



Free Training for Ohio's First Responder Community

As another school year begins with many unknowns, it is important that we take care of ourselves as much as we care for our students. The Ohio School Safety Center (OSSC) and the Office of Criminal Justice Services are proud to offer these **virtual** trainings to the first responder community and encourage people to register for these live events or reach out if your agency could benefit from a course just for your staff.

Self-Care (2-hour course): This course reminds us that in order to take care of others, we must first, take care of ourselves. The various possible physical, emotional, mental, spiritual and behavioral effects are discussed. Techniques and strategies for dealing with these effects in a healthy and safe way are discussed.

- Tue, September 14 – 3pm-5pm: [Register Here](#)
- Thurs, October 28 – 3pm-5pm: [Register Here](#)

Crisis Awareness (3-hour course): This course provides participants possible examples of physical and emotional signs that a co-worker, family member, friend or the employee themselves may be in crisis after a traumatic event. Issues discussed include; physical, cognitive and emotional responses to trauma, alcohol / drug issues, techniques and strategies for working through the effects of a traumatic incident.

- Tue, October 5 – 2 pm-5pm: [Register Here](#)

Question Persuade Refer (QPR) Suicide Prevention (2-hour course): Mission of the training is to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training.

- Wed, September 8th – 3pm-5pm: [Register Here](#)
- Thurs, September 23 – 3pm-5pm: [Register Here](#)
- Wed, October 13 – 3pm-5pm: [Register Here](#)
- Wed, November 10 – 3pm-5pm: [Register Here](#)
- Tue, December 7 – 3pm-5pm: [Register Here](#)

For questions, please contact Emily Torok, OSSC Administrator, at enmtorok@dps.ohio.gov.