

COGNITIVE RESILIENCE TRAINING

Enhance mental health knowledge and skills for you and your officers



Who is this training for?

Officers regularly respond to incidents involving people with mental illnesses. This specialized and comprehensive training prepares officers to feel confident and equipped with the skills they need to respond to these incidents. We train:

- ✓ Police Chiefs
- ✓ Officers
- ✓ Public Safety Professionals
- ✓ SROs
- ✓ Firefighters
- ✓ Emergency Responders
- ✓ Corrections Officers
- ✓ ...and more!



Can you fit it within your already busy schedule? Of course!

We can't afford to *not* make time for mental health stabilization. Thankfully, we've created accessible, useful tools and education you can learn in just one day.

25% of police officers have expressed suicide ideation at least once



WHY DO POLICE OFFICERS NOT GET HELP WITH THEIR MENTAL HEALTH?

- ✓ Stigmatization of mental health stops officers from seeking support.
- ✓ Officers fear they will appear weak or it will reflect negatively on their career.
- ✓ Officers believe it will be hard to find a provider who can relate.



HELP THEM RECOGNIZE

Many officers do not get help because they do not recognize they have a mental health issue **until it is too late**. They think they just have "life."



BUILD THEIR TRUST

There is concern that confidentiality will be breached and they will be falsely deemed as unfit to serve as an officer.



EFFECTIVE INTERVENTION

When law enforcement officers participate in standardized training with qualified and effective trainers, they are better able to understand mental illnesses and the impact on individuals, families, and communities.



COGNITIVE RESILIENCE TRAINING



Education to address the increasing, widespread mental health needs of officers and those they serve. You are not alone, and you can make a vital difference in the lives of your officers.



MENTAL HEALTH 101

Officers learn to identify signs and symptoms of mental illnesses, how to utilize a range of stabilization and de-escalation techniques, and disposition options, as well as community resources.



BUILD OFFICER RESILIENCE

Officers report higher rates of depression, anxiety, and PTSD than the general population. In this training, learn how to identify the cues that dysregulation is happening and when/how to seek professional help.



CRISIS RESPONSE—PREVENTION, AND INTERVENTION

Prevention is an essential but often neglected part of workplace mental health strategy. Using our Top Down Bottom Up™ model, we will teach you methods to both prevent and intervene in both personal and community mental health crises.



TRAUMA-INFORMED PRACTICES

Find out how trauma impacts the brain and the line of duty, as well as how to work with traumatized brains. Advocate for procedures and policies to invite a culture of open conversations and support-seeking, including connections to resources.



EXPAND THEIR SKILL SET, INCREASE THEIR CONFIDENCE

When the productivity of a police officer drops—often caused by mental strain—the public at large is put at risk. Hands-on practice of deescalation tools for personal regulation and working with others.

*Training is available for in-person delivery or as live, online training. **Accredited*



SPECIALLY DESIGNED—ONE DAY COURSE

Better understand mental illnesses and addictions, providing participants with effective response options to deescalate incidents without compromising safety. Attendees learn to identify the unique risk factors and warning signs of mental health problems, build an understanding of the importance of early intervention, and, most importantly, learn how to help someone in crisis or experiencing a mental health challenge.

****Additionally, this training provides exclusive access to instructional videos and a hands-on reference manual.**

Contact us
(385) 223-0777

hello@drchristykane.com today to prioritize mental health | drchristykane.com