

Surviving Self-Inflicted Wounds for LE



Criminal Justice Institute Lake Worth Campus

April 5, 2023, Wednesday

8:00am-5:00pm

Max 28 Attendees

No- fee Region XII - Non-region – TBA

Note: Seats will NOT be held past the start time of the first day of class.

Registration **MUST** be through your agency training department or coordinator. Registrations may be emailed on: Authorization to Attend from Agency Letterhead to: CJTRAINING@palmbeachstate.edu

Information on Eventbrite will be attached to Approval from PBSC to Agency Training Liaisons for attendees to register on Eventbrite once approved.

<https://www.palmbeachstate.edu/CCE/criminaljustice.aspx>

Books and Manuals will be provided for class. Students **MUST** wear appropriate clothing while attending courses at the Criminal Justice Institute: i.e. Business Casual or Agency Uniform (**NO Shorts, Flip-Flops, Jeans or Tank Tops**).

Course Description:

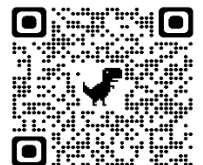
The first responder spends their entire shift taking care of others. When summoned by the public they can immediately identify the underlying issues and develop a plan of action for complete strangers. This amazing ability is rarely if ever applied to themselves. Self-Care and making your wellness a priority needs to be our focus if we are to substantively address the concept of personal wellness in the first responder community. Addressing the personal, professional, financial, physical, and emotional health needs to be the priority. By utilizing a series of personal, real world, life examples, difficult topics are addressed. An alcoholic, adulterer, and addict, I tear open my life to expose a man for all his faults and shortcomings. More importantly solutions are offered to address the obstacles often faced by the first responder. The importance of maintaining healthy relationships, at home and at work, as well as exploring the effects of trauma, PTS, and suicidal ideation provides valuable life changing insight. Accountability starts with you and begins the process of your personal and professional development and growth.

Attendance in this class will empower you to take back control of your life and improve it in ways you didn't believe possible.

Let me show you how you not only survive Self-Inflicted Wounds but thrive within this most noble of professions.

Bio: John Kelly is a 30+ year veteran of Broward Sheriff's in the field of LE. He has developed an LE Wellness program for current officers, which he addresses the personal, professional, financial, physical, mental health and the wellbeing of LE Officers. He has dedicated his next chapter in life to empowering LE Officers to identifying the obstacles that face officers, the stigmas of asking for help, and empowering decisive action for officers in their daily normal lives.

(Please open QR Code for Video)



For more information contact: Joseph Tata Jr.
Advanced/Specialized Career Training
Coordinator: @ 561-868-3868