

SANTA ANA COLLEGE
CRIMINAL JUSTICE ACADEMIES
COURSE SYLLABUS

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MISSION STATEMENT

Santa Ana College
inspires, transforms, and
empowers a diverse
community of learners

COURSE TITLE: Basic Peer Support Training CJA 040A

COURSE OBJECTIVES:

Upon completion of the course students will be able to:

1. recognize and define the roles of Peer Support
2. recognize acute stress reactions
3. identify the ripple effect of a critical incident
4. demonstrate active listening and crisis counseling skills

GRADING:

All testing procedures and protocols are consistent with California Peace Officers Standards and Training (POST) rules and regulations

POST certified instructors evaluate student performance in all tested exercises.

Scale: 70% or higher – Pass / Lower than 70% - No Pass

SCHEDULED COURSE:

See Santa Ana College 2019-2020 Catalog at sac.edu, or call the CJA Office at 714 566-9200

REQUIRED MATERIALS:

Supplied by instructor during the first class meeting

COURSE CONTENT:

Lecture

1. Peer Support Fundamentals
 - A. Public safety stress and trauma
 - B. What is peer support
 - C. How to start a program

2. Aftermath of a Crisis
 - A. Physiological reactions to trauma
 - B. Crisis counseling
 - C. Active listening

3. Common Mental Health Issues
 - A. Depression
 - B. Anxiety

4. Other Health Issues
 - A. Cancer and disease
 - B. Addiction and substance abuse

5. Law Enforcement Stress and Trauma
 - A. Line of duty deaths
 - B. Officer involved shootings
 - C. Officer suicide

6. Increasing Your Resiliency as Peer Support
 - A. Self-care
 - B. Personal mind set

Total Lecture Hours – 2.5

Lab

1. Introductions
 - A. Class discussion – Reason for wanting to be on Peer Support Team

2. Peer Support Fundamentals
 - A. Table top exercise – Challenges in starting a Peer Support Program

3. Aftermath of a Crisis
 - A. Table top exercise – Crisis intervention considerations
 - B. Class discussion – Active listening exercise

4. Peer Support Partnerships
 - A. Marriage and relationships
 - B. Department chaplains – Use vs. Don't Use
 - C. Table top exercise – Communication skills

5. Organizational Stress
 - A. Bureaucracy and toxic personalities
 - B. Table top exercise – How to respond to problems within your organization
 - C. Table top exercise – How to respond to friends and erratic behavior

6. Death and Traumatic Loss
 - A. Types of traumatic loss
 - B. Helping others cope
 - C. Table top exercise – Response to a suicide
 - D. Table top exercise – Response to a department member death

7. Common Mental Health Issues
 - A. Tools for combatting depression

8. Other Health Issues
 - A. Class discussion – Substance abuse

9. Law Enforcement Stress and Trauma
 - A. Table top exercise/scenario – Peer support role in line-of-duty death

10. Increasing Your Resiliency
 - A. Class discussion – Use of humor

Total Lab Hours – 13.5

LEARNING METHODS TO BE EMPLOYED:

Class discussions, Group Study & Exercises, Handouts, Instructor Demonstrations, Lecture, Reading Assignments, Other: Practical Application Exercises

SKILLS TO BE MEASURED BY:

Multiple Practical Application Exercises

STANDARDS OF STUDENT CONTACT:

From the 2019-2020 SAC Catalog page 61: Students enrolling in district educational programs assume an obligation to obey state law and district rules and regulations governing the conduct of students. Students who enroll in those instructional programs in which the college has affiliations with various outside associations must comply with the college's policies and procedures and also with the outside association's policies and procedures. This includes but is not limited to students enrolled in the programs of Fire Academics, Criminal Justice Academies and Nursing.

ACADEMIC ACCOMODATION STATEMENT:

A student with a disability, who would like to request an academic accommodation, is responsible for identifying herself/himself to the instructor and to the Disabled Students Programs and Services (DSPS). To make arrangements for academic accommodations, contact the Disables Student Office in Johnson Center, U-103, or phone (714) 564-6264, TTY (714) 564-6284 for a referral to the appropriate DSPS Department.