

**Sacramento Police Department
Mandatory Academy Follow-up Training
2020**

The following course is offered to academy graduates as they enter the field training program at the Sacramento Police Department. These new officers are brought back to the training environment several times as they progress through the field training.

Course Title: Peer Support and Stress Management

Course Description: To provide a basic overview of stress, resiliency and resources for a career in law enforcement.

Course Objectives: Upon completion of this course the student will be able to:

- Have increased awareness of stress education especially as it applies to LEO's unique needs.
- Identify warning signs and indicators for proactive intervention.
- Understand the stigma of stress challenges by normalizing certain reactions.
- Understand the potential for health problems and substance abuse and how they affect the law enforcement officer.
- Demonstrate an understanding of hyper-vigilance and how it relates to law enforcement.
- Identify and be able to access various resources to help themselves and their families.

Representative methods of Evaluation:

- Class participation
- Group Exercises
- Class Performance