



# Peer Support Training

**3 DAY TRAINING FOR FIRST RESPONDERS**

## ABOUT PEER SUPPORT

Peer Support is a non-clinical process of listening, encouraging, sharing knowledge & skills, and providing assistance to peers in order to help them effectively deal with the challenges, stress, and traumas experienced through their work and personal life.

## COURSE CONTENT

- Peer support Principles and Practices
- 1st Responder Culture & Mental Health
- Physiological/Behavioral Reactions to Stress and Trauma
- PTSD and Suicide
- Peer Support Skills and Techniques
- Additional Crisis Interventions (CIRM)
- Resiliency and Stress Management
- Support Resources
- Practical Exercises/Role Plays

## TRAINERS

Dan and Tammy Roach  
[Cornerstone Retreat Center](#)

## HOW TO REGISTER

Preferred Method: [Register & Pay Online](#)  
Fees: \$500

You can also call us at (773) 644-1664 **OR**  
email us at [info@WeNeverWalkAlone.org](mailto:info@WeNeverWalkAlone.org)

## VENUE

[Highland Public Safety Department](#)  
[12990 Troxler Ave. Highland, IL 62249](#)

## DATES

Oct 28 (Mon) - Oct 30 (Wed) 2024  
08:00am - 05:00pm

## CLASS DESCRIPTION

This 3-day Peer Support training class will introduce the student to the process of peer support and equip them with the knowledge and techniques necessary to provide emotional support & practical guidance to other 1st responders who are in need of assistance.

This class consists of both classroom lecture and reality-based training scenarios. Throughout the course students will learn best practices, participate through interactive discussion, and engage with practical exercises applying and showing understanding of what they have learned.

## ILETSB MANDATES

- Officer Wellness - 9.5 hrs
- Crisis Intervention - 5.5 hrs
- Procedural Justice - 5 hrs
- Legal Updates - 1 hr

