

D: Substance Misuse/Abuse Awareness

Class	Description	Contact Information
Lieutenants' Interactive Forum for Education Class (8 hours)	<u>Mandatory class for EBD participants.</u> Decision making class.	EBD Unit (562) 347-1053
Deputy Leadership Institute (16 hours)	Two day leadership course for sworn personnel and professional staff.	PDU OAll Norma Whitman (562) 347-1057
7 Habits of Highly Effective People (24 hours)	Designed for all levels and classifications of motivated law enforcement professionals. A three-day workshop that engages in personal & interpersonal growth and development	RCPI (562) 946-7188 (fee of \$120 per student)
Ethics Class (8 hours)	Students will evaluate ethics as they are used in personal and organizational environments.	EBD Unit (562) 347-1053
Behavior Stress Management (4 hours)	Training in behavior techniques that will allow employees to better identify and manage stress.	Employee Support Services Bureau (ESSB) (213) 738-3500
Anger Awareness-Management (4 hours)	Training in principles and techniques aimed at defusing tense situation and assisting individuals in self-regulation.	Employee Support Services Bureau (ESSB) (213) 738-3500
Relationship Management-Conflict Resolution (4 hours)	Training in principles and techniques of managing conflict in a variety of different relationships (co-worker, marital, friend, supervisor, etc.).	Employee Support Services Bureau (ESSB) (213) 738-3500
Alcohol Education for Law Enforcement (8 hours)	Participants will discuss the use and effects of alcohol.	Employee Support Services Bureau (ESSB) (213) 738-3500