



Jefferson College Law Enforcement Academy

CALEA accredited training facility

4400 Jeffco Blvd. Arnold, Missouri 63010

636-481-3425 -or- 636-481-3481 -or- FAX: 636.467.2612



Understanding Mental Health & Recognizing Trauma, Stress Responses & PTSD

Date: June 18, 2019

Time: 0800-1200 hours

Jefferson College Imperial Law Enforcement Academy

Location: 4400 Jeffco Blvd.
Arnold, MO 63010

Room 207

Instructor (s): Megan Swaback, COMTREA

Registration Deadline: June 11, 2019

Understanding Mental Health

This training provides an overview of the major mental health conditions that law enforcement is likely to encounter. A description of each condition will be provided along with tips for law enforcements' interaction with individuals experiencing that particular condition. Through an interactive experience, law enforcement will have the opportunity to experience psychosis and the challenges that it presents for individuals suffering from it. Law enforcement will be provided with tools that will aid in making interactions with individuals easier and more efficient.

Course Description:

Recognizing Trauma, Stress Responses and PTSD

This training focuses on interacting with individuals who have witnessed or experienced a traumatic event. There are a multitude of traumatic events occurring, from natural disasters, terrorist attacks and random school shootings to the stressful activities that occur on a daily basis. Training will include learning how to recognize the signs and symptoms of trauma and PTSD, understanding the chemical response in the brain to trauma and identifying healthy/unhealthy coping skills

Dress Code: Business Casual

P.O.S.T. Core Curricula	Interpersonal Perspectives	Legal Studies	Skill Development	Technical Studies	TOTAL
P.O.S.T. Hours:	3	0	0	1	4
Additional Information	N/A				

Certificates Issued by: Jefferson College Law Enforcement Academy

Cost: *Contract members* \$0.00 *No contract* \$0.00

Class Limits: *Maximum* # 30 participants *Minimum* #10 participants

To register for this course call: 636-481-3425 -or- 636-481-3481 -or- FAX: 636.467.2612

Name: _____ Telephone: _____

Department: _____ Rank/Assignment: _____