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**JINDAL INSTITUTE OF
 BEHAVIOURAL SCIENCES**

You are cordially invited to participate in the
Public Lecture

on

“THE MENTAL HEALTH SELF-CARE OF FIRST RESPONDERS”

Date: Friday, 10 August 2018	Time: 11:00 am - 12:00 noon	Venue: T1 Bigbang Conference Room
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PROF. (DR.) GEORGE RICHARDS

Department of Criminal Justice,
 Anthropology, and Forensic Studies
 Edinboro University of Pennsylvania

Abstract

Occupational-related stress has been credited with contributing to a number of physical illnesses. Among these are heart disease, cancer, diabetes, and gastroenterological issues. Yet, the effects of stress are not limited to the body, but also to the mind. Correlations have been made between stress and mental illnesses such as depression, anxiety disorders, and post-traumatic stress disorder (PTSD). There are few occupational situations that are more stressful than those First Responders routinely have to cope with. This presentation addresses those situations and discusses means by which First Responders may reduce the impact of stress on their psyches.

Biographical Sketch

PROF. (DR.) GEORGE RICHARDS

Dr. George Richards is in his 15th year of service at Edinboro University of Pennsylvania in the Department of Criminal Justice, Anthropology, and Forensic Studies. Prior to his service at Edinboro University, he taught at the University of Akron, Indiana University, and the University of Louisville.

In his 25-year teaching career, Dr. Richards has taught over 50 different undergraduate and graduate courses, and has designed the curricula for 12

courses. His research agenda focuses primarily on crime prevention in schools and the effects of mental illness on first responders. He has published in several peer-reviewed and popular publications, among these being Policing: An International Journal of Police Strategies and Management, The Journal of Contemporary Criminal Justice, and The American School Board Journal.

Dr. Richards has an active service agenda. Richards was the President of the Ohio Council of Criminal Justice Education for two terms, is a member of the Ethics and Professional Conduct Committee of the Ohio State Bar Association, served on the Crime Prevention/Security Committee and Public Policy Committee for the Academy of Criminal Justice Sciences, and is a member of the President's Diversity Council at Edinboro University.

In 2017, Richards was named the "Advisor of the Year" by Edinboro University. He earned a similar honor in 2010 when he was named Edinboro University's "Educator of the Year." Dr. Richards was named a Distinguished Lecturer of Social Equity at Edinboro University in 2016. He has earned board certification in security management with the Certified Protection Professional (CPP) designation from the American Society for Industrial Security. His degrees are as follows: Bachelor of Arts in History from Berea College, Master of Science in Justice Administration from the University of Louisville, and the Doctor of Philosophy in Public Administration and Urban Studies from the University of Akron/Cleveland State University.

Dr. Richards resides in Cleveland, Ohio with his wife and son. When time permits, he follows the antics of the Cleveland Browns football team and enjoys golf, fishing, camping, and woodworking.