

LERPS - First Responder Resiliency and Peer Support Course

Presented by Crisis Systems Management, LLC

May 4-8, 2020 8:30 a.m.–4:30 p.m. | **Ferguson Township**

HOSTED BY

Ferguson Township Police Department



LOCATION

Ferguson Township Municipal Building

3147 Research Drive
State College, PA 16801

REGISTRATION FEE

\$437 per person
Register at crisisnegotiation.us

LODGING

Residence Inn by Marriott State College
1555 University Dr
State College, PA 16801
814-235-6960

QUESTIONS

Registration Questions:

Troy King
troydking@crisisnegotiation.us
360-702-6773

Curriculum/Prerequisite Questions:

Deb McMahon
crisisnegotiation@gmail.com
417-594-1499

Regarding the Training Site:

Detective Brian Wakefield
bwakefield@twp.ferguson.pa.us
814-237-1172 ext 3707

COURSE DESCRIPTION

The First Responder Resiliency and Peer Support Training Course is a practical course of instruction designed to prepare first responder peer supporters with the ability to conduct individual psychological debriefings, provide peer support, make appropriate professional intervention referrals for peers and their family members, as needed, and connect these approaches to the enhancement of human resiliency.

This unique course provides the newly assigned peer supporter with an understanding of first responder stress, physiological aspects of stress, an overview of mental health issues, factors in first responder suicide, effective communication, and drug and alcohol use and abuse.

Students will learn how to conduct individual psychological debriefings, as well as initiate and manage peer support programs. Special emphasis on the stress of law enforcement undercover operations, assignment to high-risk or specialized teams, exposure to first responder critical incidents, and the effects of a depressed economy will be addressed. A dynamic group study and presentation is required for successful completion of the course.

TOPICS INCLUDE:

- Introduction to Peer Support and Resiliency
- Principles of First Responder Stress
- Overview of Mental/Emotional Health as it relates to First Responder Stress
- Physiological Aspects of First Responder Stress
- Suicide Awareness
- Effective Communication for Peer Support
- Understanding Drug & Alcohol Abuse
- Coping with Stress
- Mental Illness & Health
- Conducting Psychological Debriefings
- Building Resilience
- Peer Support Program Management
- Peer Support for the Family



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PENNSYLVANIA CLEE APPROVED

Visit crisisnegotiation.us/events for current training opportunities.



CRISIS SYSTEMS MANAGEMENT LLC

P.O. Box 267
Lebanon, MO 65536

**[UPCOMING
ADVANCED
TRAINING]**

CSM is committed to providing training and consulting services to law enforcement and Department of Defense agencies throughout the world in the fields of crisis/hostage negotiation, law enforcement resiliency, and peer support.
crisisnegotiation.us

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SPECIALIZED TRAINING