

What Does Wellness Look Like? Academy Curriculum No Cost, Nationally Certified, Customizable

Integrating wellness concepts early in a police officer's career can improve officer retention, performance, and quality of life. The International Association of Chiefs of Police (IACP), in partnership with the International Association of Directors of Law Enforcement Standards and Training (IADLEST) and the Department of Justice, Bureau of Justice Assistance, has developed a nationally certified academy wellness curriculum, *What Does Wellness Look Like?*

Over the course of seven modules, recruits will learn strategies to use throughout their careers to support their physical, mental, and financial health. They will also learn to identify signs of health and suicide risks within themselves and their fellow officers. The interactive and engaging curriculum can be presented as a full-day academy course or can be taught in shorter, modularized sections, customized and modified to suit specific academy needs. Delivery methods include traditional lecture, facilitated discussions, group exercises, and participant led activities. While the curriculum was developed for entry-level recruits, the content can be tailored for in-service training with tenured officers.

This seven and one half-hour instructor-led course is divided into seven sections. The table below shows the topics and estimated time needed to deliver each section.

Section	Time
I. Introduction	1 hour
II. Financial Wellness	45 Minutes
III. Law Enforcement Suicide	1 Hour 15 Minutes
IV. Resilience & Post-Traumatic Growth	1 Hour
V. Physical Wellness	2 Hours
VI. Mindfulness	1 Hour
VII. Closing	30 Minutes

What Does Wellness Look Like? includes an instructor guide, a student guide, supplemental materials, a PowerPoint deck, as well as additional resources and related material. It is now available, **free of cost**, to all law enforcement agencies.

To obtain the curriculum, please email OSW@theiacp.org or visit <https://www.iadlest.org/our-services/nlearn/information-portal/lesson-plans/officer-wellness-curriculum>