



# Community & Government

**Reliable Content. Innovative Delivery.**

QuickSeries® has delivered credible, easy-to-read content on thousands of relevant topics for over 30 years. Our team of knowledgeable writers presents the most current information on a broad range of valuable subjects, including content to reach those involved in the fields of education, emergency preparedness, Federal agencies, health care, and law enforcement.

Our unique winning formula is guided by two crucial principles:

1. To offer a vast library of topics with content written in a clear and understandable way
2. To provide content on multiple innovative platforms that are best suited to your audience

From our flagship pocket guides (and eight other fully customizable print formats) to our eGuides and fully integrated QuickSeries Connect app platform, we ensure seamless, affordable delivery of content that is guaranteed to make your program a success.

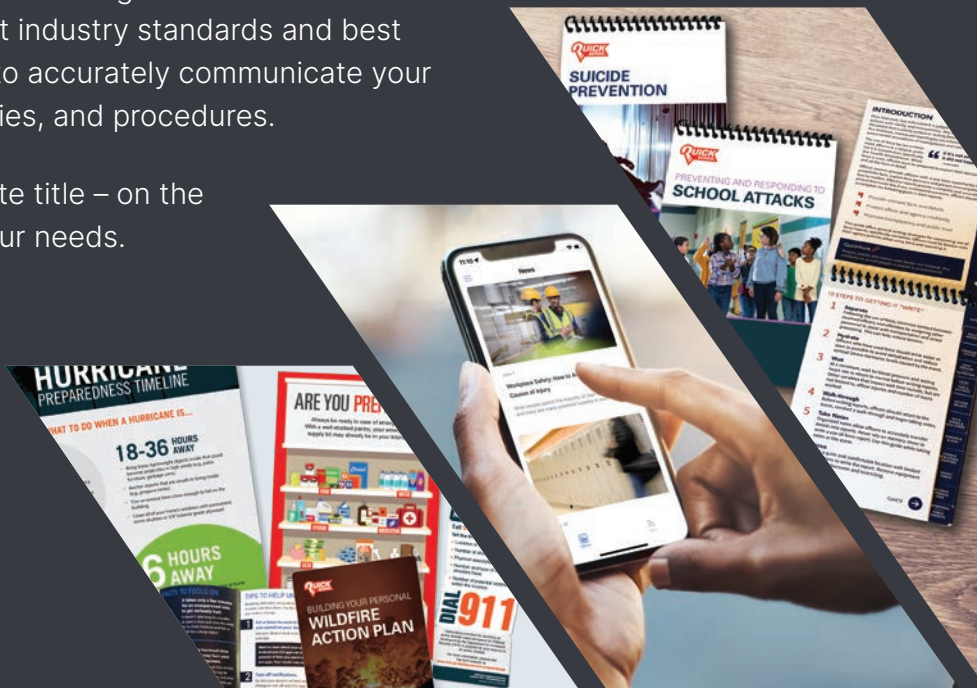


# Helping You Build Successful Programs

Content is key! Strengthen your organization’s outreach program with QuickSeries’ extensive library of titles.

We offer products that are unparalleled in reliability, accuracy, and comprehensiveness. Our skilled editing team ensures that our material reflects the latest industry standards and best practices. We work with you to accurately communicate your organization’s message, policies, and procedures.

QuickSeries has an appropriate title – on the perfect platform – to meet your needs.



## Our Accreditation Resource Partners

Along with our team of talented, knowledgeable writers and editors, we partner with various respected associations within different industries to write, review, and validate our content. Once the content has been approved, we add their logo to the guide as a seal of approval – reassuring you that the information is correct and credible.



[www.diabetes.org](http://www.diabetes.org)



[www.clerycenter.org](http://www.clerycenter.org)



[www.force-concepts.com](http://www.force-concepts.com)



[www.hfacs.com](http://www.hfacs.com)



[www.icisf.org](http://www.icisf.org)



[www.msf-usa.org](http://www.msf-usa.org)



[www.nationalcert.org](http://www.nationalcert.org)



[www.trynova.org](http://www.trynova.org)



[www.nctsn.org](http://www.nctsn.org)



[www.rainn.org](http://www.rainn.org)

# Table of Contents

<b>Anti-Terrorism</b>	8	<b>Hospitals &amp; Health Care Security</b>	24
<b>Campus Safety</b>	9	<b>Human Resources</b>	26
<b>Child Welfare</b>	11	<b>Law</b>	27
<b>Community Disaster Preparedness</b>	12	<b>Medical Management</b>	28
<b>Disease Management</b>	16	<b>Mind &amp; Body Health</b>	29
<b>Emergency Management</b>	17	<b>New Parent Support</b>	34
<b>Employee Safety</b>	18	<b>Sexual &amp; Substance Abuse</b>	35
<b>Ethics</b>	19	<b>Transport Security</b>	36
<b>Federal Security</b>	20	<b>Work Aids</b>	37
<b>Financial Literacy</b>	21	<b>Workplace Conflict</b>	39
<b>For Corrections Officers</b>	23		

## Ask Us About Personalization and Customization.


Don’t see the title you’re looking for? Want to personalize your own topic? Our team of experts can tailor any topic or format to fit your individual needs and branding. Would you like to use your own content? Not a problem – we can easily customize your text into any of our available formats.


**Personalization**

Choose a topic and modify the content and covers, or simply add your logo and brand colors.

**Customization**

Provide us with your content or ideas and we will research, write, and design a product in any of our available formats.

 **1-800-361-4653**

 **info@quickseries.com**



# Reliable Content. Innovative Delivery.

Our team of skilled writers, editors, and field specialists write and edit the topics in our vast library, integrating just the right amount of information for readers. The content is then packaged into various innovative formats that best communicate your program to your audience, ensuring a successful outreach program.

Spread your message through a variety of tools that work best for your audience and meet your budget.



## Pocket Guides

Featuring durable lamination and heavy-duty spiral binding, our pocket guides deliver a long-lasting reference experience.

- To-the-point content and simple messaging in a convenient tabbed format
- Perfect for the field, office, or classroom
- Durable and water-resistant



**Complex Subjects Made Easy**

**Reader-Friendly Content**

**Durable Construction**

**Personalized Hotstamp Zone**

**Conveniently Tabbed**



**1. COMMAND STAFF**

The Command Staff is assigned to carry out staff functions needed to support the Incident Commander (IC). In an Incident Command organization, the Command Staff typically includes the following positions:

- Public Information Officer (PIO)
- Safety Officer
- Liaison Officer

Members of the Command Staff report directly to the IC or Unified Command (UC). They may have assistants and additional positions may be required, depending on the nature, scope, complexity and location(s) of the incident(s), or according to specific requirements established by the IC/UC.

The optional Intelligence/Investigations Function may be added within the Command Staff when there is a need for tactical information or classified intelligence and when supporting Agency Representatives are providing real-time information to the Command.

**PUBLIC INFORMATION OFFICER**

The PIO communicates with the public, the media and other agencies about the incident. The PIO may also perform a key public information-monitoring role.

**ASSISTANTS**

In large or complex incidents, Command Staff members may need one or more assistants to help manage their workloads. Each Command Staff member is responsible for organizing his or her assistants for maximum efficiency.

The NPG has five mission areas:

- 1. Prevention.** Prevent, avoid or stop an imminent, threatened or actual act of terrorism.
- 2. Protection.** Protect our citizens, residents, visitors and assets against the greatest threats and hazards in a manner that allows our interests, aspirations and way of life to thrive.
- 3. Mitigation.** Reduce the loss of life and property by lessening the impact of future disasters.
- 4. Response.** Respond quickly to save lives, protect property and the environment, and meet basic human needs in the aftermath of a catastrophic incident.
- 5. Recovery.** Recover through a focus on the timely restoration, strengthening and revitalization of infrastructure, housing and a sustainable economy, as well as the health, social, cultural, historic and environmental fabric of communities affected by a catastrophic incident.

**NATIONAL PREPAREDNESS SYSTEM**

The National Preparedness System outlines an organized process for the whole community to move forward with preparedness activities and achieve the NPG.

The National Preparedness System has six parts:

1. Identifying and assessing risk
2. Estimating capability requirements
3. Building and sustaining capabilities
4. Planning to deliver capabilities
5. Validating capabilities
6. Reviewing and updating



## eGuides

QuickSeries eGuides offer a dynamic reading experience. Your users interact with content through a variety of built-in features, including menus, checklists, forms, bookmarks, and note-taking capabilities.

