



Shasta County
**Health & Human
Services Agency**



P R E S S R E L E A S E

FOR IMMEDIATE RELEASE

Date: April 3, 2023

Contact: Sydney Stinger, Community Education Specialist, (530) 229-8426

FREE CODE 9 TRAININGS FOR LAW ENFORCEMENT, FIRST RESPONDERS, AND THEIR FAMILIES

SHASTA COUNTY – Code 9 Project SHARE is hosting a **FREE** training series for first responders and their families from **May 2 to May 6, 2023**. The Code 9 training is available to law enforcement, fire, emergency response personnel, veterans, and their families from the following counties: Shasta, Trinity, Tehama, Lassen, Modoc, and Siskiyou.

Code 9 Project SHARE is a nationally accredited training program delivered by the badge for the badge that provides first responders with additional tools and skills to expand peer support programs, help prevent burnout, and manage stress.

Code 9 is supported by the Shasta County Sheriff-Coroner, Michael L. Johnson:

“The job of first responders can be difficult. We are exposed to trauma, emergency situations, and death on routine basis. The pressures of our jobs can have a profound impact on our emotional and physical health, and on our families. The Code 9 project offers training to assist First Responders in managing internal conflicts and emotional distress. No judgments and no pressures, just an avenue for relief. I encourage all first responders to attend Code 9 training opportunities.”

A series of in-person workshops will be offered in May 2023:

- **Command Staff Workshop:** A two-day training on May 2 and 3 available to staff with the rank of Sergeant and above. Command staff learn how to become active participants in department and officer wellness, suicide prevention, and post-traumatic stress awareness programming.



Shasta County
**Health & Human
Services Agency**



- **First Responder Workshop:** A two-day training on May 3 and 4. First responders will gain tools and skills for enhancing peer support programs, stress management, and other crucial coping skills for managing the day-to-day impacts of the job. Veterans are invited to register for the first responder workshop.
- **Family Workshop:** A one-day training on May 6 available for individuals 16 years of age or older. Family members will acquire tools and skills for stress management, communication strategies, and family/peer support. Your first responder does not have to attend for you to register.

Registration is required for all Code 9 workshops. To register, visit the [Shield.Training](#) website, or contact Sydney Stinger at sstinger@co.shasta.ca.us or call (530) 229-8426.

This training is supported by the California Department of Public Health (CDPH) Injury and Violence Prevention Branch's Comprehensive Suicide Prevention Program, with funding from the Centers for Disease Control and Prevention (CDC) [Grant # NU50CE002595]. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or CDPH.

#