

Released | **June 2020**

Multimedia ID | **290**

CPT Credit | **2**

Meets Mandate | **No**

Format | **Online & DVD**

VIEW THE VIDEO

To access this video online, visit the [POST Learning Portal](#). DVD disc versions may be available; learn more about DVD ordering at [POST Training Videos](#).

VIEWING MODES

Facilitated Group Course Viewing

Each segment features a short introduction, followed by scenarios with related questions and activities to assist in facilitating a group discussion. The facilitator has the option to play subject matter expert comments after the discussion to re-emphasize a training point. A "Facilitator's Guide" document (pdf) is included for this viewing mode.

Informational / Individual Viewing

This viewing mode allows an individual to view the training video without classroom facilitation by an instructor (it features the same scenarios and questions/activities as the "Facilitated Group Course" track). Individual viewers view sample group discussions, followed by comments from subject matter experts that reinforce the teaching points. A "Participant's Guide" document (pdf) is included for this viewing mode.

ABOUT THIS VIDEO

The goal of this training program is to give law enforcement personnel means to greater mental, emotional, and physical health (i.e., wellness) by providing information on the causes and signs of law enforcement-related stress and revealing strategies for dealing with stress-related impairments. It is intended to enhance cultural shifts toward a greater openness about, and the destigmatization of, stress-related physical and mental health issues such as depression, anxiety, PTSD, and suicide, which are so pervasive in law enforcement. This video program defines wellness, reviews causes and symptoms of stress, gives examples of how to achieve and maintain a healthy life balance, and provides information on resources available to individual officers, their partners, and departments. Using straightforward testimonials, the program reveals how officers can face-- and overcome-- many of the personal challenges a law enforcement career may create.

VIDEO CONTENTS

- **Overview**
- **Scenario 1 – What Is Wellness?**
Two younger officers provide parallel but seemingly contrasting stories of the changes all officers face in their interpersonal relationships and personal wellness. Although presented in a condensed timeline, the scenario reveals how the job may begin quickly changing people without them even realizing it.
- **Scenario 2 – The Issues of Stress and Stressors**
Common stressors and resulting symptoms are revealed at the conclusion of an officer's shift and with her being delayed in going home. Possible effects of peers and supervisors on another's wellness are also shown.
- **Scenario 3 – What to Look For**
An on-duty officer meets with a recently retired officer for coffee and discovers his former partner has been showing previously unknown symptoms of stress for some time. By discovering some of their common needs, they plan positive actions and show how important the support and involvement of others can be to promoting positive, and sometimes lifesaving, change.
- **Scenario 4 – Life Balance**
Several officers and one family member provide an unapologetic, yet intimate, glimpse into their family and professional lives. Their candor and openness reveal often-hidden issues facing law enforcement professionals while also showing how they recognized their own needs and found the courage to seek the means to recover their own lives and wellness.
- **Scenario 5 – Resources and Coping**
A veteran officer begins realizing some of his behaviors, which are being identified by friends and loved ones, are not what he would prefer. He seeks assistance through readily available avenues.
- **Final Thoughts**