



Peer Support Training

3 DAY TRAINING FOR FIRST RESPONDERS

ABOUT PEER SUPPORT

Peer Support is a non-clinical process of listening, encouraging, sharing knowledge & skills, and providing assistance to peers in order to help them effectively deal with the challenges, stress, and traumas experienced through their work and personal life.

COURSE CONTENT

- Peer support Principles and Practices
- 1st Responder Culture & Mental Health
- Physiological/Behavioral Reactions to Stress and Trauma
- PTSD and Suicide
- Peer Support Skills and Techniques
- Additional Crisis Interventions (CIRM)
- Resiliency and Stress Management
- Support Resources
- Practical Exercises/Role Plays

TRAINERS

Dan and Tammy Roach
[Cornerstone Retreat Center](#)

HOW TO REGISTER

Preferred Method: [Register & Pay Online](#)
Fees: \$500

You can also call us at (773) 644-1664 **OR**
email us at info@WeNeverWalkAlone.org

VENUE

[Swansea Police Department](#)
[1400 N Illinois St, Swansea, IL 62226](#)

DATES

TBD
08:00am - 05:00pm

CLASS DESCRIPTION

This 3-day Peer Support training class will introduce the student to the process of peer support and equip them with the knowledge and techniques necessary to provide emotional support & practical guidance to other 1st responders who are in need of assistance.

This class consists of both classroom lecture and reality-based training scenarios. Throughout the course students will learn best practices, participate through interactive discussion, and engage with practical exercises applying and showing understanding of what they have learned.

ILETSB MANDATES

- Officer Wellness - 9.5 hrs
- Crisis Intervention - 5.5 hrs
- Procedural Justice - 5 hrs
- Legal Updates - 1 hr

