

Steve Sisolak  
Governor



Peter Long  
Interim Director

Robin Hager  
Deputy Director

Frank Richardson  
Interim Administrator

**STATE OF NEVADA**  
**DEPARTMENT OF ADMINISTRATION**  
***Division of Human Resource Management***  
209 E. Musser Street, Suite 101 | Carson City, Nevada 89701  
Phone: (775) 684-0150 | <http://hr.nv.gov> | Fax: (775) 684-0122

**MEMORANDUM**  
**HR#04-20**

January 9, 2020

**TO:** DHRM Listserv Recipients

**FROM:** Frank Richardson, Interim Administrator *Frank Richardson*  
Division of Human Resource Management

**SUBJECT:** FIRST RESPONDERS EAP WEBINARS

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In February 2020, the State's Employee Assistance Program (EAP) will be hosting a special series of webinars for first responders and employees who face similar challenges. The EAP provider describes the webinars, in part, as "For first responders—the firefighters, police officers, military personnel, emergency dispatchers, EMTs and others who keep us safe—work can mean close encounters with danger, chaos and tragedy... The continual exposure to traumatic situations takes a toll over time." The intent of the webinars is to provide effective strategies to assist first responders in managing their reactions to sustained stress, understanding the behavioral indicators that signal the need for help, understanding personal triggers and how to prepare for and recover when experiencing them, and to explore the basic principles of mindfulness.

The series will consist of four separate, one-hour webinars scheduled each week in February:

Feeling the Impact of Trauma – Reach Out for Help  
February 3, 2020, 10:00 am – 11:00 am  
Registration URL: <https://attendee.gotowebinar.com/register/947449573616923404>

Reaching My Limit – When Do I Reach Out for Help?  
February 10, 2020, 10:00 am – 11:00 am  
Registration URL: <https://attendee.gotowebinar.com/register/290334145858052364>

“This One Got to Me” – Emotional Triggers

February 18, 2020, 10:00 am – 11:00 am

Registration URL: <https://attendee.gotowebinar.com/register/7415602701427919116>

Mindfulness and Meditation for First Responders

February 24, 2020, 10:00 am – 11:00 am

Registration URL: <https://attendee.gotowebinar.com/register/9073307795323513100>

If you have any questions, please contact Carrie Hughes at [cphughes@admin.nv.gov](mailto:cphughes@admin.nv.gov) or (775) 684-0111.