



# FIRST RESPONDER WELLNESS

A course for First Responders and 911 Call-Takers

Wellness related to the mental wellbeing of first responders. Constant exposure to trauma, harm and death impacts first responders greatly and as suicide rates and mental illnesses rise it is more important than ever to understand the impacts of the unique stressors faced by first responders and learn ways to mitigate the impact. This course will do just that.

One approach in understanding mental wellness is to understand the components that make up wellness. Such as cognitive health, emotional health, and behavioral health. We will start from the perspective of a brand-new first responder and follow their career to a more senior perspective. Given the daily stressors in Law Enforcement is it possible for mental wellness to be a priority in the traditional first responders culture? What is the overall image of officer wellness in the era of police reform? Both of these questions along with many other important topics will be discussed in detail in this 8-hr interactive course, where we will examine individual agencies culture as it relates to mental wellness and suicide prevention.

## This course will cover the following topics:

- Stress of the workplace
- PTSD
- Brain Functions
- Sleep deprivation
- Psychological effects of stress
- Coping mechanisms
- And many more important areas



**Instructed by: Dr. Demetrice Phillips:** Dr. Demetrice Phillips. Dr. Phillips is an African American male police officer, who has over 16 years of policing experience, starting as a university police officer and now as a municipal police officer. Dr. Phillips was a full-time college, now adjunct professor, lecturing in both criminal justice and business. While completing his Doctor of Business Administration, part of his doctoral work included examining individuals' physiological factors and the effects it has on an organizational culture.

- December 14, 2021 at the Sutton Police Department starting at 8:00 AM-4:00 PM**
- January 13, 2022 at the Sudbury Police Department starting at 8:00 AM-4:00 PM**

Course fee: \$195 per attendee

### REGISTRATION

#### ATTENDEE(S)

1.	4.	
2.	5.	
3.	6.	
Agency:	Street:	
City	State	zip
Agency Contact:	Phone #:	
Contact email:		
Method of Payment: Dept. Billing <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/> Check <input type="checkbox"/> Other <input type="checkbox"/>		

Fax registrations to (978) 467-4257 or Scan and email to [training@hanrahanconsulting.com](mailto:training@hanrahanconsulting.com)  
Call (617) 612-5210 for more Information

[www.HanrahanConsulting.com](http://www.HanrahanConsulting.com)