- Information is always readily available
- Interactive content, news, and alerts
- Innovative and engaging designs
- Exclusively available to our app clients

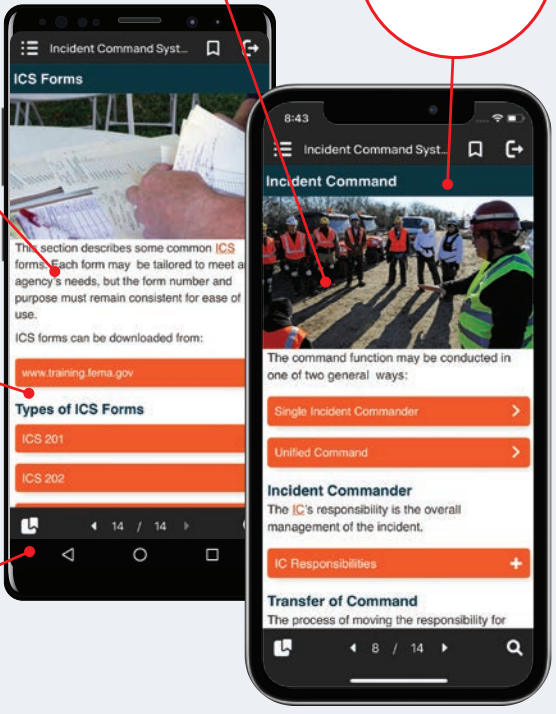
**New Text for Full Customization**

**Auto-dial, Email, and Web Connect**

**Every Pocket Guide Is Available in eGuide Format**

**Not Your Typical eBook**

**100% Mobile**



## Program Outreach

A successful communication strategy needs to be multifaceted, using a variety of tools to highlight your message.

QuickSeries offers a suite of outreach and educational products designed to capture the reader's attention and deliver your message.



### Wallet Cards

- Creative tools that promote topic awareness and information referral
- Ideal bookmarks
- Easily fold to fit into your wallet



### Pamphlets

- To-the-point, informative content that expands information on outreach programs
- Modern, engaging design
- Available in various sizes



### Desk Guides

- Slightly larger than our flagship pocket guide
- Same durable construction and tabbed structure as our pocket guides
- Provide a high-quality, content-packed bonus



### Posters

- Attractive double-sided design that helps create topic awareness
- Durable and water-resistant
- Available in an assortment of sizes



### Calendars

- Reliable content and optimized design deliver important information in a themed format
- Relevant monthly topics
- Durable paper stock



### Badge Cards & Magnets

- Valuable custom tool that helps increase your program visibility
- Useful visual reminder of your cause or message
- Durable product with modern, eye-catching design



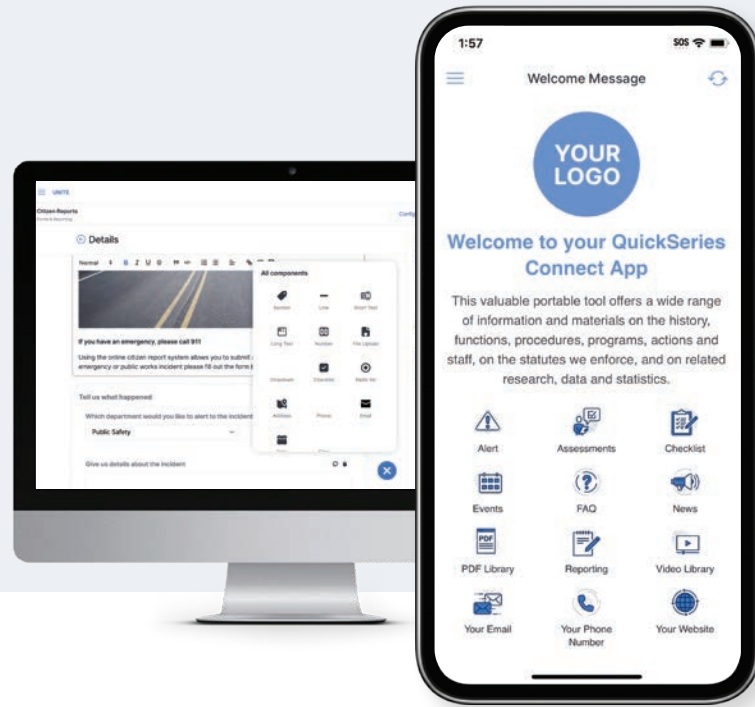
### Pocket Cards

- Easily fold to fit into your pocket or purse
- Durable and water-resistant
- Double-sided design allows for more in-depth information without adding bulk



The QuickSeries Connect app platform helps community members access important information for a safer and healthier life through outreach messages, alerts, and notifications.

Offer personalized **Workspaces** for users to easily access content tailored to their location or department. Only the main app requires app store approval, regardless of the number of Workspaces created.



## Modules & Features



### Resources & Mapping

Deliver immediate in-app access to a variety of relevant resources.



### Alerts & Safety Check

Keep users informed of imminent/ongoing emergencies and prepare staff with practice drills. Use geo-targeted push notifications to alert users in specific locations.



### PDF Library

Create your own personal library by uploading PDFs with need-to-know info.



### Forms & Reporting

Allow users to send reports from their devices to the administrative portal.



### eGuide Library

Easily access and browse your personal library of interactive QuickSeries eGuides. Provide your users with a code that will either restrict or grant them access to specific eGuides.



### News

Create informative news articles and push them out to all your users at once.



### Push Notifications

Convey messages, offers, and other information to users. In News and Alerts modules, use geo-targeted notifications to alert users in specific locations.



### Maps

Guide residents to safety with evacuation routes, and provide information on shelters, hospitals, and police/fire stations.



### Make Your Plan

Encourage users to prepare for any emergency with information and tools.



### Authoring Tool CMS

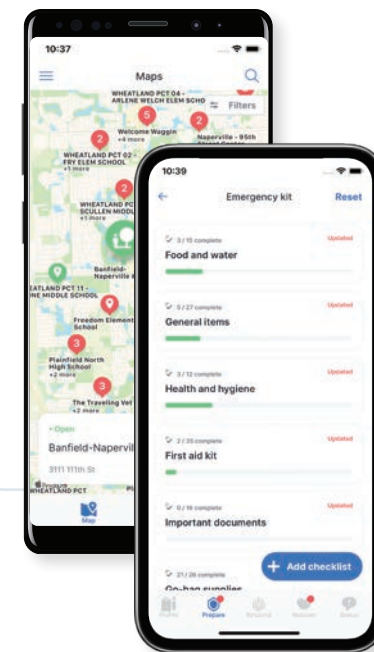
We encourage our clients to create and publish fresh content for their users. Transform simple documents into visually appealing and interactive eDocs.

## Topic-Focused Apps

With years of working directly with key decision-makers in various industries, we have gained the insight needed to create app systems that fill pivotal roles within these industries. With that knowledge in hand, our software developers have worked side by side with content experts to create app systems that are designed to fully integrate into your daily life.

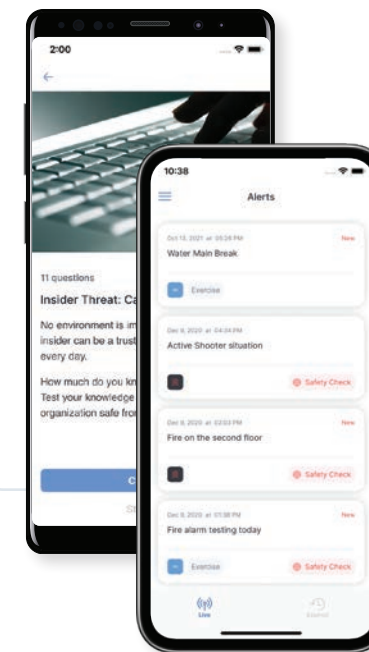
### UNITE

Stay informed and prepared with our top-rated emergency and disaster response app.



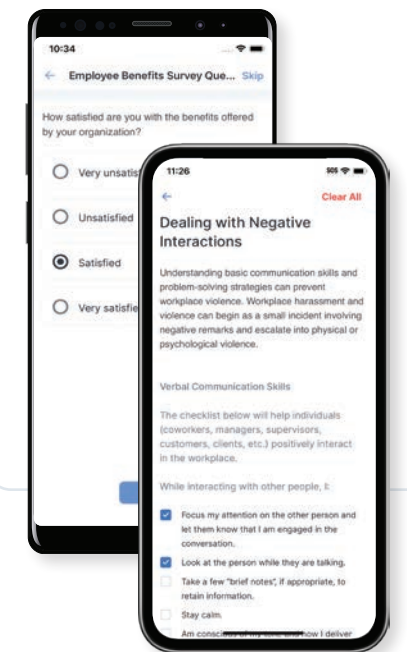
### Occupant GUARD

Keep staff, students, and facilities safe during an emergency.

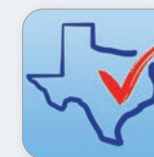


### Employee Assistance Program

Help personnel manage issues that impact their job performance, health, and wellness.



