Date: July 1, 2019  Time: 0800-1600 hours

Location: Spokane County Sheriff's Office Training Center, 6011 N. Chase Rd., Newman Lake, WA 99025  
(509) 477-4793

Intended Audience: Law enforcement leadership (e.g., field training officers, mid-level leadership, and administration).

Topics discussed in this course include:

--Types of stress
--Work-related stress
--Negative mental and physical effects of stress
--Stress Management Interventions
--Leadership’s role in reducing work-related stress

*Attendees will also participate in several breakout sessions designed to facilitate discussion and learning.*

Cost: $150.00 per student

Register for course at leofirstline.com.

For questions, please email Damon Simmons, Ph.D. at damonsimmons@leofirstline.com.

Understanding and Mitigating the Effects of Stress on Law Enforcement

Overview

Work-related stress can yield short and long-term effects on physical and mental health. Researchers estimate that companies in the United States lose approximately $300 billion annually because of work-stress related issues. Health care costs related to work-related stress are estimated to be $68 billion annually. Employees that experience work-related stress often suffer devastating psychological and physiological effects, such as high morbidity and mortality rates and rates of alcoholism, substance abuse, domestic violence, and suicide higher than the national average. Although there are many stressful occupations in the United States, researchers identify and regard law enforcement as one of the most stressful occupations in the country. Recent research yields evidence that law enforcement officers experience adverse psychological and physiological conditions at higher rates than other occupations in the United States. The adverse psychological and physiological conditions include PTSD, cardiovascular disease, anxiety, depression, suicidal behavior, and interpersonal violence. This course familiarizes each student with the concept of work-related stress, the phenomenon's effect on law enforcement, and how effective leadership within an organization can influence the amount of stress officers experience.