



League of Minnesota Cities — Peer Support Advisory Board

To help promote peer support initiatives the League of Minnesota Cities Insurance Trust (LMCIT) has created a [Peer Support Advisory Board](#).

The board provides recommendations and assists with the prioritization of LMCIT initiatives regarding peer support training requirements, peer support policies and procedures, core curriculum development, and program awareness.

PTSD AND MENTAL HEALTH

PEER SUPPORT AND THE INSURANCE TRUST



A [peer support team](#) is an important “help resource” where trained peers provide emotional, social, and practical support to their colleagues.



[Creating a peer support program](#) can help to normalize the conversation regarding public safety mental health by helping to encourage individual and organizational conversations about resiliency and recovery from traumatic events.



Peer support [team members are trained](#) in specific knowledge areas such as active listening, confidentiality, suicide prevention, chemical dependency behaviors, signs & symptoms of PTSD, basic wellness, and positive relationship-building.



Basic psychological first aid from a trained peer can provide trusted communication, encouragement, and an increased [understanding of the emotional impact](#) of critical incidents and traumatic events.



When needed, peer support team members can provide colleagues with resources and referrals for a [higher level of support](#) before a psychological illness may become career-ending.



Public safety departments are facing hiring and retention challenges, increased public scrutiny, and added service demands, which make it even more important to create [supportive, caring organizations](#) that focus on employee wellness.



The [League of Minnesota Cities Insurance Trust](#) encourages public safety entities to invest in the vital resource of peer support in the prevention, recognition, and support of public safety mental health concerns.

Because cities are constantly exposed to unique hazards and emerging risks, the League of Minnesota Cities Insurance Trust (LMCIT) — a self-insured pool founded by cities — was created to provide members with financial security and peace of mind through collaborative governance, responsible management of shared risk, preventive programs, and comprehensive coverage.

LMCIT provides loss control, property/casualty, and workers’ compensation coverage for the vast majority of cities in Minnesota, which collectively employ nearly 4,250 municipal police officers and 16,000 firefighters.