



Commission on Peace Officer Standards and Training

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Date: June 19, 2020
Bulletin: No. 2020-30
Subject: **CA POST Announces Launch of the Organizational Wellness and Resiliency Collaborative**

The Commission on Peace Officer Standards and Training (POST) is pleased to announce the launch of the Organizational Wellness and Resiliency Collaborative. This Collaborative is a cooperative effort between POST law enforcement agency personnel, representative organizations, and professionals focused on serving the law enforcement profession. The goal of this Collaborative is to develop a repository of wellness resources for law enforcement personnel to help mitigate the effects of stressors and promote overall personal and professional well-being.

To launch this Collaborative, POST will be releasing a Did You Know video, titled “Silent No More.” This short informational video is the first stage in a series of initiatives upon which POST has embarked. This Did You Know video encourages law enforcement officers to seek help if necessary, raise awareness, and support others who may be struggling with physical or psychological wellness. The “Silent No More” video will be made available to all law enforcement officers via the POST Website on June 24, 2020.

The two-hour Officer Wellness Training Video, which can be viewed incrementally, will be released via the POST Website on July 1, 2020. This full-length training video provides insight into the many facets facing peace officers throughout their careers. With the objective to promote healthier lives, the video includes poignant scenarios directly from the work and home environments, briefing-style facilitation, expert commentary, and bold interviews with peace officers and their families.

In the upcoming months, POST will be releasing additional wellness resources and training opportunities for law enforcement personnel. The “Silent No More” video, the two-hour training video, current resources, and new releases will be available on the [POST Website](http://post.ca.gov).

For questions, you may contact Senior Law Enforcement Consultant [Andrew Mendonsa](#), or Senior Law Enforcement Consultant [Michael Barnes](#).

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