

Peer Support Training

3 DAY INTENSIVE TRAINING FOR FIRST RESPONDERS

ABOUT PEER SUPPORT

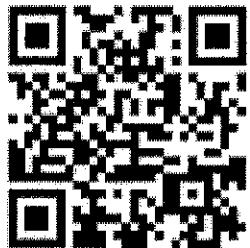
Peer Support is a non-clinical process of listening, encouraging, sharing knowledge & skills, and providing assistance to peers in order to help them effectively deal with the challenges, stress, and traumas experienced through their work and personal life.

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

HOW TO REGISTER

Fees: \$500



SILEC IS
NOT REIMBURSED applying and showing
for this class
SW

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

VENUE

Belleville Police Department
720 W Main St. Belleville, IL 62220
under the auspices of SILEC MTU #14

DATES

May 12 Mon-May 14 Wed 2025 8am-5pm

TRAINERS

Dan and Tammy Roach
Cornerstone Retreat Center

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

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



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