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Sheriff

Detention Services Bureau, Detention In-Service Training Unit

GC 7922.000 - Work Number

LINE-UP TRAINING

Peer Support

Topic #90

After discussing/reviewing the below training material in line-up (briefing), sworn staff shall sign off as completed in LMS. In the event a staff member is not present when this topic is discussed in line-up, they shall independently read, review, and complete the training.

By clicking "Yes" to "Have you completed this activity?" in LMS, you are attesting that you have viewed, read, and completed the training activity.

I. PURPOSE

The San Diego Sheriff's Office most valuable resource is its employees. The Peer Support Program's goal is to assist peers with the stresses caused by personal and professional difficulties and help them continue to be productive members of the Sheriff's Office.

The Peer Support Unit recognizes that employees, by virtue of their profession, encounter situations that require them to take action which may result in them suffering emotional or psychological trauma. The Peer Support Unit assists its peers to understand the impact of such incidents by providing non-professional peer support services and/or referral information for professional counseling.

II. DISCUSSION

A. WHAT IS PEER SUPPORT?

Peer Supporters can intervene and help with many different difficulties employees face throughout their career. Some of the more commonly discussed issues are: divorce, disability, retirement, career concerns, finances, family relationships, substance abuse, legal issues, religious concerns, bereavement, stress related issues & emotional/physical health maintenance. Peer Supporters have the responsibility of understanding their role and its limitations. They are trained to employ active listening skills to avoid "solving" or taking on the person's problems. They are also trained to refer the individual to professional resources.

B. CONFIDENTIALITY OF PEER SUPPORT.

Communication with a Peer Supporter is considered confidential, except those matters which involve a life threatening situation or a serious/dangerous violation of the law. The



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exemptions of confidentiality as outlined in the San Diego County Sheriff's Office Policy and Procedure Manual include:

1. Imminent danger to self or others
2. Suspected child abuse
3. Factual elderly abuse
4. Narcotics offenses
5. Domestic violence
6. Crime committed.

C. WHEN IS THE RIGHT TIME TO TALK TO A PEER SUPPORTER?

Some believe peer support only responds to critical incidents. While they do train for the worst situations, peer support is available every day for a variety of life's issues.

D. CRITICAL INCIDENTS

A critical incident can be defined as any event that has a stressful impact sufficient to overwhelm coping skills of an individual. Critical incidents are abrupt, powerful events that fall outside the range of ordinary human experiences. Examples may include shootings, severe injury, use of force and/or death.

At critical incidents, peer support members can provide support in various ways:

1. Advise what to expect from the office.
2. Ensure person involved contacts spouse or significant others.
3. Make other personal notifications as necessary.
4. Speak with family members of person involved.
5. Refer to professional help, if needed

E. WHO CAN UTILIZE PEER SUPPORT AND THEIR SERVICES?

All members of the San Diego Sheriff's Office and their immediate family members are entitled to Peer Support services at any time.

F. HOW DO I CONTACT PEER SUPPORT?

More information can be found on the [Peer Support homepage](#)

You may also call the Sheriff's Communication Center and request a Peer Support Member.

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To make an appointment with [The Counseling Team](#) (private company providing confidential counseling services to Sheriff's Office employees) please call:

The Counseling Team
1-800-222-9691