Trusted by government agencies, military organizations, and top enterprises across all industries



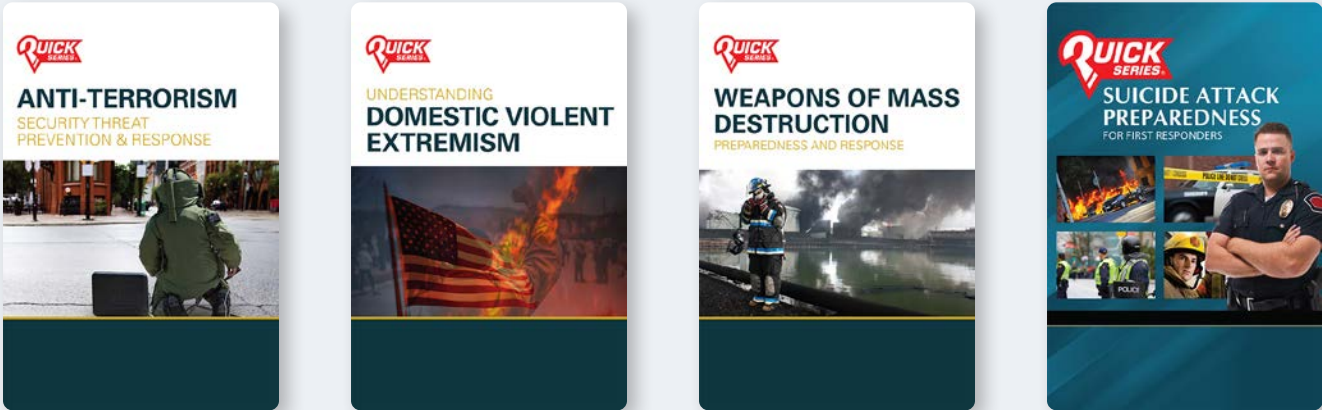
Read more about our QuickSeries Connect app platform on our website:

[www.quickseries.com/apps](http://www.quickseries.com/apps)



# Anti-Terrorism

- Terrorist attacks can take several forms. Educate readers on how to prevent and respond to security threats and acts of terrorism.
- Raise awareness of the indicators of terrorism and teach the public about the importance of reporting suspicious activity to state and local law enforcement.
- We cover vital subjects, including weapons of mass destruction; chemical, radiological, and biological incidents; nuclear weapons; suspicious activities, and law enforcement response.
- Our work aids include help for first responders and inform readers on procedures, policies, mitigation tactics, and how to recover from terrorism incidents.



## QuickNote

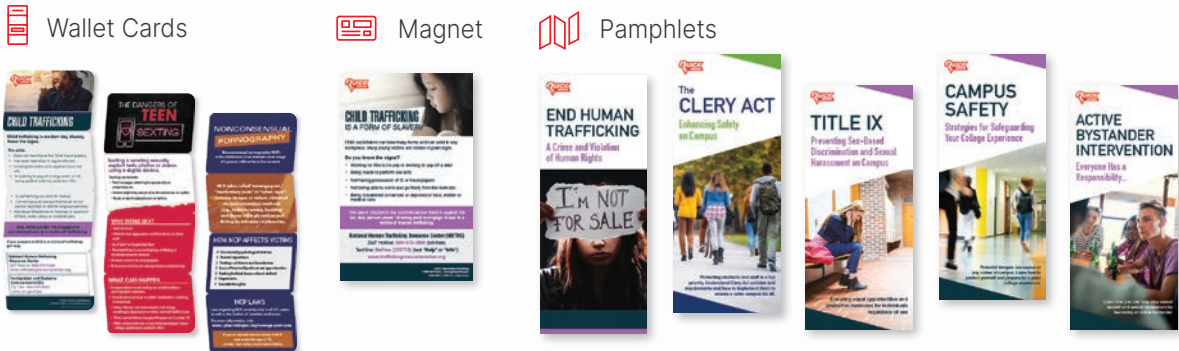
Education can raise awareness about the methods terrorists use to recruit individuals. By understanding these signs, individuals are better equipped to report suspicious activities to authorities, potentially preventing terrorist acts before they occur.

# Campus Safety

- Prepare students for college life and help them avoid campus crime. Inspire them to take an active role in their safety to ensure their college experience is a positive one.
- A key step to combating human trafficking is being able to identify victims so they can be rescued, and the perpetrators brought to justice. Knowing what to look for can help you act on suspicions that something is wrong.



## Program Outreach



\* Licensed by the Clery Center  
\*\* Licensed by the Rape, Abuse & Incest National Network (RAINN)





Pamphlets

Posters

Wallet Cards

Magnet

Program Outreach

- Child abuse can harm a child’s mental, emotional, and physical welfare. Learn what signs to watch out for and how you can help protect a child in a dangerous situation.
- Choosing the right early learning program is one of the most important decisions you will make as a parent. Give your child the best chance to succeed with practical tips, helpful strategies, and useful resources.



Program Outreach

Pamphlet

QuickNote

It’s never too early to talk to children about drugs. Support parents in your community and help them raise their children to grow up drug-free!

\* Licensed by the Rape, Abuse & Incest National Network (RAINN)

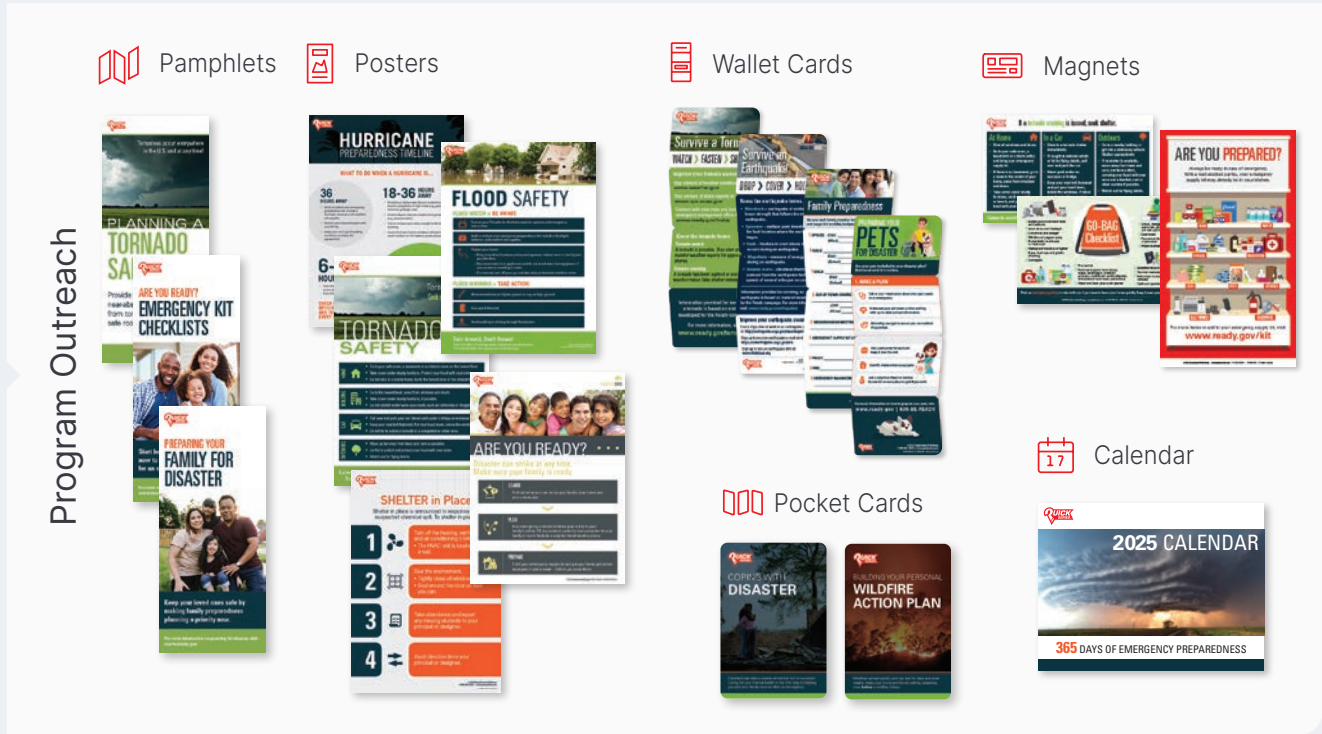
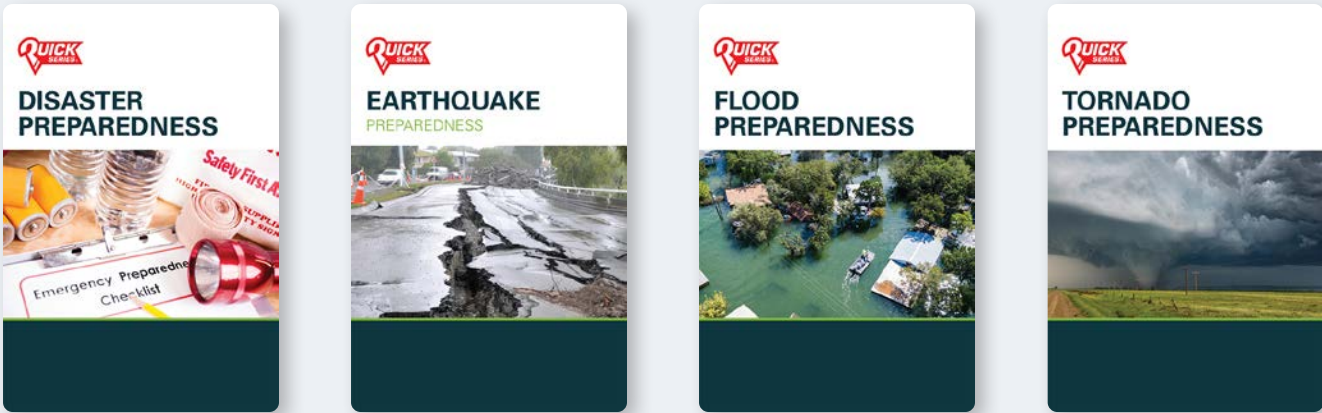


# Community Disaster Preparedness

- Educate your Community Emergency Response Team (CERT) volunteers on basic skills to protect themselves and maximize their capability to handle disaster and help local disaster recovery efforts.
- Arm community members with the tools they need to provide for their family's (including children, pets, and those with functional needs) safety and well-being.
- Our preparedness manuals include Incident Command System (ICS), a standardized management tool for meeting the demands of small or large emergency situations, and National Interoperability Field Operations Guide (NIFOG), a technical reference designed to support incident communications. Our guides are consistently reviewed and updated to include the newest specifications.
- All our community outreach content comes in multiple languages, including Spanish, so you can deliver the same information to your entire community.



