



OFFICER MENTAL HEALTH AND WELLNESS
COURSE OVERVIEW AND INSTRUCTIONAL GOALS

COURSE LENGTH: 24 Hours (3 Days)

COURSE OVERVIEW: This course will cover in detail how to implement an officer wellness and mental health program for your agency. Program implementation will be viewed from the perspective of the officer, the therapist, and the administration. Several case studies will be discussed and Sgt. Travis Gribble (ret.) will discuss his battle with PTSD. Methods for de-stigmatizing PTSD will also be outlined during the course. This course is lecture based, however, small group exercises are also a part of this course. An additional two days can be added for consultation with the host agency.

INSTRUCTIONAL GOALS: Upon completion of this course the attendee will be familiar with:

1. Recognizing signs & symptoms of PTSD
2. Methods for de-stigmatizing PTSD
3. Effective therapies for PTSD
4. Officer resilience
5. Financial wellness principles
6. Fitness and nutritional wellness principles
7. Defining a critical incident
8. Triggers post critical incident
9. Components of an agency wellness program
10. Practical Exercises

AGENDA:

Day One

0800-0900	Course administration & Introductions
0900-0930	Pre-Test
0930-1045	Police sub-culture and background to event
1045-1130	Sgt. Gribble's life changing call
1130-1230	Lunch (not provided)
1230-1330	PTSD and coping
1330-1700	Therapies

Day Two

0800-0900	Group work
0900-1000	Agency wellness
1000-1130	Defining critical incidents
1130-1230	Lunch (not provided)
1230-1430	Program implementation & group work
1430-1630	Case study

Day Three

0800-0900	Group work
0900-0930	Post test



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0930-1030	Case studies
1030-1130	Professional cost to the organization
1130-1230	Lunch (not provided)
1230-1330	Individual preparation and components of wellness
1330-1430	Funding sources
1430-1630	Group work

COURSE OUTLINE:

- I. Course Administration
 - a. Course overview
 - b. Learning objectives
 - c. Agenda
 - d. Housekeeping
 - e. Introductions
- II. Pre-test
- III. Police sub-culture and background to event
- IV. Years in Michigan
- V. Years in Arizona
- VI. Police subculture
- VII. SWAT and promotion
- VIII. Career call and symptoms
- IX. PTSD and coping
- X. Seeking help and returning to SWAT
- XI. New therapist and therapies
- XII. Agency wellness
- XIII. Critical incidents
 - a. Example definitions
 - b. Clinical
 - c. Implementation
- XIV. Trusted providers
- XV. Peer groups and program implementation
- XVI. Group work



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- XVII. Case study
- XVIII. Case studies
- XIX. Professional cost
- XX. Contributing factors
- XXI. Cost to the organization
- XXII. Individual preparation
- XXIII. Components to wellness
- XXIV. Funding resources

CO-HOST LOGISTICAL REQUIREMENTS:

Classroom

- Adequate seating for the number of students attending, with tables.
- Whiteboard with markers
- Flip chart with paper

Audio Visual

- Projector for computer presentation
- Large projection screen (minimum of 6' X 6')
- Speaker system to connect to laptop for audio (or ability to plug in a thumb drive to an existing system).
- Extension cord and power strip

Other

- Access to copier

STUDENT EQUIPMENT LIST:

- This course is classroom based.
- Laptop computer is helpful but not required (thumb drives will be handed out to students containing the course materials).
- Business casual dress