

## **Peace Officer and Part Time Peace Officer In-service Learning Objectives for Officer Wellness**

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In 2023, the Minnesota Legislature passed HF1234 and created MSS 626.8478. This statute mandates that the chief law enforcement officer of every state and local law enforcement agency shall provide in-service wellness training to every peace officer and part-time peace officer employed by the agency. The training must comply with the learning objectives developed and approved by the board and must meet board requirements for board-approved continuing education credit (Subd.3). The head of each local and state law enforcement agency shall maintain written records of the agency's compliance with the requirements of subdivision 3. The written records are subject to periodic review by the board and must be made available to the board at its request (Subd.4).

The intent of these learning objectives are to prepare peace officers for the stressful and traumatic events that are common to policing, and to teach officers methods to process and cope with the stress and trauma inherent to policing.

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### **Learning Objectives**

- 1. Demonstrate an understanding of the mental health concerns of peace officers, including:**
  - A. Discuss how trauma exposure and stress may influence the mental health, physical health, decisions, and behavior of peace officers.
  - B. Identify behavior models and strategies that support good mental health.
  - C. Discuss how to:
    - i. Recognize when help is needed.
    - ii. Overcome barriers to seeking help.
    - iii. Access help for self or another officer.
  
- 2. The officer will identify the symptoms of emotional trauma that may arise from critical incidents and discuss the need for evaluating and treating their effects, to include:**
  - A. Sleep disturbances.
  - B. Emotional distancing.
  - C. Hyper-alertness or exaggerated startle response.
  - D. Memory impairment or trouble concentrating.
  - E. Inability to express feelings.
  
- 3. The officer will explain the agency's response to officers involved in deadly force and other critical incidents.**
  
- 4. The officer will explain the concept of “post-shooting trauma”, and identify and explain the varying physical and emotional responses that can occur when force, including deadly force, is applied.**