

First Responders Support Team (FRST) Midwest

# PEER SUPPORT & CRITICAL INCIDENT DEBRIEF TRAINING

## 40 HOUR BASIC TRAINING

Peer Support is a means for a department to show support to their employees, offering them opportunities to care for themselves and their families. Peer Support helps those, who without it, might turn to substances, illegal activity, poor performance, seeking a different career, mental health issues and even suicide.

Peer Support is an informal, private opportunity, for someone to speak to a peer, to assist with any issues the First Responder may be having difficulty. It helps clarify concerns and explore available resources. Peer Support is preventative maintenance.

This training will equip First Responders, Chaplains and Mental Health Professionals with listening skills to recognize, help to prevent and understand the effects of stress and refer to outside resources, if needed. Throughout the training, participants will be expected to participate in peer support exercises which elicit personal information and feelings. Following this training, the Peer will be able to provide services at their agency as well as assist and lead groups following critical incidents.

Pat Hinkle, M.A., LCPC, LCMFT, ASAC Angie Jones, M.A. and Ret. Major Jeff Bragg will provide instruction. Pat works, almost exclusively, with first responders. Pat, Angie and Jeff serve on FRST Midwest, assisting multiple departments with their Peer Support teams, instructing classes and responding to crisis situations. See attached for their bios.

### Who should attend?

- Police, Fire, Dispatchers, Paramedics, Chaplains, Mental Health Professionals that work with First Responders

REGISTRATION IS FIRST COME, FIRST SERVED

## TRAINING OPPORTUNITY

Lawrence, Ks

4/29 – 5/3, 2024

8a – 5p

### LOCATION:

Lawrence PD  
Training Center  
4820 Bob Billings  
Lawrence, Ks 66049

### CONTACT:

**Jeff Bragg**

jeffbragg351@gmail.com

### Registration and

Cancellation policy on  
website:

[www.frstmidwest.org](http://www.frstmidwest.org)





## 40 HR Basic Peer Support Training Registration

The cost of this training is \$400 and is due no later than two weeks prior to the start date of the training. If payment is not received at least two weeks prior to the start date of the course your registration will be cancelled. If you choose the PAY NOW option at the end of this registration, you will receive a receipt of payment via email. If you choose the PAY LATER option at the end of this registration, an invoice will be sent to the designated guarantor listed on this registration form. Payment can be made directly on our website at the bottom of the training registration page. Thank you!

**Pat Hinkle, MA, LCPC, LCMFT**, founder of Hinkle & Associates, brings a distinctive background to his work as a trained counselor and therapist. Drawing from experiences gained throughout his three-year deployment in the U.S. Army Military Police Corps, and as a former Captain during his a 28-year career with the Lenexa, Kansas Police Department, Pat finds a natural connection with people confronting trauma, crisis situations and challenging life events.

As both a Licensed Clinical Professional Counselor and a Licensed Clinical Marriage and Family Therapist the past seven years, Pat's practice is built on providing confidential and supportive therapy techniques. His background is extensive, including a bachelor's degree in criminal justice and a master's degree in counseling from MidAmerica Nazarene University. He is a graduate of the FBI National Academy and a long-time instructor at Johnson County Regional Police Academy. In addition, he has clinical counseling experience at the Kansas City Salvation Army's adult rehabilitation clinic, and Shawnee Mission Medical Center's emergency room and in-patient mental health unit.

Pat's work and leadership have been honored through various awards and appointments. These include a Bronze Medal of Valor from Kansas City Crime Commission/KMBC TV 9 in 1992, and positions on the National Alliance for Mental Illness Board of Directors (Johnson County, KS affiliate) and the Kansas Law Enforcement Council-Crisis Intervention Team. Pat has been featured in television appearances including 60 Minutes, The Paula Zahn Show, featured documentaries, and published interviews, sharing his insights on notorious criminal cases and related issues. He also is an active member of numerous government, professional and civic organizations at the local and state level.

### **Peers**

**Jeff Bragg** – Retired Olathe Police Department, former OPD Peer Support Coordinator, FRST Midwest Ed Chair

Jeff served the Police Department for 30 years. He retired as a Major at OPD as the division commander of the personnel and training units. He was an original member of the Peer Support Program at OPD in 2007 and rose to be the coordinator until his retirement. Jeff was instrumental in creating the FRST Midwest organization and continues to serve as the educational chair of the organization.