

# Hillsborough County Sheriff's Office Training Academy



## Stress Management Techniques #050

The 40 hour FDLE course is designed to enhance the law enforcement, correctional, and correctional probation officer's ability to deal with stressful situations and the cumulative stress that are inherent in the criminal justice profession.



### General Information

**Date:** October 13th - 17th, 2025 (40 hours)  
**Time:** 0700-1600  
**Instructor:** Sgt Rosemary Moreno  
**Location:** HCSO Training Division - Classroom #4  
1409 N. Falkenburg Road  
Tampa, FL 33619  
**Enrollment:** Limited to 25 (All Personnel)  
**Facilitator:** Nicole Simon: [nsimon@teamhcsso.com](mailto:nsimon@teamhcsso.com)

### Course Topics Include:

- Assessment of Stressors and Stress Reaction
- Personal Stress Management Techniques
- Dealing with Critical Incident Stress
- Substance Abuse
- Managing Change
- Resources for Managing Stress
- Physical Fitness Assessment

**Registration:** All HCSO personnel shall submit a training request through your chain of command. All other agencies must submit an Advanced & Specialized Training Authorization form by your training section.

**Attendance:** Attendance at the initial class is mandatory. All students must adhere to the attendance requirements of the Criminal Justice Standards and Training Commission and the Rules, Policies and Procedures of the Sheriff's Training Academy

**Examination:** Participants must achieve a minimum score of 80% on the written exam to receive a certificate of completion.

**Dress Policy:** Your department's authorized training uniform or business casual attire. No jeans permitted. Law enforcement personnel not in uniform that are carrying exposed firearms must prominently display agency ID and/or badge at all times while on college property.

**Fee:** There is no fee associated with this course.

This course is applicable to either Mandatory Retraining or Salary Incentive; Federal I.D. #59-1216107.