

Building Resilience: Surviving Secondary Trauma

Course Description:

This course will give first responders the information and tools to develop the capacity to recover from difficulties associated with responding to both common and extreme situations in their public service. Often the toll of the mental, physical and emotional burdens can have long reaching and life changing effects in the workplace and at home. Through lecture, demonstration and hands on exercises students will explore strategies that can have positive benefits at work and at home.

Core Competencies:

- Participants will support their wellness and resilience with skills learned in the physical, mental, spiritual and emotional areas required of law enforcement officers.

Course Objectives:

- Explain secondary trauma and examine its role in first responder stress, emotional fatigue, health issues and suicide.
- Identify and interpret how stress and emotional trauma affect the mind and body.
- Define hyper-vigilance and apprise its effect on the first responder.
- Examine and formulate strategies to create mind body connection and build resilience.
- Identify the need and create strategies for self-care.

Instructional Methods:

- Instructor presentation
- Instructor led group discussion
- Self-assessment group exercise
- Group exercise
- Instructor led self-planning exercise

Who Should Attend:

- All First Responders and those who support them!!

Course Requirements:

- 100% attendance and participation

Don't forget to enroll your significant other, too!



**December 2, 2022
Salina, KS**

8:00 AM—5:00 PM

FREE

**Instructor:
Darren Ivey
Retired Major**

**Questions?
Call: 620-694-1449
or
620-694-1516**

Relationship and Sleep Issues for First Responders and Spouses

Course Description:

This class is designed for First Responders and their spouses. First Responders need to register for the training, spouses will not need to register and may attend for no additional fee.

First Responders tend to work long non-traditional hours and encounter unique types of job stress that other traditional jobs do not. A healthy marriage can contribute to minimizing stress and distractions. Humans are created as spirit, soul and body. Emotional nurturing and understanding human bonding experiences are every bit as important and necessary as meeting physical needs.

You will explore workplace factors that impact even the best of marriages such as post-traumatic stress injuries or other mental health conditions that can make building and nurturing interpersonal relationships difficult. You will be given an opportunity to complete self-inventories that can be helpful in resolving issues before they become large scale stressors.

Quality sleep - getting enough of it at the right times - is essential to first responders. It is as important to survival as food and water. Like our load-out gear that keeps us safe while on-duty, healthy sleep helps keep us aware and decisive. Without sleep you can't form or maintain the pathways in your brain that let you learn and create new memories and it becomes much harder to concentrate and respond quickly.

You will also develop your understanding of the important relationship between sleep and a number of brain functions including how nerve cells (neurons) communicate with each other. Research shows that a chronic lack of sleep or getting poor quality sleep increases the risk of disorders including high blood pressure, cardiovascular disease, diabetes, depression and obesity. Sleep is a complex, dynamic process that affects how you function.

Core Competency:

- Participants will support their wellness and resilience with skills learned in the physical, mental, spiritual and emotional areas required of law enforcement officers.

Objectives:

The participant will:

- Identify workplace factors that impact relationships
- Evaluate self-assessment inventories to develop a better understanding of attachment patterns
- Improve emotional engagement through the development of new attachment cycle patterns
- Analyze the relationship between sleep and brain function, recognize the importance of sleep and develop a sleep plan

Instructional Methods:

- Lecture
- Group discussion

Who Should Attend:

- All public safety personnel and their spouses

Course Requirements:

- 100% attendance and participation



September 8, 2022
Hutchinson—KLETC

8:00 AM—4:00 PM

\$50/Person
Spouse attends for free

Instructor:
Pat Hinkle, MA,
LCPC, LCMFT
Hinkle & Associates
LLC

Questions?
Call: 620-694-1449
or
620-694-1516

An Introduction to Meditation and Mindfulness



Course Description:

An informative and interactive class that introduces the concepts of meditation and mindfulness. Attendees learn the evidence-based benefits of these powerful personal practices and discover how to use these tools to mitigate stress, regulate emotions, and improve overall health.

This class explores the primary types of stress and how they impact our mental, emotional, and physical health. We will use a simple self-assessment tool to measure our current stress levels. Then, we'll learn how to use meditation and mindfulness to reduce stress and self-regulate.

Participants will also learn how to discuss, prioritize, and implement mindfulness in their personal and professional lives, and will leave with the skills and tools they need to inspire and motivate others to embrace mindful practices.

Core Competency:

- Participants will support their wellness and resilience with skills learned in the physical, mental, spiritual and emotional areas required of law enforcement officers.

Course Objectives:

- Define and describe meditation and mindfulness.
- Discuss how these tools can be used to mitigate acute, chronic, and accumulated stress, and improve health.
- Understand the importance of analyzing the self to increase awareness of the symptoms of stress.
- Have a general understanding of how these practices can improve brain function and physiological health.
- Discover how to apply brief and consistent mindful practices throughout every day to manage stress and regulate emotion.
- Know how to begin a sustainable meditation practice to exponentially reduce stress and promote mindfulness.

Instructor Methods:

- Lecture
- Practical Exercises

Who Should Attend:

- law enforcement, fire service, EMS, DOC, dispatchers, parole & probation, social workers, mental health professionals, clergy, military, veterans, and other
- Significant others are strongly encouraged to attend as well

Course Requirements:

- 100% attendance and participation

Don't forget to enroll your significant other, too!

