

EASTERN MISSOURI PEER SUPPORT COUNCIL

INTRODUCTION

PURPOSE:

The EMPSC was established to assist St. Louis regional first responders in catering to the needs of their employees in the area of peer support. The EMPSC has a goal of providing assistance in procuring training, model policies, support and reference materials for each agency within our region that wants to provide peer support and mental health options for their employees. Recognizing that mental health and wellness is a major priority for all first responders the EMPSC stands ready to support all first responders in improving wellness and mental health needs.

WHY NOW:

Most professional Police/Fire agencies recognize the importance of mental health and wellness support for their employees. In response to this ever-increasing need, the State of Missouri enacted Senate Bill 57, which supports the mental wellness of first responders and requires a mental health check in with their service provider every 3-5 years and affirm this with the agency. The Council saw an opportunity to bring training and support to member agencies in an effort to improve the mental health of all first responders.

WHAT DO WE PROVIDE:

The EMPSC provides several areas of support for the improvement of mental health peer support for first responders. The first and possibly most important is the provision of FREE Peer Support Training for agency team members. Initial Peer Support core training will be a total of 16 hours and advanced training will follow. The training is in forming and supporting an agency peer support program. The EMPSC also provides a network of support for individual team members by having access to other peer support members, reference material, ongoing training, future conferences and presentations for peer support members. We also provide model policies for agencies in forming their own Peer Support Teams.

WHAT DO YOU NEED TO DO NOW:

Identify who in your agency will be the lead Peer Support Coordinator for your department. That should be the first person to attend training, receive information about model policies and other resources. Please send the name, email address and cell phone contact number to Krystal Blattner kblattner@thepoliceacademy.org.

HOW DO YOU TAKE ADVANTAGE OF THESE RESOURCES:

Any agency wishing to take part in the regional peer support movement and inquire further into training opportunities please contact Lt. Scott Roach at SRoach@stlouiscountymo.gov or call him at 314-615-7857. Again we are offering free training and support for your Peer Support Team.