



THE ACADAMI

Ignite . Elevate . Empower

LAW ENFORCEMENT TRAINING CATALOG

All STC Certified

“Best training I have been to!”

- San Bernardino County Probation

“Excellent training. Learned a lot. Trainer was very engaging and stayed on topic, (well organized).”

- San Bernardino County Probation

We provide what you need, in a way that works!

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- LGBTQ/PREA – 8 Hour – Sworn Covers:
 - Language
 - Sensitivity
 - Respectful conversation/interaction
 - Personal/Professional bias
 - PREA background & guidelines
 - Suggested Practices
 - Policy, Procedure
 - SOGle (Sexual Orientation, Gender Identity) Forms

This training covers LGBTQ language including those understandings required to comply with PREA guidelines for LGBTQI and GNC inmates. It covers language, concepts, suggested practices, policy and procedure suggestions. The training allows for open discussion, interview practice, and procedure walk through.

- Trauma Informed Care – 8 Hour – Sworn Covers:
 - ACE's (Adverse Childhood Experiences)
 - Trauma and brain development
 - Trauma-based behaviors
 - De-escalation
 - Secondary Trauma
 - Compassion Fatigue
 - Self-care

This training covers trauma, its impacts on developing brains and behaviors; trauma informed care frameworks and suggested practices; resilience; secondary traumatic stress, compassion fatigue, transference; and self-care. This training explores and explains how trauma impacts the people we work with as well as ourselves and how to address it from many angles including prevention.



- Positive Youth Development – 4 Hour – Sworn/Non

This course will cover the positive youth development framework; how to implement it; and the positive outcomes seen and experiences when applied specifically to juvenile justice populations.

- Managing Stress and Instigating Wellness

This course will cover mental, emotional, and physical coping and aid to managing stress in the workplace. This course will cover prevention as well as intervention such as time management; healthy versus unhealthy coping; how to interrupt stress before it becomes toxic; and provide resources for participants for further support. Specific interventions to be covered: stress self-assessment tools; identifying stress induced behaviors or warning signs and how to interrupt them before becoming too overwhelmed; implementing healthy boundaries and self-care concepts; implementing “the AMRAP” Mentality to increase productivity within high stress fields.

- Maintaining Objectivity and Optimism

This course will cover psychological and sociological theories of objectivity and optimism; how to maintain objectivity and optimism in high stress work settings; and specific tools designed to prevent pessimism and/or subjective thoughts, feelings, and behaviors.



- Health & Wellness

We will map out personal and professional care strategies to address and prevent such occurrences as "burn out," "compassion fatigue," and more. The course will take participants through their own stressors and coping to develop a response and prevention self-care plan. The plan will include nutrition and exercise, time management, healthy coping options, and more. This course will cover whole person, holistic wellness particularly tailored to the stresses of law enforcement work. The education component will include information on: diet/nutrition, exercise/training, brain science - sleep, napping, other wellness "life hacks," rest and recovery, supplementation, stress management, and more.

- Cultural Awareness

This course covers introductory understanding to bias; how to identify bias within yourself; and how to avoid associated behaviors in the workplace. This course will also cover unique considerations for working with marginalized populations such as LGBTQ (gender and sexual minorities) and racial and ethnic minorities. Topics covered: implicit and explicit bias; micro-aggressions; stereotyping.

- Diversity Updates

This course will cover cultural diversity and awareness; benefits to diversity in workforce and acknowledge client intersections; We will also cover disparities as applicable to the audience specifically, including regional, economic, ethnic, gender, and more; it will cover what they are and how to address them in the field of audience specific field(s). This course also includes CA Law and suggested practice updates for working with transgender individuals.