

# First Responder Training

## A Four-Part Continuing Education Series

Presented by Lahey Health in collaboration  
with the Woburn Police Department

### Continental Breakfast and Registration

8–8:30 a.m.

### Program

8:30–10:30 a.m.

### The Crestview

36 Montvale Ave.  
Woburn

### To RSVP or for more information please contact Marylou Hardy at

781.744.3131 or  
Marylou.Hardy@Lahey.org.

*Two continuing education credits  
will be provided for each session.*

## Join us

**Wednesday, March 2, 2016**

### Suicidal Behavior/Self Injury

Presented by Jack Petras, LMHC, Vice President of the Lahey Health Behavioral Services (LHBS) Emergency Services Division.

#### Program includes:

- Statistics regarding suicide, prevalence rates, sub-populations
- Differentiating between suicidal behavior and self-injury
- Risk assessment factors
- Section 12 laws in relation to suicide and self-injury

## Upcoming Programs:

**Wednesday, June 1**

### Substance Abuse and Stages of Change/Relapse Prevention:

- Substance use 101
- Stages of change model
- Relapse prevention/resources and supports in the community
- Available services through Lahey Health Behavioral Services and how to access services

**Wednesday, September 7**

### Trauma/Stress Management:

- Common signs and symptoms of someone who has experienced trauma
- Key considerations for intervening and supporting someone who has experienced trauma
- Overview/introduction to trauma-informed care
- Vicarious traumatization/secondary trauma and self-care