

Hot Topics for Officers Assisting Fellow Officers

Peer, Resiliency & Wellness Officer Training

A two-day training focused on

- Supporting officers after critical incidents
- Recognizing red flags & knowing when to escalate
- Navigating legal, mental health, and family challenges
- Preventing burnout in peer roles
- Practical tools officers can use immediately

Designed to strengthen peer support efforts by combining officer experience, clinical education, and expert insight. The goal is to help officers support one another effectively, ethically, and sustainably, without burning out.

Date: Thurs–Fri, April 16–17, 2026

Time: 8:00am - 5:00pm (sponsored lunch)

Location: Paramus Life Safety Center

Training Areas Include

- Peer Support Skills & Boundaries
- Mental Health, Substance Use, & Suicide Awareness
- Occupational Trauma, Moral Injury, & Organizational Pressures
- Legal Considerations (FMLA, WC, FFDE)
- Family & Relationship Impact
- Health, Sleep, Nutrition & Wellness
- Special Populations in Policing

Organized by

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4tified Consulting Team

Featuring

- Officer-led lived experience sessions
- Clinician-led mental health education
- Subject-matter expert briefings
- Practical, skills-based breakouts



Register



More Information

(551) 444-6918 

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Includes Sponsored Lunch