\* Licensed by the National CERT Association





# Community Disaster Preparedness



## QuickNote

Bad online actors have taken malware to a personal level with phishing, spam, and other email scams. Teach your community the security threats they may encounter, how to secure their information, and avoid fraud.



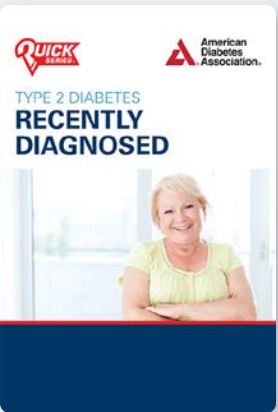
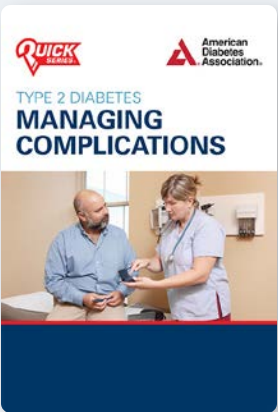
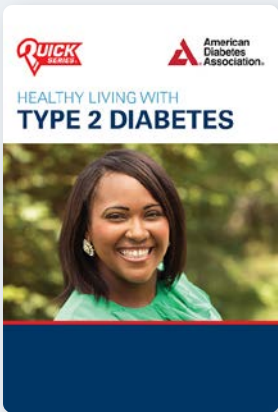
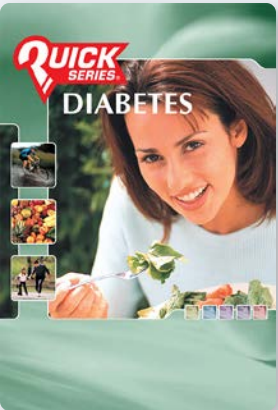
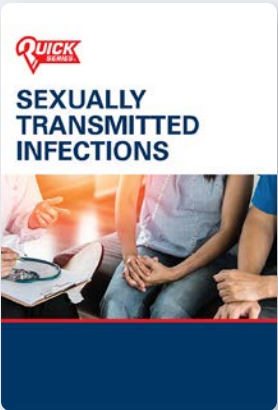
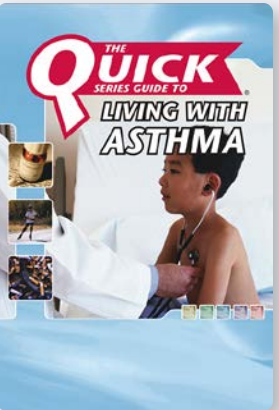
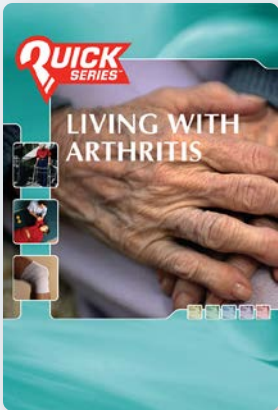
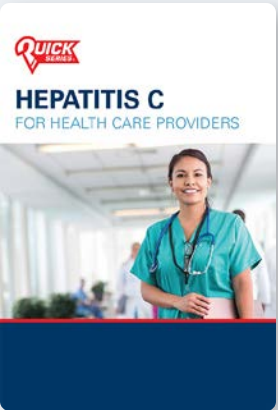
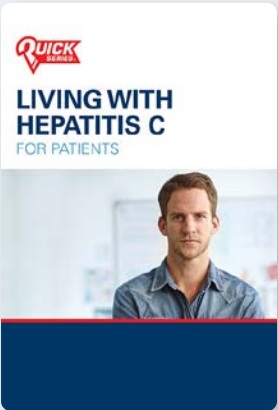
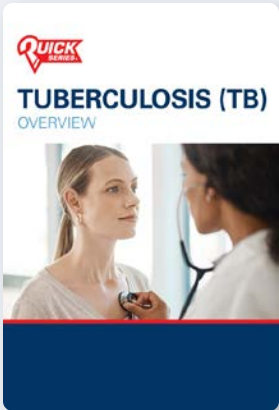
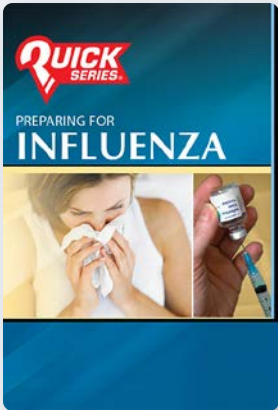
## Access Vital Information – Anytime, Anywhere!

Our QuickSeries Connect app platform is a convenient tool for communities, facilities, and workplaces to communicate essential emergency information. It can be customized to your specific requirements – any content can be turned into an app! Choose from a variety of eGuide titles to create a personalized library for a complete user experience.



# Disease Management

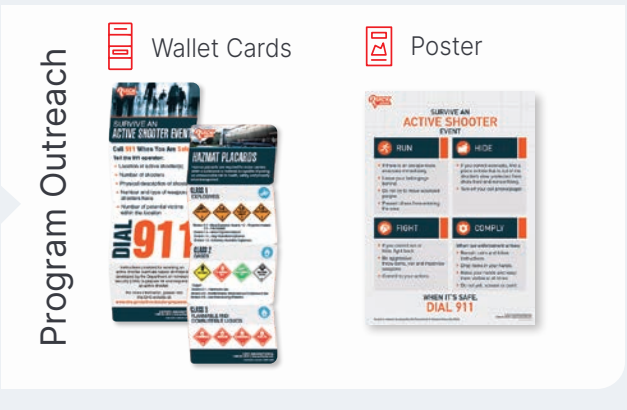
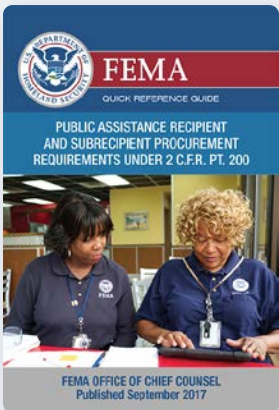
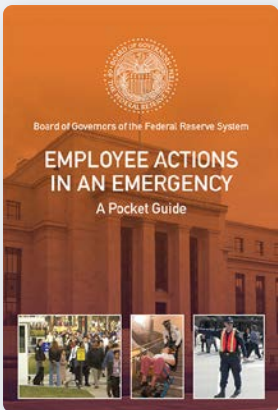
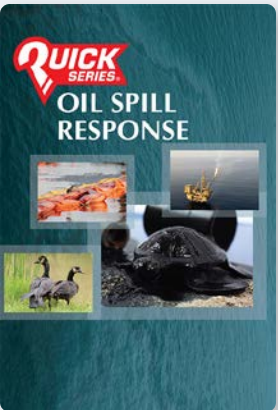
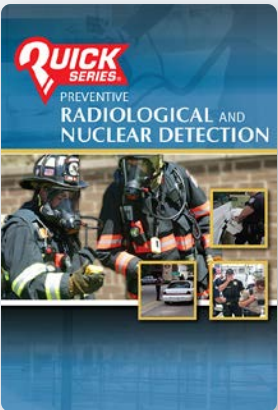
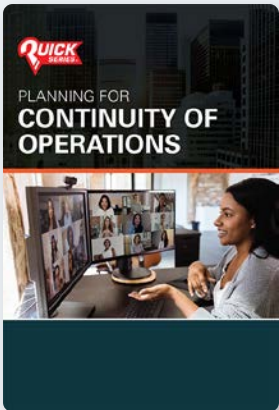
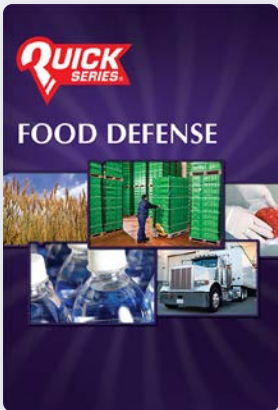
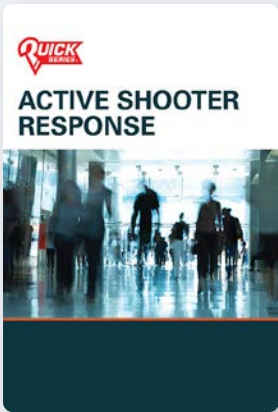
- Encourage your people to make informed health decisions, thereby improving health outcomes and reducing the spread of infection and disease.
- Our content helps to enhance public health literacy, enabling communities to effectively navigate health care systems and adopt preventive measures against illness.



