

B-12
EMERGENCY INCIDENT RESPONSE
CORE POLICING COMPETENCY: LIFE STRESSORS/SELF-AWARENESS/SELF REGULATION

LEARNING ISSUES:

- Controlling of one's emotions during emergencies
- Managing relationships with PTO/co-workers/supervisors
- Awareness of situations which causes personal stress
- Willingness to seek assistance from others
- Appropriate balance of personal concern vs. public safety (tombstone courage)
- Other issues relating to stressors, self awareness and self regulation during emergency incidents

RESOURCES:

- DPD G.O. 2022, R-2: Wellness Program
- DPD G.O. 4027, R-2: Delivering Emergency Messages
- DPD G.O. 4067, R-1: Officer Involved Shootings, In-Custody Deaths or Serious Injuries
- Psychological services
- Critical Incident peer support group
- National Association of Chiefs of Police- Tombstone courage (<http://www.aphf.org/10dead.pdf>)

LEARNING OUTCOMES:

1. The trainee is able to describe strategies to deal with stress, self-awareness and self governance. The trainee is able to identify relevant SOPs and policies that address lifestyle stressors and those that govern self-awareness and regulation during training.
2. The trainee is able to recognize stressful circumstances, events and apply appropriate strategies to deal with them.
3. The trainee is able to evaluate the effectiveness of their use of the reference material listed in this competency.