Wellness programs, specifically CISM and a Peer Support Programs. First Responders consistently work in adverse and stressful conditions that often directly affect their personal and professional lives. The course will take an in-depth look at Post-Traumatic Stress (PTS/PTSD), Traumatic Brain Injury (TBI), and Moral Injury effects on the brain. A wide variety of officer wellness programs will be discussed, all focusing on improving prevention training, stress management, and effective coping mechanisms, thus improving personal and professional relationships, reducing the adverse consequences of cumulative stress and suicide. Students will be given the knowledge and materials to implement a CISM and Peer Support Program designed to offer assistance to agency members in times of personal and/or professional stress, early intervention to help mitigate the impacts of stress, referral to program services, and education-based training.

TOPICS INCLUDE:

- Stress in the first responder services
- Post-Traumatic Stress (PTS) and Traumatic Brain Injury (TBI)
- Effects of PTSD & TBI on the Brain
- Critical Incident Stress Management (CISM) & Peer Support Programs
- Critical Incident Stress Debriefings
- Developing Agency Programs
- Model CISM & Peer Support Programs
- Michigan CISM Laws
- Relevant CISM related case law

INSTRUCTOR: Todd Hill (Doctor of Education - Ed.D. – Organizational Leadership) of LEO Training & Consulting Group has twenty-seven years of experience and is a sheriff's office captain serving in various capacities, including Patrol, Investigative Services, Corrections, and Court Services. As the Training Sergeant for over three years, he organized and facilitated large scale training, including Crisis Intervention Team (CIT) Training and developing an agency Peer Support Program. He is a Use of Force Instructor, holding instructor certifications in numerous disciplines, and is a presenter at ILEETA (the International Law Enforcement Educators and Trainers Association) Conference. Todd is a United States Marine Corps veteran and served overseas on two different deployments.

Dates: Thursday November 3 & Friday November 4, 2022

Times: 0800-1600

Location: Lansing Police Department – Training Room, 5815 Wise Road, Lansing, MI 48911

Cost: \$375.00 (Lunch provided)

MCOLES: This training has been registered with MCOLES for the use of PA 302 Law Enforcement Distribution funds.

Attire: Soft Clothes/Business casual.

Registration: Email Registration Forms to ToddHill@LEOTaCGroup.com
Payments accepted by check, online credit card, or credit card via registration
<https://leotacgroup.com/officer-wellness>