\* Licensed by the American Diabetes Association (ADA)

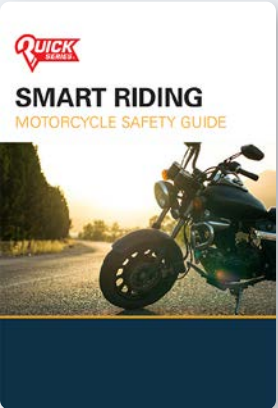
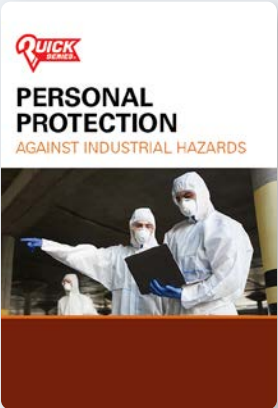
# Emergency Management

- Teach personnel how to react quickly to protect themselves and others in an active threat situation.
- Know how to respond to a man-made incident or natural disaster at work and emphasize the responsibilities all building occupants have in an emergency situation. Build your own Continuity of Operations plan to minimize the effects of a disaster.
- Provide in-depth strategies on radiological or nuclear attacks, creating a food defense plan, responding to an oil spill, and having your employees take appropriate actions in any emergency.

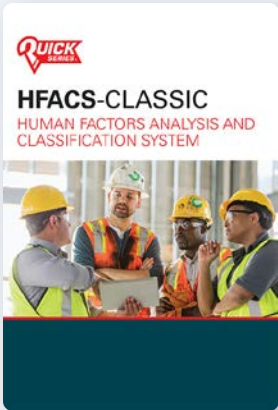
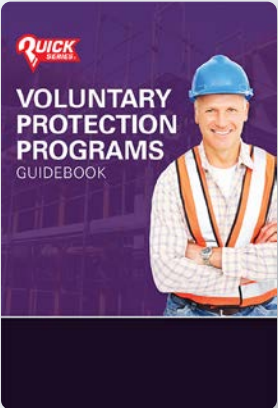




- Provide Occupational Safety and Health Administration (OSHA) employee safety content to ensure a safe and healthy workplace, reducing the risk of accidents and complying with legal standards for worker protection.
- Equip motorcycle riders with the knowledge and skills needed to navigate roads safely, significantly reducing the risk of accidents and fatalities.



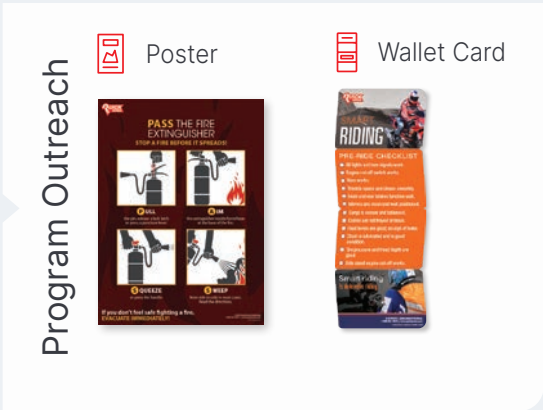
\*



\*\*

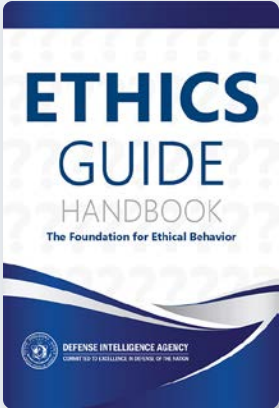
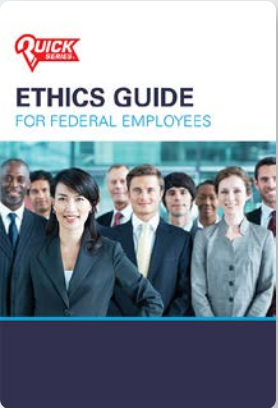
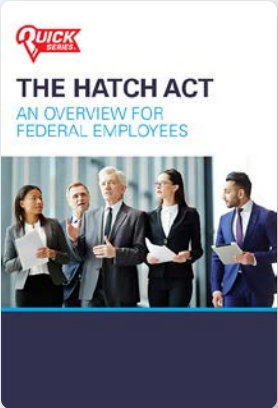
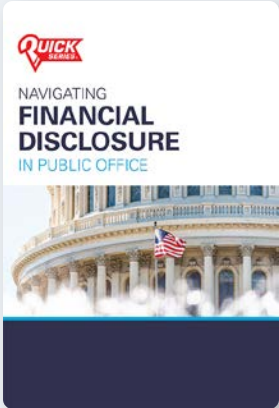
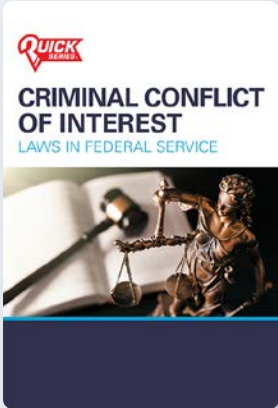


\*\*



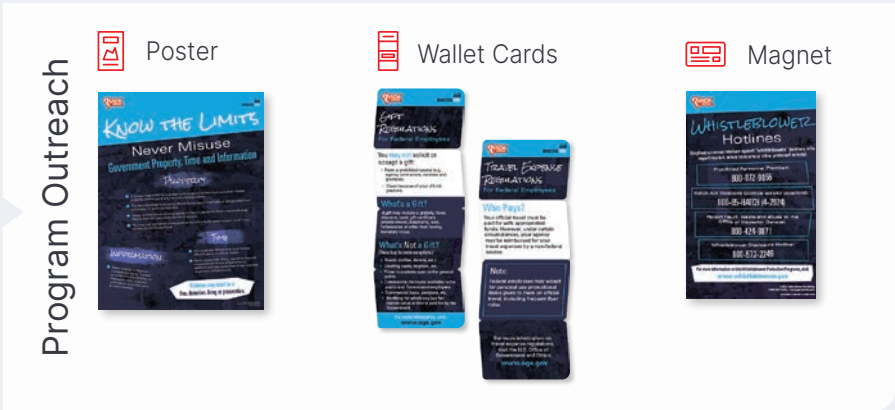
\* Licensed by the Motorcycle Safety Foundation (MSF)    \*\* Licensed by HFACS

- Our content uses plain language to explain the ethics laws and regulations that apply to Federal government employees. Ensure that your staff has a clear understanding of these rules with specific examples on the application of various ethics laws.
- Empower government leaders with the knowledge and tools they need to navigate the complexities of reporting financial information. Support them as they uphold their legal obligations to the community.



Your App, Your Way

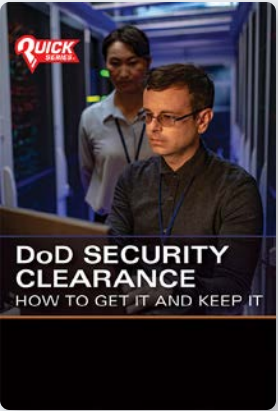
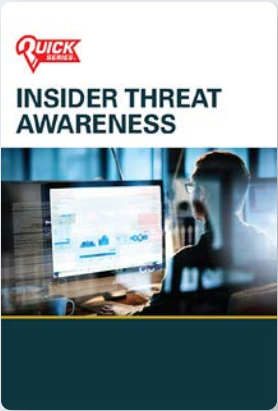
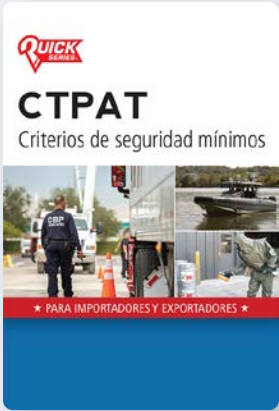
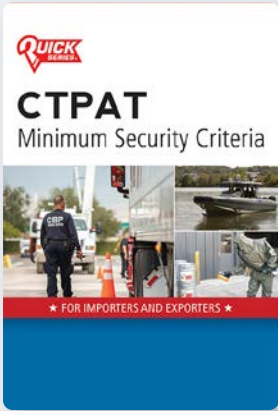
We have already developed apps that address these topics for the U.S. Department of the Interior (DOI), National Cancer Institute (NCI), and the U.S. Department of Agriculture (USDA). Create your own valuable custom app on this subject! Contact us for more details.





