

Sacramento Police Department After-Academy Training Course

Course Title: Peer Support and Stress Management

Course Description: To provide a basic overview of stress, resiliency and resources for a career in law enforcement.

Course Objectives: Upon completion of this course the student will be able to:

- Have increased awareness of stress education especially as it applies to LEO's unique needs.
- Identify warning signs and indicators for proactive intervention.
- Understand the stigma of stress challenges by normalizing certain reactions.
- Understand the potential for health problems and substance abuse and how they affect the law enforcement officer.
- Demonstrate an understanding of hyper-vigilance and how it relates to law enforcement.
- Identify and be able to access various resources to help themselves and their families.

Representative methods of Evaluation:

- Class participation
- Group Exercises
- Class Performance