



21 CLETS, LLC  
- Creating realistic and relevant training -



# PTSD: FIRST RESPONDERS

This course is designed to increase awareness of the issues faced by field emergency personnel and dispatchers who have been involved in or witnessed critical incidents. Our purpose is to make more first responders aware of the causes and effects of Post Traumatic Stress Disorder (PTSD) and the danger it can pose if untreated to them, their loved ones, peers, and the general public.

As a result of this training participants will be able to:

- Recognize specific signs and symptoms of PTSD
- Determine coping strategies, and how and where to seek help if needed
- Learn how the brain changes due to trauma
- Distinguish the kinds of behaviors that first responders may see in others experiencing PTSD
- Understand co-occurring disorders such as substance abuse, depression, and anxiety
- Identify the most commonly used psychotropic medications and their associated side effects

**Date:**  
**Wednesday**  
**March 20, 2024**  
0800-1700 hours

**Instructed by:**  
Cait Fournier

Registration: \$125.00

P.O.S.T. control #**1382-22408-023-002** STC **05035437**

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