# Federal Security

- Importers and exporters need to know about implementing specific security measures and best practices as CTPAT members.
- No Federal organization is immune to insider threats. Educating employees on how to identify and report potential insider threat indicators within the workplace can help reduce the risk and support an appropriate organization response.
- Government employees will learn how to get and keep a security clearance for the Department of Defense (DoD). Discover details on employee responsibilities and how to avoid concerning behavior.

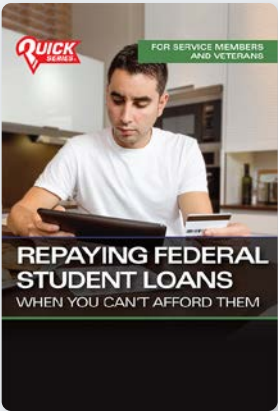
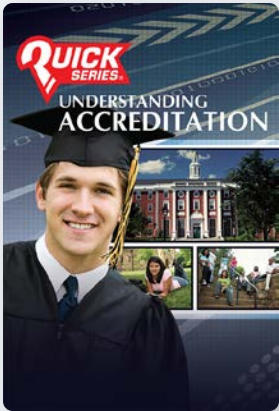
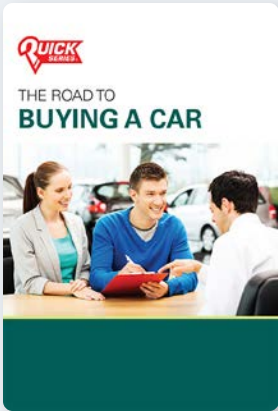


## QuickTerm

**Insider threat awareness** is a term to describe the actions of recognizing and mitigating risks posed by individuals within an organization who might intentionally (or unintentionally) compromise its security or integrity.

# Financial Literacy

- Give everyone the tools they need to handle their money wisely, which helps the whole community thrive and grow stronger financially.
- Identify and avoid fraud by recognizing deceptive schemes and make secure financial decisions.



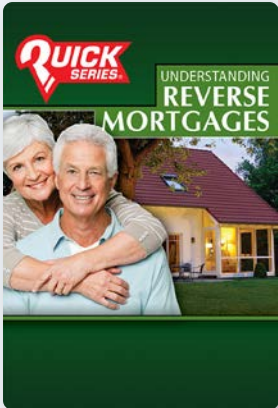
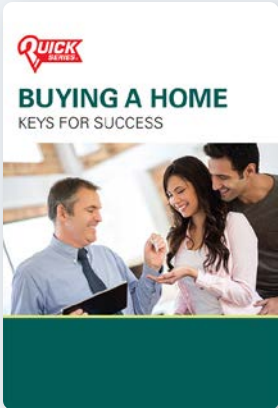
## Personalization Is Key

Make it yours! Customize our formats with your branding.

Do you want to build long-lasting relationships with your audience? A branded, customized QuickSeries format can help make that happen. We will work with you to create professional, dependable outreach material that will resonate with your community.







Program Outreach

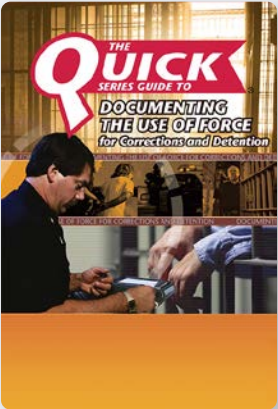
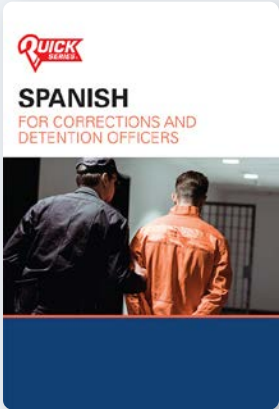
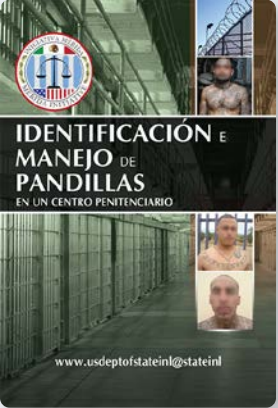
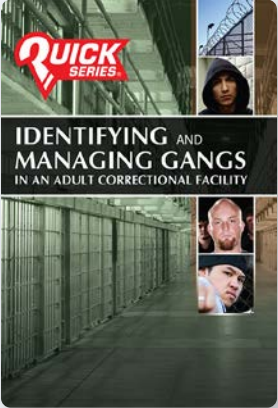
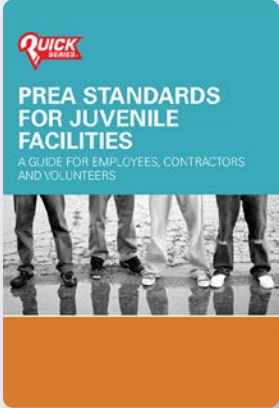
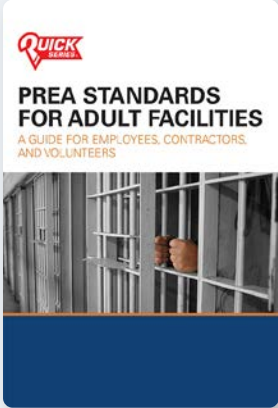
Pamphlets

Poster

Wallet Cards

Magnets

- Present the Prison Rape Elimination Act (PREA) standards that apply to adult prisons and jails. These guides are specifically designed for correctional officers and any other employees, contractors, and volunteers who interact with inmates.
- Juvenile facilities have a different set of PREA standards than adult prisons. Guide personnel on how to detect, prevent, and respond to sexual abuse and sexual harassment in these specific settings.
- Other related products include learning how to correctly identify and deal with gang members, supporting inmates with their transition from prison, and helping non-Spanish speaking corrections officers better execute their duties.



Program Outreach

Pamphlet

Wallet Cards

**QuickTerm**

**PREA** addresses the problem of sexual misconduct in confinement facilities. PREA was signed into Federal law in 2003.

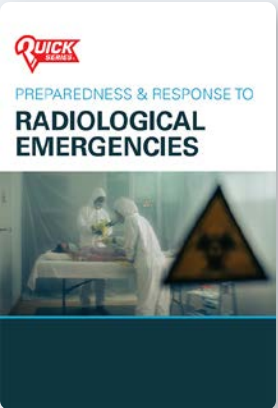
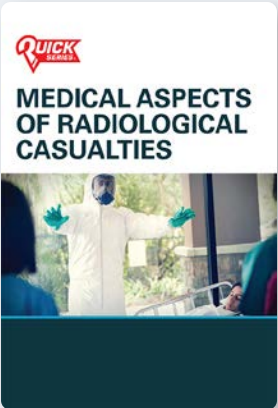
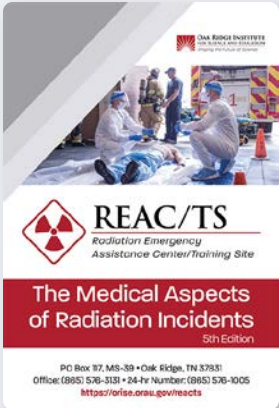
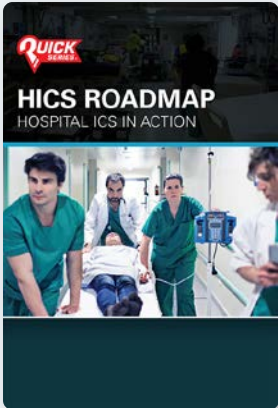
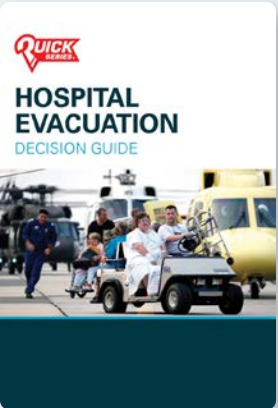
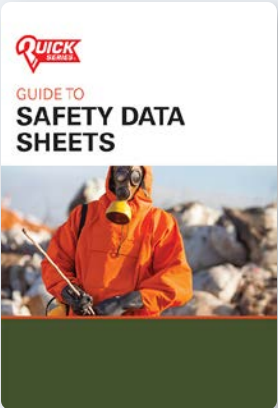
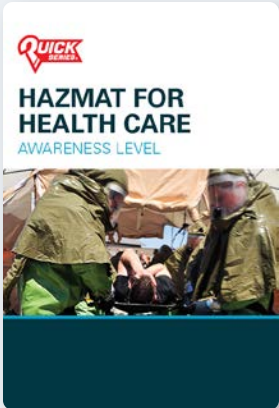
\* Licensed by Force Concepts





# Hospitals & Health Care Security

- Prepare your hospitals! Understand the concepts of the Hospital Incident Command System (HICS) so your hospital will be ready to respond to both large- and small-scale emergencies.
- Develop crucial emergency response strategies, fine-tune planning processes, organize the management of simultaneous events, and conduct important self-assessments.
- Help hospital administrators, staff, and safety managers develop and implement effective emergency preparedness plans.



