



# P R E S S   R E L E A S E

FOR IMMEDIATE RELEASE

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## UPCOMING CODE 9 TRAINING FOR LAW ENFORCEMENT AND FIRST RESPONDERS

SHASTA COUNTY – Shasta County Health & Human Services Agency’s Suicide Prevention Program announces the Code 9 Project SHARE training to be held from February 28 to March 4, 2023. The Code 9 training is available to law enforcement, fire, and emergency medical services (EMS) personnel, and their families from the following counties: Shasta, Trinity, Tehama, Lassen, Modoc, and Siskiyou. Shasta County veterans are welcome to register as well.

Code 9 Project SHARE is a nationally accredited training program delivered by officers for officers. Code 9 provides effective one- and two-day programs to help prevent post-traumatic stress in law enforcement and first responders.

“Code 9 is an effective training program for officers and first responders,” said a Shasta County Law Enforcement Officer. “Our jobs are often intense and stressful, and Code 9 provides practical solutions to managing that stress.”

A series of in-person workshops will be offered for command staff, first responders, and their families.

- The **Command Staff Workshop** is a two-day training that will take place on February 28 and March 1. Command staff will learn how to become active participants in department and officer wellness, suicide prevention, and post-traumatic stress awareness programming.
- The **First Responder Workshop** is a two-day training that will take place on March 2 and 3. First responders will learn more about stress management, preventing burnout, enhancing peer support programs, and other crucial coping skills for managing the day-to-day impacts of the job.
- The **Family Workshop** is a one-day training that will take place on March 4 and is available for individuals 16 years of age or older. Family members will learn how to identify stress patterns, support their loved one, and understand the impact of family dynamics and peer support. Please note, your first responder does not have to attend for you to register.

Registration is required for all Code 9 workshops. To register, or for more information, contact Sydney Stinger at [sstinger@co.shasta.ca.us](mailto:ssstinger@co.shasta.ca.us) or call (530) 229-8426.

To support agencies’ staffing needs, the Code 9 training series will be offered again in May 2023.



Shasta County  
**Health & Human  
Services Agency**



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