

# Peer Support Training Information



## Virginia First Responder Support Services Peer Support Training Curriculum

### Day 1

- I. Introductions
- II. Peer Support Training Outline Day 1
  - a. Description
  - b. Peer Support Discussion
  - c. Peer Skills
  - d. Practice
  - e. Mental Health in Art
- III. Peer Support Discussion
  - a. Emotional assistance provided by a trained individual or group of trained first responders.
  - b. Formal
  - c. Informal
- IV. Peer Skills
  - a. Listen
  - b. Relate
  - c. Validate
  - d. Normalize
  - e. Offer hope
- V. Practice Session #1
- VI. Reflection
- VII. Mental Health in Art
- VIII. Homework

### Day 2

- I. Review Homework
- II. Peer Support Training Outline Day 2
  - a. Peer Support Skills
  - b. Practice
  - c. Signs & Symptoms: Stress, PTSD, Depression, Anxiety, Substance Use
  - d. Peer Support Team Development & Logistics
- III. Peer Support Skills
  - a. Be Engaged and Present
  - b. Encourage Conversation
  - c. Listening vs. Hearing
  - d. Provide Feedback
- IV. Practice Session #2
- V. Reflection
- VI. Introduction to Symptoms & Disorders
  - a. Stress, Trauma, and PTSD
  - b. Depression
  - c. Anxiety
  - d. Substance Abuse
  - e. Frequently Asked Questions
- VII. Treatments
- VIII. Barriers to Treatment
- IX. Officer Involvement
- X. Mentor Mental Health
- XI. Peer Support: The Logistics & Development
  - a. Confidentiality
  - b. High risk policy
  - c. SOPs
  - d. Documentation & Tracking
  - e. Essential Team Members
- XII. VFRSS State Peer Team
- XIII. Closing