1. Welcome and Introductions
2. Objectives
   a. Understanding wellness concepts and the tools needed to address physical, mental, emotional health and well-being from recruitment to retirement.
   b. The student will be able to describe the Peer Support, Chaplain and Honor Guard programs value in relation to employee wellness.
   c. Student will be able to identify the seven different components of the wellness wheel and how all are needed to contribute to overall wellness.
   d. Understand and be able to define mindfulness, physical and spiritual aspects of addressing compounded stress.
   e. Student will be able to define acute vs chronic stress and be able to identify the causes of burnout, compassion fatigue and trauma?
   f. Define hypervigilance and the symptoms of the hypervigilance rollercoaster.
   g. Student will be able to identify signs and symptoms of emotional distress for the officer.
   h. Student will be able to identify the signs and symptoms of vicarious trauma and cumulative trauma and the effect it has on an officer’s well-being and family.
   i. Student will be able to differentiate between PTSD and PTSA.
   j. Describe how to proactively provide assistance as a peer support team. Identify and list available resources for officer’s experiencing emotional distress.
   k. Identify EAP services and how stigma can affect an officer’s willingness to access them.
3. Group activity-Identify appropriate responses to a critical incident to ensure employee’s emotional health is addressed.
4. Group activity-Participate in a visual exercise of putting added weight (5lbs...15lbs...25lbs) in backpacks as two students walk on treadmills. Added weight is used to simulate stress over a career in law enforcement. Discuss with class how to recognize stress that occurs over a career and how to address the stress in a positive manner.
5. Group exercise to evaluate individually if the officer has continued activities and hobbies, they participated in prior to a law enforcement career.
6. The Peer Support Program
7. Counseling Team / Employee Assistance Program
8. Review/Closing/Evaluations