

## TRAINING ANNOUNCEMENT

### [Stress First Aid](#)

**March 6, 2025 ~ Lynchburg, VA**

The Virginia Department of Criminal Justice Services is pleased to offer "Stress First Aid."

Stress First Aid (SFA) for First Responders is a comprehensive framework designed to enhance the recovery process from stress reactions in both oneself and coworkers. This course focuses on empowering first responders to recognize and address early signs of stress, not only following critical incidents but also in day-to-day operations. By emphasizing supportive actions rooted in good friendship, mentorship, and leadership, participants will learn to manage stress effectively, fostering a healthier and more resilient work environment.

The Stress First Aid (SFA) framework aims to identify and mitigate stress reactions along a continuum, reducing the likelihood of severe or long-term stress-related problems. This course equips first responders with practical tools and strategies to provide ongoing care and support in various occupational settings, including high-risk environments such as military, fire and rescue, law enforcement, and pretrial and probation. Participants will explore the role of paradigms, habits, emotional intelligence, and resilience in stress management. By developing strong habits and emotional intelligence, first responders can build resilience, improving their ability to handle stress and support their peers effectively. Through a combination of manuals, training sessions, and resources tailored to healthcare workers and other high-stress professions, participants will gain the knowledge and skills necessary to promote mental well-being and resilience among their peers and themselves.

#### **Topics to be addressed:**

- Understanding stress reactions
- Identifying early signs of stress
- Role of emotional intelligence in stress recognition
- Core actions of Stress First Aid
- Supportive actions: friendship, mentorship, leadership
- Paradigms and habits for effective stress management
- Applying SFA in day-to-day operations
- Case studies and practical scenarios
- Integrating SFA into Occupational Settings
- Techniques for building personal and team resilience
- Long-term strategies for stress reduction

**Who Should Attend?**

This training is open to all first responder groups, including, but not limited to, law enforcement, fire/EMS, EMTs, dispatchers, and corrections. Additionally, retired first responders, civilian peer support, and mental health clinicians who are culturally competent in first responder wellness, are encouraged to attend.

**Partial In-Service Credit:**

Partial In-service Credit (PIC) for Virginia law enforcement officers will be available.

**Training Time and Details:**

Check-in will begin at 8:30 am

The course will be held from 9:00 am – 5:00 pm

**Travel, Lodging, and Meals:**

Participants are responsible for their transportation, lodging arrangements, and expenses.

**Cost and Registration:**

There is no cost to attend this training, however, pre-registration is required.

**[REGISTER TODAY!](#)**