

***\*Law Enforcement Personnel Only\****

## **“When Vicarious Trauma Becomes a 10-78”**



### **Allegra Hirsh-Wright**

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Department of Clinical Innovation  
Maine Behavioral Healthcare

**February 26, 2021  
8:00am-11:00am**

**Virtual: Zoom**

Many law enforcement officers start their careers with enthusiasm, idealism, and excitement yet the toll of the job can soon overshadow and turn these initial motivating feelings into feelings of cynicism, isolation, and anger. Validating the chronic stress of the job, understanding how chronic stress can lead to toxic stress, reducing mental health stigma, and supporting the use of strategies that mitigate and manage chronic/toxic stress reactions are all ways to support officers who may be struggling. This workshop will increase awareness and understanding about, and offer specific strategies for, managing and mitigating chronic and toxic stress.

**Register at:**

**<https://vicarioustraumabecomesa1078.eventbrite.com>**

*This event is approved for continuing education credits.  
Please visit the registration page for more information.*

**For more information:**



**Katharine Carson**  
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**(405) 606-4903**

Information on other trainings available at <http://OCCY.eventbrite.com>.

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