Stillwater Police Department Presents:

Composure Under Fire:
Tactics for combatting 178 critical encounters to preserve your career

A Texoma HIDTA/CDC Foundation training

FREE CLEET accredited 4hr training:
2hr Mental Health credits
April 9, 2026 (8:00am-12:00pm)

Location: 723 S. Lewis St.
Stillwater, OK 74074

Presenters: Geno Stewart Texoma HIDTA (DEA Retired)
(geno.stewart@texomahidta.org)
Deneka Turney Cain CDC Foundation

"Composure Under Fire" discusses key components to navigating the challenges associated with experiencing 178 traumatic events throughout your professional career, a crucial component to ending your career as an officer on your terms and not someone else's. Participants will receive an in-depth description on how178 events and childhood trauma experiences affect our ability to maintain emotional regulation and effective conflict resolution at work and home. Discussions and exercises about how to counteract dysregulation occur throughout the course. ACE scoring will be presented with an opportunity to discuss potential implications those scores may have on one's life, career, and interactions with others.

Objectives include:
- **Learning how to identify the 178 trauma events the average law enforcement officer encounters in a career and their impact on the brain, and personal health**.
- **Understanding Adverse Childhood Experiences (ACEs) and Positive Childhood Experiences (PCEs), their impact on the brain, personal health and the health and safety of our communities.**
- **Comprehending the effects of historical and generational trauma on both the officer and community they encounter.**
- **Recognizing emotional regulation/dysregulation in your job, how it impacts you and your performance, and how to decrease burnout.**
- **How to effectively employ emotional regulation and comprehend trauma to positively impact community outcomes and reduce crime.**

https://www.texomahidta.org/ComposureUnderFire04-09-2026