

Santa Barbara Cottage Hospital Psychiatry and Addiction Medicine Department invites you to virtually attend its July 2020 presentation.

POST-TRAUMATIC STRESS INJURY (PTSI) AND LAW ENFORCEMENT

Cherylynn Lee, Ph.D.

PTSI is a psychological and physiological injury that has been associated with negative health outcomes including, but not limited to; arthritis, heart disease, respiratory problems, digestive problems, diabetes and chronic pain. The sooner we can identify someone is suffering from PTSI, the sooner we can engage them in appropriate treatment that will discourage the onset of these significant negative health outcomes. This presentation will focus on Post Traumatic Stress Injury (PTSI). The presentation will provide a brief overview of the etiology and anatomy of PTSI. We will discuss how PTSI develops in law enforcement, what exacerbates the symptoms for this group and how law enforcement can cope with and overcome PTSI.

LEARNING OBJECTIVES:

1. Identify Post Traumatic Stress Injury, Etiology & Anatomy
2. Describe how PTSI develops in Law Enforcement
3. Recognize the symptoms of PTSI in Law Enforcement
4. Explain the coping strategies that help to overcome PTSI

Cherylynn Lee, Ph.D. is a licensed Clinical Psychologist specializing in Police Psychology. She received her M.A. and Ph.D. from the California School of Professional Psychology in San Diego with an emphasis in Behavioral Medicine. Dr. Lee is the Behavioral Sciences Manager for the Santa Barbara Sheriff's office. She oversees the county's mental health co-response teams, the county-wide Crisis Intervention Team Training program and the jail's Medication Assisted Treatment Program. She is also a member of the Strength and Resilience Unit and Hostage Negotiation Team. Dr. Lee also works for the Santa Barbara Police Foundation's AT EASE program as a therapist and sees clients out of the Buellton office. Dr. Lee recently served as a subject matter expert for the Peace Officers Standards and Training's (P.O.S.T.) Officer Wellness training video that was just released in June 2020.

Learn more about our Psychiatry and Addiction Medicine services at:

cottagehealth.org/mentalhealth

Please register at <https://attendee.gototraining.com/r/2024634521958955010>

After registering you will receive a confirmation email containing information about joining the training

TUESDAY, JULY 21 2020

Noon to 1:30 p.m.

No meals or breaks provided.

This event has gone virtual.

Join us via GoToTraining at:

<https://attendee.gototraining.com/r/2024634521958955010>

Limited to first 50 registrants

Registration is free

No educational credits will be awarded for attendance of this presentation

Program Coordinators

Cynthia Manigault, BSN, RN

Carole Reynolds Ingraham, LMFT

Education Consultant

Christine Block, MSN, RN, CNRN

Target Audience

Addiction Counselors

Clinical Nurse Specialists

Counselors

Marriage & Family Therapists

Nurse Practitioners

Nurses

Occupational Therapists &

Occupational Therapy Assistants

Other Mental Health Professionals

Pharmacists

Psychologists

Psychotherapists

Social Workers



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