

A presentation focused on

MANAGING THE MENTAL WELL-BEING OF OUR POLICE AND 911 DISPATCHERS



OUR WORLD HAS CHANGED DRAMATICALLY ...

For many police officers and 911 operators, the pandemic has caused unprecedented levels of chronic stress, fear of the unknown and grief. Virtually no one is immune. You may fear for your personal health or your family's, the economy or the future. As a police officer or 911 operator, you may struggle with mental wellness issues now and long after the pandemic is over. The prolonged nature, with wave after wave, may increase the risk of mental health problems. Yet we know too that adversity can foster resilience. Challenges can strengthen our will and boost our confidence. We help you tap into your own resiliency to conquer this "new normal."

DO YOU FEEL ...

- Isolated?
- Powerless?
- Disconnected from others?

ARE YOU STRUGGLING WITH ...

- Your mental health?
- Fear & Anxiety?
- Stress?
- Burnout?
- Depression?
- Loss & Grief?

YOU WILL LEARN ...

- The differences between stress and burnout, nervousness and anxiety, and sadness and depression.
- Post Traumatic Stress Disorder & Moral Injury.
- Trauma-Informed Resilience Factors for Whole Health Wellness.
- Skills-based and Adversity-based resilience.
- How to create a wellness plan.
- Post-COVID Stress Disorder, Pandemic Trauma, and StressExperience.
- The abundant responses to and psychological consequences of the COVID-19 pandemic.

BEHIND THE MASK CAN HELP ...

We offer two comprehensive resilience building strategy sessions to choose from

3 Hour Workshop:

You will be an active participant in our skill-building presentation and receive the accompanying workbook complete with individual screening assessments and exercises to build resiliency.

6 Hour Workshop:

Includes all of the above plus a "Group Debriefing" - a protocol-based intervention that allows for the mutual sharing of experiences and emotions, identifying stress reactions and symptoms and which fosters an overall connection with others sharing similar experiences.



Joddie Walker, MSc, RP, CTRS-Clinical, CTTS, Certified Trauma Specialist.

YOUR FACILITATOR IS:

Joddie Walker

CERTIFIED TRAUMA SPECIALIST

Joddie Walker holds a Masters of Science in Forensic Psychology and is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario, and a Certified Trauma Specialist from the National Institute of Trauma and Loss in Children. She holds Diplomat status with the American Academy of Traumatic Stress and is a National (USA) Credentialed Advanced Advocate. Joddie has over 30 years of experience that includes treatment of first responders, children/youth, and civilians who have a diagnosis of post-traumatic stress disorder, anxiety, depression, or other mental health issues. She also responded to the New York City terror attack, 9/11. In addition to Joddie's clinical practice, she has facilitated the development of programs and trainings throughout the USA and Canada on topics such as line of duty death, victimology issues, secondary traumatic stress and how to support the non-offending parent in child abuse investigations. Joddie has conducted interventions for hundreds of Front line workers during the COVID-19 pandemic