

TO: Connecticut Chiefs of Police  
Connecticut Police Training Officers

FROM: Field Services Training Division

DATE: November 7, 2018

SUBJECT: **Mental Health First Aid for Law Enforcement**

TUITION: **No Cost**

### **COURSE ANNOUNCEMENT**

The Department of Emergency Services and Public Protection, Police Officer Standards and Training Council's Field Services Training Division, is providing a two (2) half-day training course on Mental Health First Aid for Law Enforcement. The class is scheduled on **Thursday and Friday, February 14 & 15, 2019** from 8:00 a.m. to 12:30 p.m. (attendee must attend both days) at the Connecticut Police Academy, 285 Preston Avenue, Meriden, CT. The training will be instructed by staff of the Wheeler Clinic Prevention Wellness and Recovery Division, Plainville office.

The Mental Health First Aid (MHFA) course teaches participants how to help an individual who is developing a mental health problem or experiencing a mental health crisis. Training participants will learn signs and symptoms of mental illness and substance use disorders, the skills to provide support to someone who is experiencing a mental health challenge, and strategies to de-escalate and support a person experiencing a mental health crisis.

Participants will learn concrete information about specific mental health disorders and how to use the ALGEE five-step action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

Finally, this course includes strategies for workplace wellness that will better enable public safety personnel to take care of themselves, their co-workers, and their families. Research has shown that this program is effective in improving participants' knowledge of mental disorders, dispelling myths, reducing stigma, and increasing the amount of help provided to others.

This program is strictly limited to 30 law enforcement officers. Please complete the registration form located on our website at [www.ct.gov/post](http://www.ct.gov/post) and forward to the attention of Barbara Fullenwiley by email at [Barbara.fullenwiley@ct.gov](mailto:Barbara.fullenwiley@ct.gov) or fax to (203) 238-6119. The deadline date is January 24, 2019. If you have any questions, please contact the Field Services Training Division at 203-427-2622.

Students successfully completing both half-day sessions will receive Review Training Credit as follows: Curriculum Area IV: Human Relations, 7 hours.

There is no tuition for this course. Coffee break refreshments are available daily at the Academy for a small fee. Lunch may be purchased at nearby restaurants. The uniform dress code for POSTC In-Service Training (POSTC General Notice 90-03) will be in effect. **We ask all training supervisors to inform assigned personnel that they represent their agency and are required to dress accordingly.**

Training on the Web: [www.CT.GOV/POST](http://www.CT.GOV/POST)