



# SAFLEO

## COURSE CATALOG

The National Suicide Awareness for Law Enforcement Officers (SAFLEO) Program's mission is to educate law enforcement officers and agencies to better understand the causes of suicide through providing training and meaningful resources focused on mental wellness and suicide prevention. SAFLEO offers dynamic trainings that are grant-funded and available for all levels of law enforcement, both in-person and virtually. To keep participants engaged, SAFLEO incorporates today's most effective adult-learning techniques. No matter where you are in your law enforcement career, SAFLEO has a training specifically designed for you, all with the goal of protecting our nation's protectors.



### In-Person Training



All in-person and virtual trainings are certified by the International Association of Directors of Law Enforcement Standards and Training (IADLEST) National Certification Program™.

#### **Executive Forum** Laying the Foundation

Attend this four-hour forum of law enforcement leaders to dive deeper into policy and strategic planning surrounding suicide prevention and response. This highly interactive training gives executive leadership solutions to barriers to help-seeking and offers recommendations on how to implement and nurture the Program long-term.

#### **Leadership and Supervision Training** A Proactive Approach to Officer Wellness and Suicide Prevention

Duty, empowerment, responsibility, ownership, and accountability are important concepts that you must demonstrate and encourage in the people you lead. During this highly interactive eight-hour training, you will have the opportunity to exchange ideas, strategies, and best practices and create individualized action plans.

#### **Train-the-Trainer Workshop**

This highly interactive, two-day course will give agency trainers the data, evidence-based strategies, supporting research such as positive psychology, instructional design principles, and resources for continued professional development. This workshop will enable your trainers to support the agency's program and encourage and effect behavioral and organizational culture change.

#### **Line Officer Training** Stay Healthy and Resilient

This eight-hour training provides law enforcement officers with a deeper understanding of factors that contribute to suicide, how to recognize warning signs in themselves and others, ways to build resilience, and available options for treating any unresolved stress. Officers will develop innovative strategies that promote health and wellness, discover ways to interrupt unhealthy behaviors and overcome the stigma of help-seeking, discuss how they can provide support to fellow officers, and develop a personal action plan that includes resources they can access to continue their health and wellness journey.

## Online Training

SAFLEO offers online training opportunities that cover a range of topics and issues facing law enforcement, including the importance of mental wellness, stress risk factors, personally destructive behaviors, and more.

# SAFLEO.ORG



@SAFLEOPROGRAM

## Web Events

SAFLEO Web events feature candid discussions focused on the issues that law enforcement must face on a daily basis and how the law enforcement community can work together to confront these issues.



## Virtual Training

Some SAFLEO virtual trainings have hybrid training opportunities, which use an online asynchronous format to deliver content concluding with a scheduled live virtual event to emphasize skill-building or engage in group discussion.

### Executive Leadership Virtual Training

This training is a virtual, self-paced course offered over a two-week period that concludes with a live roundtable event. During this training, executives will discover the underlying causes of suicide, identify solutions to overcome the stigma of help-seeking, identify protective factors that promote strength and resilience, and develop an action plan specific to your agency.

### Leadership and Supervision Virtual Training

If you are in a leadership or supervisory position, you are an influencer within your agency. You are a role model for those under your charge. During this highly interactive training, you will have the opportunity to exchange ideas, strategies, and best practices and create individualized action plans.

### Train-the-Trainer Virtual Workshop

This highly interactive workshop will enable established instructors to support their agencies' officer wellness and suicide prevention programs and to encourage and effect behavioral and organizational culture change. Participants will also have the opportunity, during the live portion of the training, to hone their instructional skills by facilitating a portion of the SAFLEO Line Officer Training using the research-based strategies learned during the self-paced portion of the training.

To attend this virtual workshop, registrants should have previously attended a SAFLEO Line Officer Training or a SAFLEO Leadership and Supervision Training within the last two years.

### Line Officer Virtual Training

Did you know that law enforcement officers are at greater risk for suicide than the general population due to the unique stresses of their jobs? Although all law enforcement officers are exposed to this stress, much can be done to mitigate its effects. During this four-hour training, you will gain a deeper understanding of factors that contribute to suicide, learn to recognize warning signs in yourself and others, focus on ways to build resilience, and explore options for treating any unresolved stress.

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