

Critical Incident Stress

Facilitator Guide

Session Overview

Introduction & Learning Objectives	05m
Lecture - Benefits	15m
Lecture – Law Enforcement Myths	10m
Lecture – Law Enforcement Suicide	20m
Break	10m
Lecture – Survivor Stress	20m
Lecture – Stress Management	15m
Lecture – Work/Family Balance	15m
End of Session / Break	10m

Total Session Time: 2 hours**Main Topics of Session:**

- *Law Enforcement Myths*
- *Line-of-Duty Death*
- *Survivor Benefits*
- *Effects of Police Suicide*

Facilitators Needed: 1 (outside instructor)**Location: Classroom****Materials Needed:**

- *PowerPoint – Critical Incident Stress & The Family (brought by outside instructor)*

Students Should Already Have:
[THUMB DRIVE]

- *HANDOUT – Federal Benefits (PSOB)*
- *HANDOUT – Washington Benefits (12/2014)*
- *Death Notification Manual*
- *PSOB Designee Form (11/2013)*
- *CIS Reference & Resources*
- *HANDOUT – Financial Diary*



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**NOTE TO FACILITATOR**

This session is taught by an outside instructor from COPS (Concerns of Police Survivors).

An introduction of the instructor is the only thing required.

**BREAK/END OF SESSION**