

Description

This course is presented in 4 or 8 hours and is designed for Public Safety Dispatchers and reviews the unique stressors associated with 9-1-1 as well as provide tools for managing stress.

Under the instruction provided by a qualified instructor(s) each student will achieve the following learning outcomes:

- Demonstrate their understanding of the six dimensions of wellness
- Identifying the physical and psychological impacts of stress
- Identify resources regarding stress and emotional health related to critical incidents.

CalOES ATA Reimbursement Approvals

If the class is CalOES approved for reimbursement you will receive the branch notification as part of the registration confirmation.

Prerequisites

Current public safety dispatchers, call-takers, and telecommunicators.