

Psychological Resilience Training for First Responder Couples *For Public Safety Personnel and their spouses/significant others*

Sponsored by:



"This valuable training helps first responder couples learn how to combat mental health challenges as a team and achieve post-traumatic growth. Families who attend this course will leave with valuable tools on how to build psychological resilience, enhance communication, adopt healthy coping strategies, battle mental health stigma, and grow after trauma in a way that involves both officer and romantic partner." **Jessica Burke**

This 8-hour class covers a variety of important topics:

- Overview of some of the existing literature and research on mental health in first responders
- Strategies to open and maintain a healthy dialogue
- Healthy coping strategies for the first responder and partner
- Alcoholism in public safety personnel
- Offering support after traumatic events
- How to identify symptoms of PTSD, acute stress disorder, traumatic brain injury, and sleep deprivation
- Increase understanding of Post Traumatic Growth, resilience and long-term positive growth
- Promotion of help-seeking behavior

Date: February 9, 2018

Time: 8:00am – 5:00pm

Location: JCSO, Station #1, Training Room, 5179 Crater Lake Hwy, Central Point, OR, 97502

Invited: Officers & spouses/significant others of all public safety professionals welcome.

Fee: \$60 per couple; \$40 per single. Reduced fee on request; email nickp@centerpointonline.com
No charge for JCSO, MF-R, ECSO, JCFD3

Food & Drink: Coffee, snacks and lunch provided (lunch is from Mucho Gusto)

Register: Email to nickp@centerpointonline.com or call 541-245-0789 ext. 7

Jessica Burke, M.S. is passionate about mental health in public safety occupations and truly believes it starts at home. She has 4 years of dedicated study of mental health in first responders and is the wife of a police officer. Jessica has a Master's degree in psychology with a specialization in evaluation, research, and measurement, and has completed her coursework for a PhD in forensic psychology. Jessica lives in California and grew up in the Rogue Valley. She graduated from South Medford High School in 2002, and was an Explorer for the Jackson County Sheriff's Office.

Dr. Gary Taylor, PsyD is a retired police officer with 19 years of service to California agencies, and has a doctorate in organizational development from the California School of Professional Psychology at Alliant University, as well as a Master's degree in criminology from California State University. For his dissertation, Gary created an intervention program designed specifically for law enforcement officers to promote awareness of the benefits of appropriate mental health treatment.

Centerpoint supports relationships and wellbeing of spouses, significant others and families of Public Safety professionals in the Rogue Valley. We provide events focused on support and education for common issues affecting individual and relationship wellbeing. **Guy Perrin** of Centerpoint is Department Counselor for JCSO, ECSO, MF-R and JCFD#3 and coordinates their behavioral health and wellness programs.

If you are not already on our e-mail list, please send your contact info to nickp@centerpointonline.com