

Growing Through Transition



PROGRAM INFORMATION FOR CLINICIANS

Program Information for Clinicians

The Growing Through Transition (GTT) program aims to assist transitioning police officers by providing accurate information about the transition process, reducing uncertainty, and fostering a sense of direction, control, hope, and belief in their future. Developed in 2022, GTT has received positive feedback and is now fully supported by the NSW Police Force and EML.

What the Program Covers:

Session 1: Resilience (10:00 am – 12:00 pm)

Strategies for navigating transition challenges, setting goals, and preparing a backup plan.

Session 2: Wellbeing Practices (12:30 pm – 2:00 pm)

Coping with stress, improving wellbeing through exercise, mindfulness, positive thinking, giving, and gratitude.

Session 3: Transition Mindset (2:15 pm – 3:00 pm)

Addressing concerns about loss of identity, accessing support services, and fostering a positive mindset about transition.

Evidence Base:

Strategies are informed by business practices and backed by research, endorsed by the Black Dog Institute.

Benefits/Targets:

This workshop is designed to guide transitioning police into a positive mindset about their transition from law enforcement through preparation of transition game plans.

The EML/NSW Police Force *More than a Cop* online program includes information on the importance of planning for transition.

Growing Through Transition builds on that concept by providing strategies that can be used to create

Provider background:

Craig Semple is the founding director of Mentality Plus Pty Limited, dedicated to reducing the stigma of mental illness and promoting mental health literacy and resilience.

With 25 years of experience as a Detective Sergeant in the NSW Police Force, Craig brings expertise in leadership, communication, and risk management.

He is an accredited master instructor of Mental Health First Aid™ and has trained over 2,000 mental health first aiders across various industries.

Craig is an ambassador for the Black Dog Institute and a published author.

and maintain those plans. The benefits/targets of this program include:

- ✓ Dispelling and correcting common myths about transition processes.
- ✓ Guiding participants away from adversarial attitudes towards transition processes.
- ✓ Provide hope, belief, and reassurance.
- ✓ Making better choices regarding health and wellbeing.

One of the most significant barriers to recovery from mental illness or injury is a lack of hope and belief. Growing Through Transition provides that hope and belief through demonstration of Craig's own recovery and transition into a new career. The power of the program is overwhelmingly supported by feedback from transitioning police after programs with *Understanding your Finances* webinars, the *More than a Cop* online program, and numerous *Growing Through Transition* workshops delivered to date.

FOR MORE INFORMATION:

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NSW Police Force

