

EXPANDED COURSE OUTLINE

Family Wellness Day

I. Introduction to staff, event timeline, and expectations (60 -90 minutes)

Introductions to Wellness staff, Chaplains, and FOCUS staff. Officers will then be asked to share why they have chosen law enforcement as a career. Officers will also be able to see the similarities and differences between themselves and the other officers. These discussions may lead to expanded dialogue.

II. Officer Testimonials (120 -150 minutes)

Three (3) officers will speak individually about critical incidents they have been impacted by. They will also discuss the use of Wellness resources and how that helped them overcome some of their traumatic events.

A. Officer Testimonial #1 (45 minutes)

1. Officer will speak about a critical incident or life experiences in which they utilized wellness unit resources.

B. Officer Testimonial #2 (45 minutes)

1. Officer will discuss the use of FOCUS and EMDR (Eye Movement Desensitization and Reprocessing) and how it assisted them with their recovery.

C. Officer Testimonial #3 (45 minutes)

1. Officer will discuss dealing with an injury or long term illness and some of the problems that can arise from these situations.

III. Introduction to Family Members (60 – 90 minutes)

The family members arrive during the lunch break. After the lunch break has concluded, the staff are separated to facilitate two separate group sessions. The families are placed in one group with FOCUS, Wellness Staff, and Chaplains. The officers are placed in the other group that will be facilitated by the Wellness Staff. Members of the Family Resource Team will speak about the services that they can provide for families that are in need.

IV. Chaplain Presentation (15 minutes)

Officers and reunited with their families. Chaplains discuss an overview of the resources and services they provide.

V. Hypervigilance Activity

Wellness staff will facilitate this activity. The family members will be placed in the center of the room. The officers will then be instructed to walk through the group without interacting with them. This exercise and discussion is designed to show the families and officers the biological balancing phenomena. The high state of hypervigilance the officers are alert, involved, alive, and socially engaging. The low state of hypervigilance the officers are exhausted, isolated, apathetic, and sometimes angry. Most of our family members remain in the normal state of hypervigilance throughout our day.

VI. Couples Testimonial (45 minutes)

A police couple will discuss some of the challenges that can occur within the police family unit. They will discuss shift work, working holidays, and some of the overall stressors of working within law enforcement and how it can affect the family structure.

VII. Alcohol Substance Abuse Program (15 minutes)

ASAP coordinator will discuss resources that can be obtained through the city insurance providers.

VIII. Closing Statements (15 minutes)