

II. UNIT OF INSTRUCTION: THE HISTORY OF MENTAL HEALTH IN LAW ENFORCEMENT: DEFINITIONS AND DISCUSSION

- A. Mandates: Officer Wellness-45 minutes
- B. Number of Hours: 45 Minutes
- C. Unit Description: This unit of instruction will provide officers with the definitions and context of key words as they relate to mental health and law enforcement. The history of mental health in law enforcement will be discussed in-depth to provide students with context for past and present attitudes and perceptions of mental health in the law enforcement industry.
- D. Training Goals: By the end of this module, students will be able to:
1. Recognize and define common terms in the context of officers and proactive mental health
 2. Recognize and define added stressors of being a police officer
 3. Define and understand the terms “sub-culture” and “PTSD”
 4. Recognize what it looks like when a person has repeated exposure to physical and emotional trauma
 5. Analyze and discuss historic data on officers’ deaths, suicides, divorce rates, decline in health and how the actions of the past have created an atmosphere of distrust
- E. Recommended Instructional Aids: Handout materials, multi-media projector, lap top computer, screen, white or black board, dry-eraser markers, and an eraser.