## QuickTerm

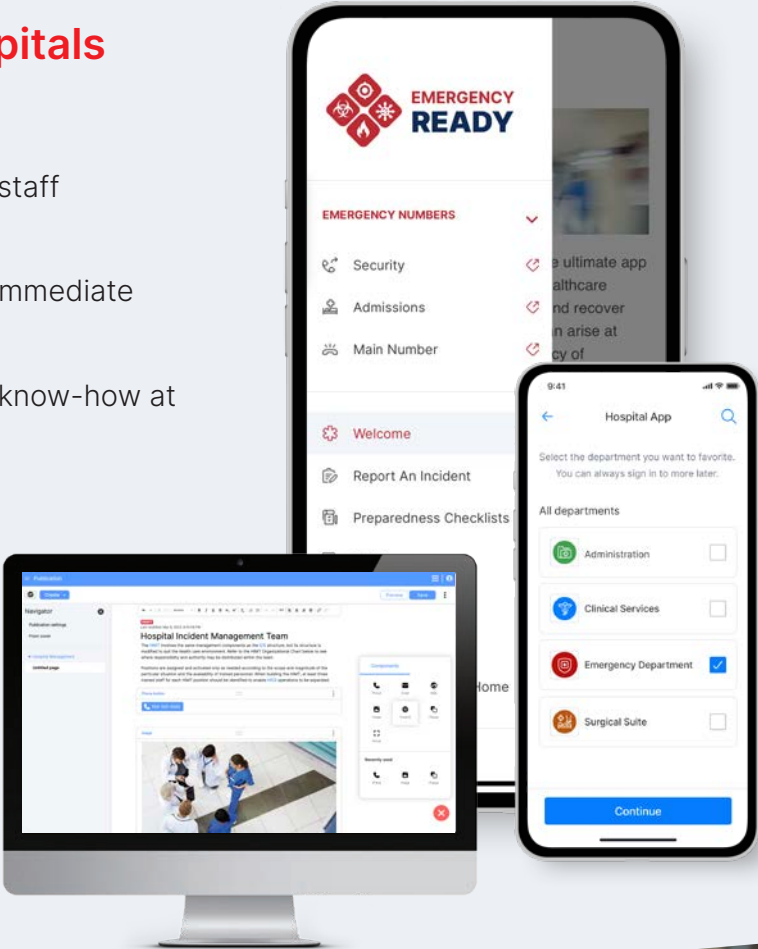
**HICS** is a standardized system used to organize response personnel and resources, and to manage response operations. It is based on the same principles as the Incident Command System (ICS), but is adapted to suit the health care environment.



## Hospital Emergency-Ready App

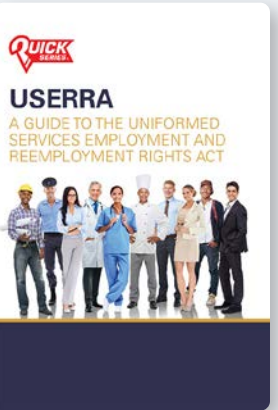
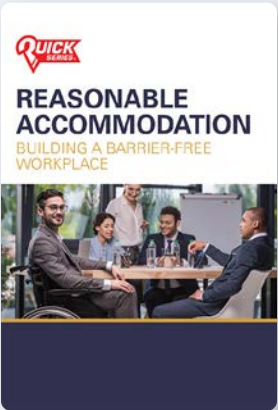
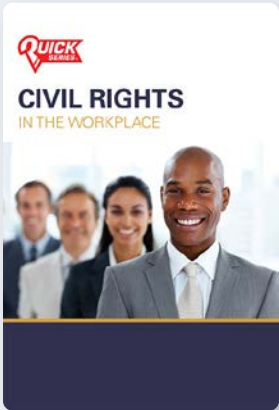
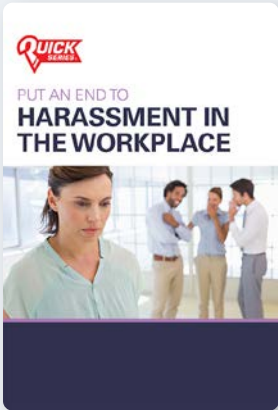
**When an emergency strikes, hospitals need to be prepared.**

- ✓ A trusted two-way communication channel for staff preparedness
- ✓ Real-time alerts and safety status updates for immediate action
- ✓ Portable emergency planning tools and expert know-how at your fingertips
- ✓ A choice of eGuides from the QuickSeries content suites to fit your specific needs
- ✓ A cost-effective solution with a comprehensive set of feature-rich modules, including a valuable Authoring Tool CMS
- ✓ An evolving platform that adapts to the growing needs of your hospital





- Contribute to the safety of your work environment by preventing or responding to harassment of any kind – from sexual harassment to bullying.
- Promote an equal opportunity workplace by becoming culturally aware and eliminating discrimination and harassment.
- Know your rights to equal treatment as an employee, understand reasonable accommodation, and be aware of your reporting options.



Program Outreach



Pamphlet



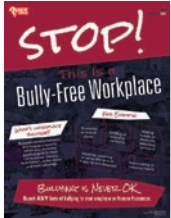
Poster



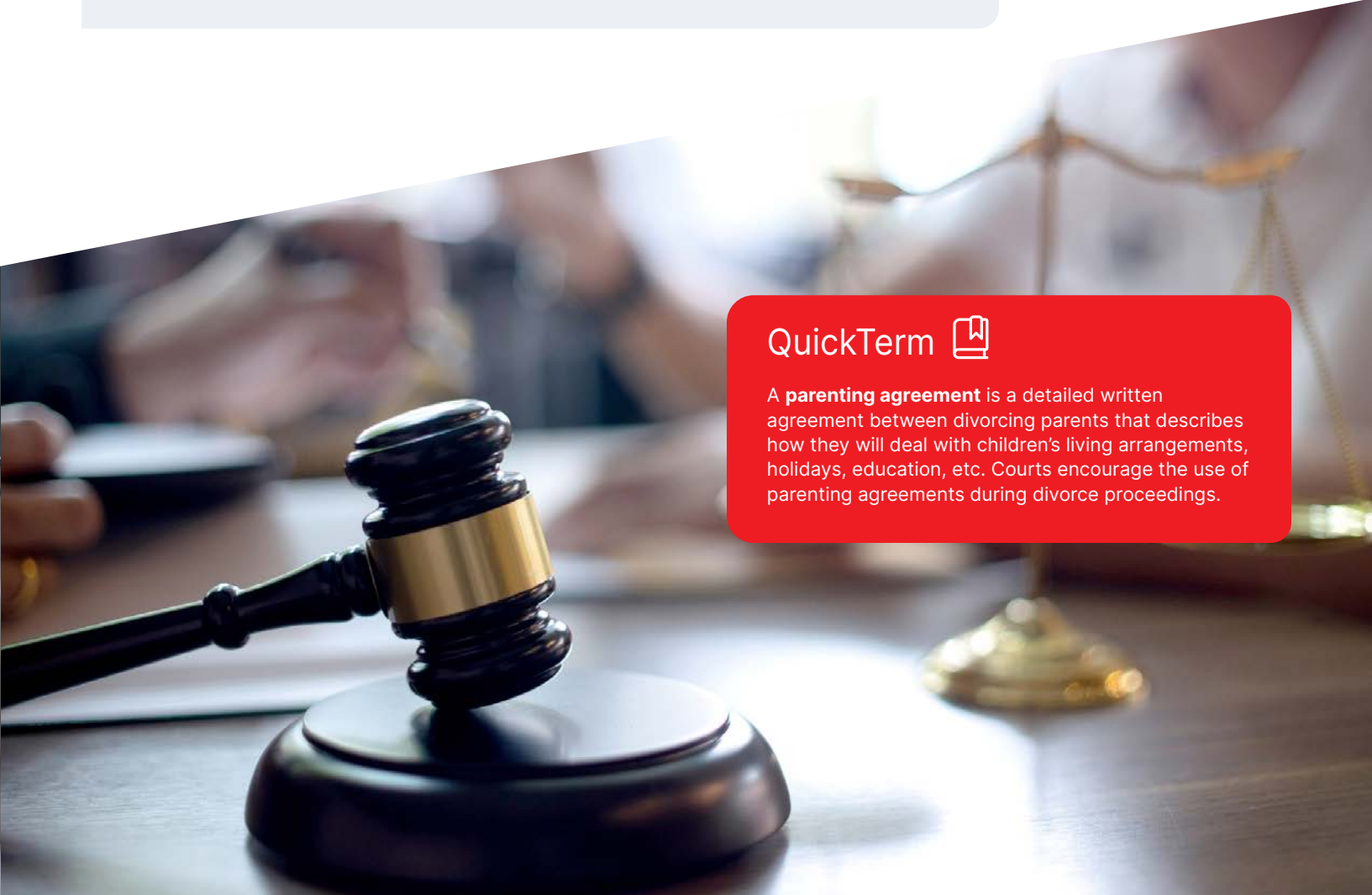
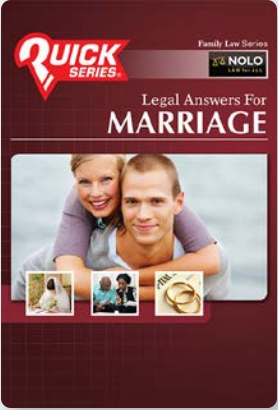
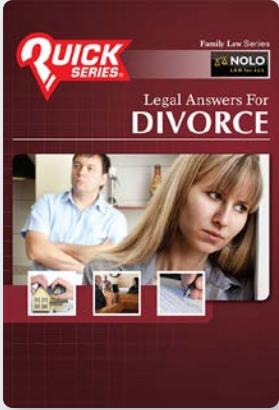
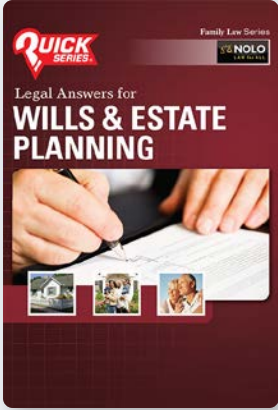
Wallet Cards



Magnet



- Know your rights about various legal issues – from marriage and divorce to child custody and estate planning.
- Find quick answers to a variety of practical questions about how the law (Federal, state, and local) affects you and your family.
- Master complicated legal jargon through easy-to-understand explanations and terms so you can effectively work with your lawyer.
- Refer to the valuable resources for additional information and extra guidance with your legal questions.



