



First Responder Basic Peer Support & CISM

UPCOMING CLASS For First Responders

January 11, 12 & 13, 2016

Monday, Tuesday & Wednesday
8:00 AM – 4:00 PM each day

Location:

La Mesa Police Department
8085 University Ave
La Mesa, CA 91942

Register at
californiapeersupport.org

For questions or more information
contact:

Maxine Lynch
619-667-7547
mlynch@ci.la-mesa.ca.us

\$100 (CPSA Members)
\$150 (non-Members)

Topics that will be presented are:

- What is a Peer Supporter
- Active listening
- Setting up a peer program
- Role of Mental Health clinicians
- Balancing work & relationships
- Addictions
- Suicide
- Assisting Grieving coworkers
- Depression
- Mitchell Model Debriefing
- Mitchell Model Defusings
- Critical Incident Stress Management
- Scenario Training
- Taking care of you

All concepts will be taught, discussed and practiced. Realistic scenarios will be utilized in scenario training. Certificates issued in both Basic Peer Support and ICISF Group Intervention.