



Law Enforcement Academy

1000 Viking Drive, Hillsboro, MO 63050
(636) 481-3425 www.jeffco.edu/jclea



2026-31

Understanding Mental Health / Resiliency and Battlefield Mind

Date: October 28, 2026

Time: 08:30 - 1230 Hours

Location: Jefferson College Law Enforcement Academy - 1687 Missouri State Rd, Arnold, MO 63010

Room: JCA - 320

Instructor(s): Tara Halter

Registration Deadline: 10/21/2026

Registration Contact: (636) 481-3425 or dhawkin1@jeffco.edu

Intended Audience: First Responders / Alt. Fields

Prerequisite: None

Dress Code: Business Casual

Course Description:

Building resilience and surviving secondary trauma are crucial for maintaining one's mental and emotional well-being, especially in professions or situations that expose individuals to intense or traumatic experiences. This course will discuss strategies to help individuals develop resilience and cope with secondary trauma.

Participants will learn to maintain strong connections with friends, family, or colleagues who can provide emotional support. Sharing your experiences and feelings with trusted individuals can help you process secondary trauma and alleviate its impact. We will develop strategies on how to challenge negative thoughts and advance a more positive and resilient mindset. Reframe your thoughts by focusing on your strengths, accomplishments, and the positive impact you make in your work or personal life

POST Core Curricula	Interpersonal Perspectives	Legal Studies	Skill Development	Technical Studies	Firearms Skill Development	Total Hours
POST Hours	4	0	0	0	0	4

Certificate Issued by: Jefferson College Law Enforcement Academy

Cost: Contract Members: \$0.00

Non-Contract: \$0.00

Class Limits: Minimum: 0

Maximum: 0

Additional Information: N/A

Attendance Requirement: Participants must be present for all training hours to certify.