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*Crisis Awareness Training*

Crisis Awareness Training provides participants possible examples of physical and emotional signs that a co-worker, family member, friend or the employee themselves may be in crisis after a traumatic event.  This can be brought about by an incident at work, in their personal life or as the result of the cumulative effects of exposure to traumatic situations.  Everyone’s reactions to trauma are unique to that person, but this course gives some possible signs and symptoms as well as techniques to help someone who may benefit from assistance.

Issues discussed include; physical, cognitive and emotional responses to trauma, alcohol / drug issues, techniques and strategies for working through the effects of a traumatic incident.

Often, we want to help another person but don’t know what to say or how to best assist them. This course provides the opportunity to ask questions about trauma and stress as well as being given resources and concepts to help not only someone else, but the employee themselves.

In addition, a fourth hour of Addiction Awareness can be presented. This section focuses on chemical addiction, (drugs & alcohol) and process addiction, (gaming, shopping, sex etc.). The extent of addiction is discussed and resources for assistance are provided.

 This course has been presented to a number of agencies and civilian organizations across Ohio. It has been very well received.

Audience: Maximum of 100

Length: 3 hours for Basic Awareness, 4 hours with Addiction Awareness

Format: PowerPoint / Lecture