

# ORS



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OFFICER WELLNESS: AFTER THE CRITICAL INCIDENT

FEATURING

## ALEC IURATO

Bristol Police Department Training Officer

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DATE & TIME

Tuesday August 18<sup>th</sup> 2026 9:00-12:00

LOCATION

Bergen County Law & Public Safety Institute

Hall of Heroes

281 Campgaw Rd, Mahwah, NJ 07430

TICKET COST

\$95



<https://buytickets.at/operationalresiliencesystems/2228295>

SCAN FOR TICKETS SALES

# A Three-Hour Law Enforcement Training Class



Presented by Alec Iurato

## Instructor Background

Alec Iurato is a police officer with the Bristol Police Department in Connecticut, where he currently serves in the Training Division as a training officer. He is an instructor in use of force, firearms, defensive tactics, less-lethal systems, and physical fitness. Alec also coordinates the Bristol Police Wellness Program and serves as an active member of the department's PEER Support Team.

Throughout his career, Alec has received numerous local and national honors, including the City of Bristol Medal of Honor, Police Cross, Officer of the Year, Exceptional Service Award, multiple Awards of Valor, Officer of the Month for the National Law Enforcement Memorial, a National Law Enforcement Top Cops Award, and induction into the National Law Enforcement Hall of Fame. He is also a SWAT operator and a highly competitive tactical shooter, earning multiple podium finishes at state and national competitions. In October 2022, Alec was involved in a critical incident that resulted in the line-of-duty deaths of Lt. Dustin DeMonte and Sgt. Alex Hamzy. Alec was also shot during the incident, survived multiple gunshot wounds, and spent the following year enduring surgeries, physical therapy, and the personal and professional challenges that come after a traumatic event.

## Class Description

**Officer Wellness: After the Critical Incident** is a training class designed for law enforcement officers, supervisors, peer support members, command staff, and first responder agencies looking to better understand the realities of trauma, recovery, and wellness after a critical incident.

This class goes beyond policy and theory. It addresses what happens after the scene is secure, after the headlines fade, and after officers are expected to return to work, family, and normal life. Alec combines professional training experience, wellness program development, and personal experience surviving a nationally known critical incident to provide a direct, honest, and practical discussion about officer wellness.

### Main Topics Addressed

- The emotional, physical, and mental impact of critical incidents
- What officers may experience in the days, weeks, and months after trauma
- The importance of peer support, family support, and department leadership
- Building a culture where officers are willing to ask for help
- How training, fitness, and preparation support long-term resilience
- Lessons learned from personal recovery, therapy, and returning to duty
- Practical ways agencies can support officers before, during, and after critical incidents
- The role of wellness programs in protecting both officers and the organization

This course is designed to start important conversations, challenge outdated mindsets, and give officers and agencies practical tools to better support their people after the worst days of their careers. It is honest, direct, and built around the belief that taking care of officers is not a weakness — it is a responsibility.