



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: March 16 - 20, 2026 (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

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. **Please note that final approval for attendance into this class will be made by the Training Division.**

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 HCSO 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. Hillsborough County Sheriff's Training Academy 1409 N. Falkenburg Road, Tampa, FL