

December 2020 Roll-Call Briefing Training

WELLNESS

December's training topic is on officer wellness. Yes, those taboo things we as cops don't discuss because it is too uncomfortable and vulnerable.

Mental health and personal wellbeing are just as important as two other aspects of our career that have always had a priority since DAY 1...lifetime fitness and officer/career survival.

Emphasizing mental health and personal wellbeing can produce less officer suicides, medical retirements, and by average a longer, more enjoyable life after service retirements.

Below is a link that will take you directly to the 2-hour POST website training on Officer Wellness. Our roll-call training is NOT 2 hours. Follow the below instructions to keep each training around 30 minutes.

- 1) POST Portal sign-in- <https://pass.post.ca.gov/login?service=https://lp.post.ca.gov/Pass/Index>
 - a. Click on the above link
- 2) Type "wellness" into the search box and click "search." (If it takes you to a login page, my info will automatically populate so just click "login.")
- 3) Click on the title Officer Wellness.
- 4) On the left of the page, click "Review" if available. If not, then click "Start."
- 5) You'll now be on the menu page.

Day 1 – Select **"Life Balance."** This section is about 25 minutes of video. It includes an intro video, testimonial video, a discussion question, a debrief video, another question, and then a wrap-up video with a final question.

The questions are to facilitate a discussion. However, the debrief video mentioned above takes care of the discussion if you run out of time.

Day 2 - Follow the same steps as above. When you get to step 5, select **"Resources and Coping."** This section is less than 25 minutes. Same order as the Life Balance section.