

Managing on the job stress and addiction

This course meets BSCC JAG Mental Health Grant Requirement

DUNS 113151524 NAICS CODE: 621420

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Type: RFC Annual Status: Approved Cert. Number: 08373535

Version: 1.0 Certification Date: 10/22/2019 Expiration Date: 10/22/2021

Course Information Est. Class Size: 25 Course Hours: 8

Primary Population: Adult Corrections Officer, Field Probation, Juvenile Corrections

Agency Specific: No Delivery Method: ILT – Online Instructor Lead Training

Course Summary:

In this course, we will address and discuss daily workplace stressors and know when and how to decompress intense emotions. turn it off. We will dive into the popular concept of drug dependency and its impact on family dynamics, employment, and relationships. In other words, we will discuss the “why” of consuming illicit drugs/alcohol as a coping mechanism for an extended period. We will discuss how repeated exposure to high-stress, life-threatening situations coupled with long hours can turn law enforcement officers toward alcohol or drugs in order to decrease stress and manage emotions.

Performance Objectives

1. Participants will be able to identify what specific “Needs” are being met consuming illicit drugs & alcohol.
2. Participants will be able to describe the impact of on the job stress/trauma to long term drug dependency
3. Participants will be given specific tools to apply to the healing process for themselves and their families.
4. Trainees will be given the tools that they can use to reframe their thought process to acquire new coping mechanism for stress relief.

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Provider Information Provider Name: The Final Step

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Course will exceed the STC maximum tuition of \$12.50 an hour? No