



TRAINING AND SERVICES OFFERED:

PEER SUPPORT TEAM TRAINING & STRUCTURE

Peer Supporter Foundations & Certification

COST: \$175 **DURATION:** 1 Day - 8 Hours

ABOUT COURSE:

Post Certified course meeting Utah law 78B-5-901 Public safety peer counseling expectation. Overview of peer support team development, mental health and wellness basics, interpersonal communication, and crisis intervention.

Advanced Peer Supporter (1 day - 8hrs)

COST: \$175 **DURATION:** 1 Day - 8 Hours

ABOUT COURSE:

**Pre- Req: Peer Supporter Foundations*

As a group peer support specialists will work with department peer support team to continue developing and strengthen your team structure, policy, and mission to ensure you are set up for success. Peer supporters will also be taught advanced wellness skills and tools they can take back and teach their department.

Peer Support Team/Self Care

COST: \$90 **DURATION:** 1 Day - 4 Hours

ABOUT COURSE:

Discussion and education about effective wellness strategies designed for peer support teams and members to maintain healthy boundaries and prevent burnout.

Administration & Peer Support

COST: \$90 **DURATION:** 1 Day - 4 Hours

ABOUT COURSE:

Designed specifically for public safety administration to understand the need and the value of peer support teams in their departments. Administrators will also be taught how to effectively support and enhance their departments team.

CUSTOMIZED DEPARTMENT PEER SUPPORT CONSULTATION SERVICES

Peer Support Team Set Up and/or Structure Coaching

COST: \$100 per Hour **DURATION:** N/A

ABOUT COURSE:

Options below are determined by the department's needs:

- "White board" structure or productivity session with team members
- Collaboration with team on department policy, mission statement and SOP outline
- Peer support team member selection process guidance
- Screening of applicants by mental health professional

Mental Health and Wellness Trainings

COST: \$100 per Hour

DURATION: N/A

ABOUT COURSE:

- Course topics recommended by the department's needs.
- Peer Support or Department wide topics

WELLNESS

Holistic Wellness for All First Responders & Those That Surround Them

COST: \$175

DURATION: 1 Day - 8 Hours

ABOUT COURSE:

Spouses/Partners welcome! First Responders and partners will engage in discussion about holistic wellness topics that can empower deeper understanding of first responders experience, such as transitioning on/off shift, calming techniques, nutrition and sleep, grieving & loss and retirement. Participants will learn communication and practical tools that will strengthen relationships and healthy coping.

The Complete First Responder Course

COST: \$350 or \$175 each day

DURATION: 2 Days - 16 Hours

ABOUT COURSE:

This two-day course is designed to continue building understanding and skills in first responder wellness. Day one is specifically for first responders and day two is designed for the first responder and their spouse or partner. Spouse/partner day will include topics such as parenting first responders' children & having a strong and healthy marriage.

Spouse/Partner Education & Support

COST: \$10 per Participant

DURATION: 2 Hours - Weekly

ABOUT COURSE:

First responder partners and spouses can engage weekly with each other and mental health and relationship specialists to empower each other's abilities to strengthen their relationships and their understanding of what their first responders may be going through on the job. First Responders are also welcome. Other topics that may be discussed; Public safety spouse support, grief, and culture, starting a public safety career for couples, How to support your public safety professional after a critical incident, for families, Parenting public safety professional children, Being a single parent and a public safety professional, Preparing for retirement.

Department Wellness Survey

COST: \$500

DURATION: N/A

ABOUT COURSE:

This anonymous, wellness survey was built and academically validated specifically for public safety culture and the operations of a public safety department. It will give administrators a holistic view of their department members mental, emotional, physical, and spiritual wellness as well as provide insights to the perceptions of current department programs. Some of the survey is customized to reflect the specific department's needs. Administrators will receive a comprehensive report and a personal briefing with a clinician and public safety wellness expert to guide the application of the results.

ADDITIONAL COURSE TOPICS

Mental Health	
COST: Varies	DURATION: TBD
ADDITIONAL COURSES:	
Introduction to Mental Health and Intervention	
Understanding Depression	
Understanding Anxiety & Social Anxiety	
Understanding Trauma and Trauma reactions	
Crisis Intervention for Teams and Individuals	
Suicide Prevention and Intervention Grief	
Healing after a Critical Incident	
Women First Responders' Mental Health	
Administrative Mental Health and Wellbeing	
Anger Management	
Mental Health and Wellness for Specialty Teams	
Understanding Mental Health Services and Resources	
Department Mental Health Strategies	
Strengthening Communication and Conflict Resolution	
Maintaining a Healthy Work-Family-Individual Balanced Life	
Creating and Maintaining Healthy Boundaries	
Staying Healthy as a Single Public Safety Professional	
Healthy Intimacy in Public Safety	
Strengthening Spirituality as a Public Safety Professional	
Mindfulness for Public Safety	
Wellness for Public Safety	
Strengthening Support Systems for Public Safety	
Sleep Wellness for Public Safety Professionals	
Alcohol and Substance Use in Public Safety	
Preventing Burnout, Understanding Coping and Resiliency	
Financial Wellbeing as Public Safety Professional	
Setting Goals	
Exercise and Nutrition for Public Safety	



REGISTRATION INFORMATION:



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