



Emotional Response Training

Emotional health issues are the biggest risk to public service officer’s health and well-being. RITE’s Emotional Response Training (ERT) help officers learn to recognize signs and symptoms of emotional distress, PTSD, and suicidal thoughts, and offer ways to build up positive mental health. Enhancing officer’s emotional well-being, increases better decision making and reduces misconduct, while raising the bar on professional workplace culture.



Since 2015, RITE has been teaching public service employees a sole-source experience that includes Emotional and Social Intelligence tools and exercises. We’ve worked with over 1500 public service agencies, Certified 975 Trainers, and more than 550,000 RITE tools have been given out to employees.

RITE’s ERT Tools reinforce agency mental health and wellness, from your top leaders to new recruits, including Police, Fire, SWAT, Corrections, 911 Operators, sworn and non-sworn. All classes include RITE Kits with Tools they’ll use in class and beyond. We take Public Safety Wellness to a holistic level, improving lives personally and professionally.

RITE’s ERT Includes:

- Emotional Block-out Syndrome Awareness
- ERT Practices for Early Intervention Recognition
- Combating Toxic Behavior and Negative Banter
- PTSD Trauma-reducing Practices and Exercises



ERT Tools help officers recognize signs and symptoms of acute and chronic stress, depression, and PTSD. RITE builds personal **Value, Resilience and Retention** for the agency, and community. **Officers will say,** "My agency cares about my mental health and well-being."

Employees voted RITE as the best class they’ve ever had, in their career.

Summary:

- Boost Peer Groups, CIT, Mental Health
- RITE Tools for Officer Accountability
- Career Trauma and PTSD Mindfulness
- De-escalation Empathy Communication

Overview of Pricing:

- Class costs as low as \$2,500 for multi-day classes
- Student size: up to 40
- Tools, Books, Supplies \$30pp