



# A&K Consulting

First Responders and Veterans are often reluctant to seek help from mental health professionals. This is due to concerns that therapists, counselors, and social workers may not fully grasp First Responder and Veteran culture. A & K Consulting, boasting more than 30 years of collective experience in both law enforcement and mental health counseling, acknowledges this critical component is missing, so we have developed a comprehensive 4-hour training session tailored for all mental health professionals. The primary goal of this training is to enhance their comprehension of the First Responder and Veteran culture, providing them with the essential tools to offer effective support to the First Responder and Veteran Community.

## Topics:

- Address the stigma surrounding Mental Health within the First Responder & Veteran community
- Understand why First Responders & Veterans do not want to seek assistance
- Understand what a toxic work environment is
- The common causes of burnout among First Responders & Veterans
- Identify, recognize, and assess occupational hazards
- Effective strategies in counseling First Responders & Veterans

## Who Should Attend?

- Counselors/Therapists
- Chaplains
- Social Workers
- Individuals with a passion to assist First Responders & Veterans

**Location:** Region 1 Behavioral Health, 4110 Ave D, Scottsbluff, NE 69361

## **Virtual Option:**

Session 1: <https://us06web.zoom.us/j/88603793861?pwd=ja8mjM6YAffXRKzVgCiZss9NSIBUJo.1>

Session 2: <https://us06web.zoom.us/j/87190851462?pwd=ob51OdDQm5be6DtsbvOiFe4rfddZB9.1>

**Date & Time:** April 24, 2024. Two sessions 8:00-12:00 & 1:00-5:00.

**Registration:** Upon completion of the seminar, attendees will receive a certification of completion as acknowledgment of their participation.

**A & K Consulting, LLC**

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