



## REGIONAL COUNTERDRUG TRAINING ACADEMY

# PEER SUPPORT/INTRAGRAL OFFICER SURVIVAL

**Length:** 4 days / 40 hours

**Designed For:** Law Enforcement Officers, Trainers, Supervisors, and Dispatchers

**Prerequisites:** Students must be law enforcement officers or dispatchers.

**Certification :** This course is POST certified in the states of Mississippi and Georgia and accepted for certification in other states.

**Description:** Officer Survival means so much more than staying alive in a fight. It means surviving physically, emotionally, legally, financially, politically, and with your family. Very few training facilities discuss all these aspects. RCTA has assembled a 40 hour course designed to teach officers not just how to survive, but how to live.

Law Enforcement Officers are faced with extremely high levels of stress. This stress is not just incurred in critical incidents. This stress is accumulated over period of time in which the officer is self-seemingly not involved in critical incidents. The constant exposure to human trauma, the daily sensing of death and destruction, and the steady trigger of survival response stimuli cause the officer to age abnormally fast. The life expectancy of a career law enforcement officer is 59, while the average American male's life expectancy is 78.56 years. Ten year veterans of Mississippi law enforcement have an over 70% divorce rate. Law Enforcement Officers are the highest occupation for suicide: approximately 500 officers per year commit suicide in the United States. Law Enforcement Officers are ranked number one in alcoholism. Many are involved in domestic abuse, and unfortunately, many abuse controlled substances and other drugs. The traumas of law enforcement have their costs to the individual officer.

Since the implementation of Peer Support in Mississippi, hundreds of officers have received counseling from peer support members. These counseling sessions included dozens of officer involved shootings, dozens of accidents, physical injuries, marriage and family problems, substance abuse problem and job fatigue. Mississippi averages one officer involved shooting every two weeks. Other more populous states are even higher. Automobile accidents involving officers occur weekly, and other types of high stress events occur daily. Law Enforcement officers are constantly faced with job stress issues and training is needed to teach officers how to care for each other.

The RCTA Integral Officer Survival/Peer Support class will teach the law enforcement officer how to assist co-workers in crisis.