



Why Command Staff Needs to Prioritize Officer Health and Wellness

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FREE Calibre Press Webinar!
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Why Command Staff Needs to Prioritize Officer Health and Wellness

June 1, 2022 10:00am – Noon (Central Standard Time)

[NOTE: A recording of this event will be available to all who register.]

Officers are trained to help others in emotional crisis, but typically not trained—at least enough—to help themselves. That's a major problem!

What can you as a law enforcement leader and as an agency do about that?

In this FREE Webinar, you'll get candid, understandable insights into the nuances of first responder emotional & mental health and life-saving guidance on how you and your agency can realistically help officers protect their most valuable asset—their mind.

Board Certified Traumatic Stress Expert Nick Greco, a frequent presenter on first responder emotional health, will teach you about:

- Practical strategies other agencies nationwide have successfully implemented to enhance & protect their officers' mental health.
- The 4 categories of officers every agency has, and which ones are at highest risk for problems.
- The obvious—and not so obvious—red flags that signal an officer is in trouble...and what to do about that.
- The emotional health "F" word: How to avoid letting it lure you into false complacency.
- Step-by-step, real-time guidance for interacting with an officer you know is a suicide risk.
- 9 events that are at "high clinical risk" for trauma issues and how you can use that knowledge to circumvent emotional crisis.
- The zones of stress that wear on officers' minds & emotions and how to reduce their impact.
- Indirect Traumas: Compassion Fatigue, Moral Injury, Vicarious Traumatization, Secondary Traumatization
- Addiction to stress: Why some officers suffer from it, why it's dangerous and what to do about it...and much more!