

# Unraveling PTSD and Strengthening Resilience

December 6th, 2024

10am - 11:30am PST

FREE / Virtual (ZOOM)

## ATTENDEES WILL LEARN TO:

1. Recognize the impact of trauma, stress, and PTSD
2. Identify practical strategies for overall improvement
3. Understand the concept of Eustress and its role in combating PTSD
4. Utilize strategies for suicide prevention, including the use of Eustress, the importance of psychotherapy, and fostering community vulnerability.
5. Address and challenge stereotypes and stigma associated with seeking help for mental health issues

This 90-minute, virtual presentation delves into the impact of neuroscience and psychotherapy on the lives of first responders, with a focus on the effects of trauma, stress, and PTSD. It explores how these factors influence behavior, including substance use, and mental health while providing practical strategies for improving overall health.

Designed specifically for first responders, this presentation aims to break down stereotypes and reduce the stigma surrounding mental health care and SUD treatment. It encourages proactive strategies for seeking help and supports the mental health needs of those who serve on the front lines.

REGISTRATION: Through ACADIS, Session #8031

Contact your agency training manager.

If you OR your agency do not have an Acadis account, please contact [may.saelee@cjtc.wa.gov](mailto:may.saelee@cjtc.wa.gov) OR SUD Program Manager, Becky Starnes: [becky.starnes@cjtc.wa.gov](mailto:becky.starnes@cjtc.wa.gov)