

## Project Abstract:

### Law Enforcement Mental Health and Wellness Grant/Peer Support

The Collin County Sheriff's Office recognizes that its employees are subjected to the harmful effects of stress associated with critical incidents. To minimize the adverse effects of critical incident stress, the Collin County Sheriff Office established a Peer Support Program (PSP) comprised of a Peer Support Group (PSG). The PSG will consist of twenty-four employees (sworn, non-sworn, and civilian) and clinicians trained to provide PSG peer support to department employees and family members after a traumatic incident. The PSP is meant to be used in concert with the current Collin County Employee Assistance Program, not to replace it.

### Objectives:

The PSG utilized a multi-dimensional approach through both a proactive and reactive format. The program will be pro-active by educating members of this department about stress and stress management prior to responding to traumatic events and by educating command staff and supervisors about the appropriate use of the PSG. The program will be reactive by activating PSG members during and after critical incidents to provide emotional support and professional referrals for those impacted by these events.

### PSP objectives are:

- Preventing and mitigating traumatic stress
- Intervening to aid in recovery from traumatic stress
- Accelerating recovery whenever possible
- Restoring to pre-incident levels of functioning
- Maintaining worker health and welfare
- Providing peer support in stressful situations
- Encourage professional counseling services