Comprehensive Officer Resilience: A Toolkit for First Responders

Instructors:
Genevie Saucedo, Training Officer, Maricopa County Sheriff's Office, AZ
Michael Puente, Deputy Sergeant, Maricopa County Sheriff's Office, AZ

The Comprehensive Officer Resilience program is comprised of domains and tenets. The domains are the areas of a person’s life that capture the totality of how they experience and relate to others and themselves. Being fit across the four domains leads to a more resilient individual. The tenets are the key characteristics in an individual that foster resilience. They are the foundation for this training, which is cited and backed by the U.S. Air Force and academic experts. Research by the University of Pennsylvania and other academic forums has established that resilient people are not as negatively impacted by adverse events; and when they do experience an adverse event, they recover faster and are more likely to experience post-event growth.