

# POST CRITICAL INCIDENT SEMINAR FOR LAW ENFORCEMENT RETIREES (PCIS-R3)

## Fact Sheet

December 9-11, 2024

**The Overall Goal of the Training:** turning vulnerability into strength through learning, utilizing and offering peer support. This is an experiential workshop for retired officers and soon to be retired officers. Despite the best support offered by your agency following your retirement, there can be unanticipated impacts. Many retirees report the impact of retirement as follows:

- “My identity has changed. I no longer carry a gun and badge. I’m not a cop anymore.”
- “I still feel stuck with the effects of my critical incident(s).” (LODD, Suicide, Other)
- “I compartmentalized stuff in boxes over the years.....Now the boxes are coming open.”
- “What do I do next?”
- “I am now struggling with health issues.”

The PCIS-R will provide **retirees** and **soon-to-be-retired** officers with education on trauma, patterns of resolution, and field-tested coping strategies to promote recovery and resilience. Peer support is an important element of the PCIS-R. Discussion of retirement impacts with fellow retirees who have "been there" promotes a sense of normalization. This format originated with the FBI in 1983. SCLEAP has been hosting the PCIS in South Carolina since January 2000.

**What will I get out of this?** An opportunity to share one's experience with one's peers, give and receive support, sessions with law enforcement related mental health professionals utilizing proven trauma recovery methods, and learn coping strategies that will enable recovery from past critical incidents. The seminar also offers strategies for dealing with retirement issues and seeks to provide the skills to more fully enjoy the retirement which you earned through years of service.

Training slots are limited. We may not be able to include everyone who wishes to participate in the program. We are planning a PCIS-R which will include up to 35 retired officers and soon-to-be retired officers. As the course fills up a waiting list will be started. The facilitators will be retired law enforcement peers, mental health professionals and law enforcement chaplains. This is a program which will be offered to any sworn officers in the state, including but not limited to: SLED Agents, SCDNR Officers, SCDPS officers, SCDPPPS Agents, other State Police personnel, Sheriff’s Deputies, Officers from local PD’s and Federal Agents. Spouses/significant others are invited to attend the 2024 PCIS-R offerings.

**Date:** December 9-11, 2024

**Location:** Westminster Presbyterian Church, 1715 Broad River Rd. Columbia, SC 29210

For more information contact J. Eric Skidmore: 803-206-8961 [eskidmore@sled.sc.gov](mailto:eskidmore@sled.sc.gov)

Sponsor: The South Carolina Law Enforcement Assistance Program

**PCIS-R3 Hotel:** Hampton Inn, 4751 Sunset Blvd, Lexington, SC 29072 Phone: 803-722-5801

**(No Training Fee, Food or Housing Charge for South Carolina Participants)**