**September 30, 2022
Gardner, KS**

**December 5, 2022
Hutchinson—KLETTC**

8:00 AM—5:00 PM

FREE

**Instructor:
Kim Colegrove
Author/Founder
Pause First Academy**

**Questions?
Call: 620-694-1449
OR
620-694-1516**

Financial Wellbeing for First Responders



Course Description:

This course will help public safety personnel and their family examine their personal financial situation, explore practices that allow them to reach their goals and create a solid foundation for resilience during economic hardship. Establishing healthy financial habits can help reduce stress, aid family success and shield one from ethical problems. Through lecture, hands-on exercises and self-assessment, participants will develop their awareness and knowledge in this critical aspect of financial wellness.

Core Competency:

- Participants will support their wellness and resilience with skills learned in the physical, mental, spiritual and emotional areas required of law enforcement officers.

Course Objectives:

- Recognize first critical steps toward financial wellness.
- Determine your WHY!
- Implement Dave Ramsey's Baby Steps.
- Investigate Retirement: What does it look like?
- Develop your understanding of insurance.

Instructional Methods:

- Lecture and guided discussion
- Hands-on exercises
- Self-assessment budgeting project

Who Should Attend:

- All public safety personnel
- [This is an excellent class to invite your significant other to attend with you!](#)

Course Requirements:

- 100% attendance and participation
- Pre-/Post-Skills Check

[Don't forget to enroll your significant other, too!](#)

October 4, 2022

Gardner, KS

8:00 AM—5:00 PM

FREE

Instructors:

Ronald Schumaker

Training Academy

Commander Kansas

City, Kansas Police

Department

Questions?

Call: 620-694-1449

OR

620-694-1516

Health and Fitness Plans for Public Safety



Course Description:

This course will help First Responders grasp basic nutritional information of various diet strategies for weight control, performance and general health. Students will be introduced to physical fitness concepts which will allow them to develop a personal fitness plan. Through diet and exercise, first responders will be better able to cope with daily stressors on and off duty. This class goes beyond lecture and allows participants to conduct various movements under the guidance of instructors providing them tools to confidently build a practical workout strategy.

Make sure that you dress comfortably as you will be doing a workout which you can customize to your fitness level. Also, if you have a set of dumbbells you like, consider bringing them with you to training.

Core Competency:

- Participants will support their wellness and resilience with skills learned in the physical, mental, spiritual and emotional areas required of law enforcement officers.

Course Objectives:

- Identify the effects of stress and how it relates to on and off duty issues with first responders
- Articulate the significance of physical fitness and compare it to mental and emotional states
- Compare and contrast diet plans for personal goals and needs
- Interpret and modify types of fitness to develop a personal fitness plan

Instructional Methods:

- Classroom point of instruction
- Group exercises with classroom material
- Physical workout monitored by instructors

Who Should Attend:

- All Public Safety Personnel

Course Requirements:

- 100% participation and attendance

Fitness Requirements and Expectation of Physical Risk: [Active](#)

Don't forget to enroll your significant other, too!

August 18, 2022
Dodge City—KLETC
Regional Site

November 14, 2022
Derby, KS

8:00 AM—5:00 PM

FREE

Instructors:
Raven Williams
South Hutchinson
Police Department

Questions?
Call: 620-694-1449
or
620-694-1516

Peer Support and Critical Incident Debrief Training



Course Description:

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. 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.

Core Competencies:

- Participants will support their wellness and resilience with skills learned in the physical, mental, spiritual and emotional areas required of law enforcement officers.

Course Objectives:

- Recognize and understand the effects of stress on an individual.
- Identify mechanisms to encourage open communication between co-workers.
- Identify effective listening skills.
- Identify resources to provide services to their own agency.

Instructional Methods:

- Lecture
- Case Study
- Practical Exercises

Who Should Attend:

- Law Enforcement Officers, dispatchers, civilian employees, chaplains, EMS, firefighters, clinicians

Course Requirements:

- 100% Attendance

January 23-27, 2023
Hutchinson—KLETC

8:00 AM—5:00 PM

\$150/Person

Questions?
Call: 620-694-1449
or
620-694-1516

Spiritual Fitness and Family Support in Public Safety



Course Description:

This course will allow the attendees to explore their spiritual wellness and how spiritual practices can serve as a framework for strong relationships within the home. As first responders draw their inspiration and motivation for selfless acts at work, so to, can these spiritual outlooks transfer to quality of life at home.

Core Competency:

- Participants will support their wellness and resilience with skills learned in the physical, mental, spiritual and emotional areas required of law enforcement officers.

Course Objectives:

- Evaluate and apply spiritual awareness and practices to elevate their wellness at home and work.
- Identify the role of first responders as a "calling" compared to "a job".
- Explain the unique mental and emotional challenges inherent in first responder work.
- Examine the unique social challenges and explore solutions to the unique challenges faced by first responders and their families.
- Study the impact of work schedule vs family role, fear and worry have on the first responder family.
- Explain the challenges of achieving spiritual fitness and identify the actions required in achieving spiritual fitness.
- Identify the "connection circle" and how it relates to healthy first responders and families.
- Examine the role of first responders to society and family and how faith can serve as armor in these duties.

Instructional Methods:

- Instructor led lecture and discussion
- Instructor led group exercise
- Self inventory/assessment exercise

Who Should Attend:

- All First Responders and their significant other

Course Requirements:

- 100% attendance and participation

Course Requirements:

- 100% attendance and participation

Don't forget to enroll your significant other, too!

November 10, 2022
ZOOM

8:00 AM—5:00 AM

FREE

Instructor:
Kevin Hardy
Chaplain

Jim Sutterby
Captain
Overland Park Police
Department

Questions?
Call: 620-694-1449
or
620-694-1516