



Minnesota Sheriffs' Association
100 Empire Drive, Suite 222
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Minnesota Sheriffs' Association Training Announcement:

The MSA and ECKBERG LAMMERS Law Enforcement Training Academy & Consulting our presenting in-person and online training on:

Becoming the Best You – Traumatic Stress & Vicarious Trauma Officer Wellness

February 16, 2022 - 8:00 AM – 12:00 PM

This class will be in-person at the MCIT Building or online via Zoom

Participants in this section will learn topics that include:

- Understanding how trauma exposure and stress may influence officer decisions and behavior.
- Discussing strategies that support good officer mental and physical health.
- Comprehend when help is needed and where and what resources are available to seek help.

For years, officer mental and physical health were not discussed or trained on, but the exposure to trauma related to police work has led to a host of personal and professional issues. The most important step is understanding what trauma is, and how to avoid complacency and cynicism. Participants will hear from an experienced prosecutor and a member of law enforcement who will identify areas of trauma and provide participants with useful tools needed to prevent the trauma from affecting them and their families.

Instructor:

Tim Harris – LETAC Distinguished Faculty, Commander Washington County Sheriff's Office – 21 years

Commander Tim Harris is the Commander of the Patrol Division for the Washington County Sheriff. He started his career at the Minnesota Washington County Sheriff's Office in 2000. While at Washington County, he has worked as a Correctional Officer, Patrol Deputy, Field Training Officer, D.A.R.E. Officer, Detective, Court Security Unit Sergeant, Water Parks & Trails Sergeant, Washington County Security Operations Sergeant, and Patrol Sergeant. He has taught multiple law enforcement courses throughout the state with the Minnesota Sheriff's Association. His hobbies include hunting, fishing, running and spending time with his family and friends.

- In-Person:** 100 Empire Drive St. Paul, MN Room 312
- Live Online:** Zoom Link will be emailed to the attendees prior to class.
- Registration Costs:** \$120 per person
- Registration:** Register for this training at www.mnsheriffs.org under Trainings.

*If you have questions or need further information please contact:
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Working for Minnesota Sheriffs since 1885*