



## A&K Consulting

### *Understanding the First Responder & Veteran*

First Responders & 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 & Veteran culture. The primary goal of this training is to enhance your comprehension of the First Responder & Veteran culture, providing you with the essential tools to offer effective support to the First Responder & Veteran Community. A partnership between A & K Consulting and the Region 4 Behavioral Health System has made this training available to mental health professionals throughout Region 4. Sponsored entirely by Region 4, the training is offered at no cost to attendees. Additionally, the Columbus Nebraska Police Department has generously provided their training facilities for this event.

#### 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:** Columbus Police Department located at 2330 14th St, Columbus, NE 68601.

**Date:** August 7, 2024

**Time:** Session one: 8:00 A.M. - 12:00 P.M. Session two: 1:00 P.M. - 5:00 P.M. (CST)

**Cost:** FREE

**Registration:** To enroll in the training, kindly click on the provided link: [Register here](#)  
Upon completion of the seminar, attendees will receive a certification of completion as acknowledgment of their participation.

For any inquiries or if you need to register multiple individuals, feel free to get in touch with Kevin Erickson. You can reach him at **712-898-5041** or via email at [kevin@a-kconsulting.net](mailto:kevin@a-kconsulting.net)



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