

# LERPS - First Responder Resiliency and Peer Support Course

Presented by Crisis Systems Management, LLC

**Sept. 28-Oct. 2, 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](http://crisisnegotiation.us)

## LODGING

*Please contact Detective Brian Wakefield for lodging recommendations.*  
[bwakefield@twp.ferguson.pa.us](mailto:bwakefield@twp.ferguson.pa.us)  
814-237-1172 ext 3707

## QUESTIONS

### Registration Questions:

Troy King  
[troydking@crisisnegotiation.us](mailto:troydking@crisisnegotiation.us)  
360-702-6773

### Curriculum/Prerequisite Questions:

Deb McMahon  
[crisisnegotiation@gmail.com](mailto:crisisnegotiation@gmail.com)  
417-594-1499

### Regarding the Training Site:

Detective Brian Wakefield  
[bwakefield@twp.ferguson.pa.us](mailto: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



CRISIS SYSTEMS MANAGEMENT LLC



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Visit [crisisnegotiation.us/events](http://crisisnegotiation.us/events) for current training opportunities.



CRISIS SYSTEMS MANAGEMENT LLC

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**[ 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](http://crisisnegotiation.us)



# SPECIALIZED TRAINING