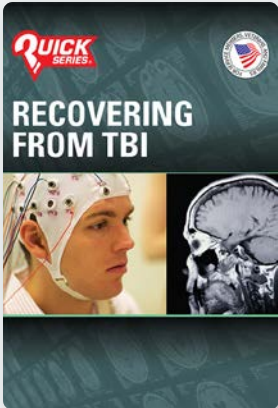
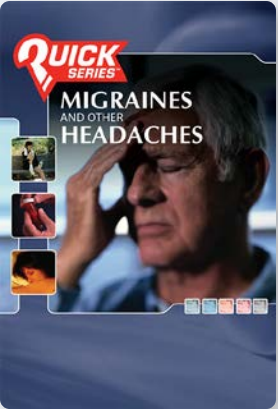
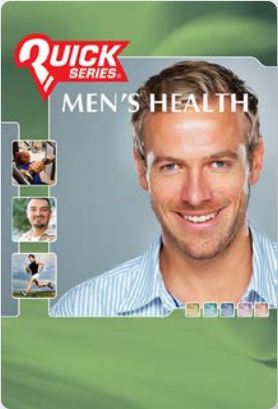
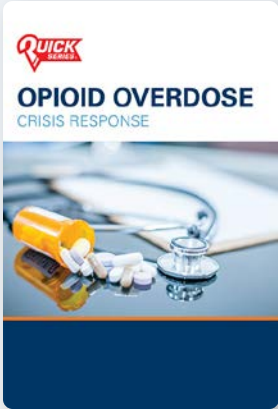
QuickTerm

A **parenting agreement** is a detailed written agreement between divorcing parents that describes how they will deal with children's living arrangements, holidays, education, etc. Courts encourage the use of parenting agreements during divorce proceedings.



# Medical Management

- Take control of your pain by learning about the types of treatments and medications available. Make sure you're getting the right treatment for your specific pain so you can enjoy a better quality of life.
- Every day, more than 130 people die from opioid-related overdoses. Help people understand and be more aware of opioid (and other) addiction and overdose, so they can make better-informed choices.
- Medical management is essential to ensure that health care practices are patient-centered and operate within the latest clinical guidelines.

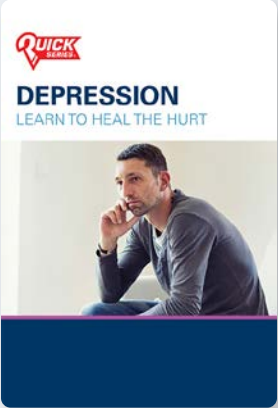
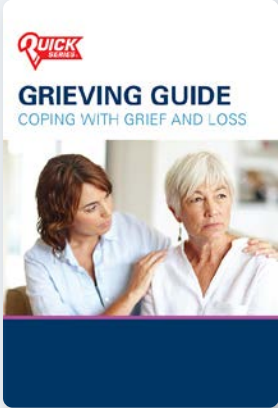
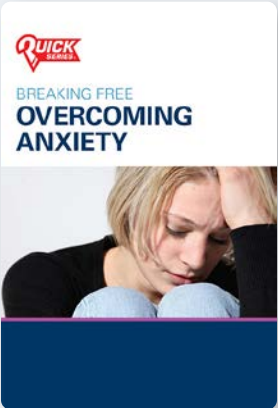


## QuickNote

The growing number of overdoses and deaths caused by fentanyl, heroin, and prescription opioids continues to be a major public health problem.

# Mind & Body Health

- Use our diverse suite of products to promote and support initiatives that focus on fitness, mental health, and physical wellness. Our products share expert knowledge, tools, and recommendations on how to achieve results.
- Get the proper information and support you need to help you or to guide someone through a mental health crisis.
- Find important techniques, skills, checklists, and resources to be more resilient to mental stress and get the information you need to recover.
- Maintain mental and spiritual wellness through effective methods and strategies to calm the mind, manage anger, control fatigue, and enhance emotional well-being.



\* Licensed by the International Critical Incident Stress Foundation (ICISF)



Mind & Body Health

QUICK SERIES

PREVENTING & RECOVERING FROM TRAUMATIC STRESS

\*

QUICK SERIES

PSYCHOLOGICAL FIRST AID

FIELD OPERATIONS GUIDE

\*\*

QUICK SERIES

EMOTIONAL INTELLIGENCE ESSENTIALS

FOR SELF-AWARENESS & PERSONAL GROWTH

QUICK SERIES

NOVA

TRAUMA-INFORMED RESPONSES

NAVIGATING CONVERSATIONS WITH INDIVIDUALS IMPACTED BY TRAUMA

\*\*\*

QUICK SERIES

POST-TRAUMATIC STRESS DISORDER

HANDBOOK

\*

QUICK SERIES

ANGER MANAGEMENT

KEEP YOUR COOL

QUICK SERIES

SUICIDE PREVENTION

\*

QUICK SERIES

PREVENCIÓN DEL SUICIDIO

\*

QUICK SERIES

DEALING WITH WORRY

FOR A CALMER YOU

QUICK SERIES

MENTAL HEALTH AND WELLNESS GUIDE

QUICK SERIES

STRESS CONTROL & RESILIENCE

FOR THE WILDLAND FIRE COMMUNITY

QUICK SERIES

WALLET CARD

Program Outreach

\* Licensed by the International Critical Incident Stress Foundation (ICISF)  
\*\* Licensed by Psychological First Aid (PFA)  
\*\*\* Licensed by the National Organization for Victim Advocacy (NOVA)

QUICK SERIES

TEENS & SUICIDE

WHAT YOU SHOULD KNOW

QUICK SERIES

LOS ADOLESCENTES Y EL SUICIDIO

LO QUE DEBES SABER

QUICK SERIES

NATIVE TEENS & SUICIDE

WHAT YOU SHOULD KNOW

QUICK SERIES

UNDERSTANDING CHILDHOOD TRAUMA

AND HOW TO HEAL

QUICK SERIES

A FAMILY'S GUIDE TO AUTISM SPECTRUM DISORDER

QUICK SERIES

SPIRITUAL WELLNESS

LIFE WELL LIVED

QUICK SERIES

ESPIRITUAL BIENESTAR

VIDA BIEN VIVIDA

QUICK SERIES

TAKE CONTROL LIFE WITH CHRONIC PAIN

QUICK SERIES

HEALTHY SLEEP

SLEEP WELL, LIVE WELL

QUICK SERIES

EFFECTIVE FATIGUE MANAGEMENT

READY FOR ACTION

QUICK SERIES

HEALTHY CAREGIVING

QUICK SERIES

MANAGING CHILDHOOD OBESITY

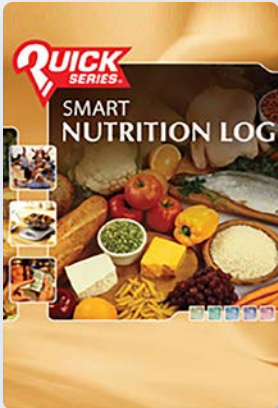
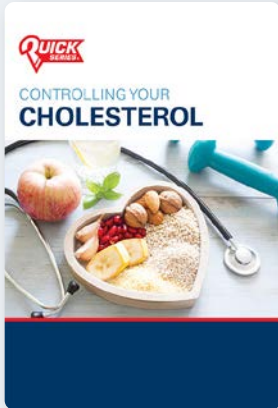
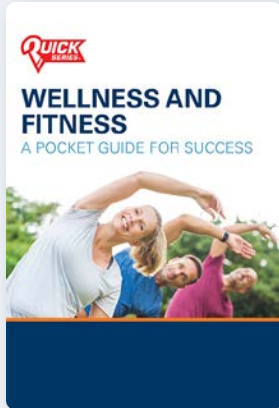
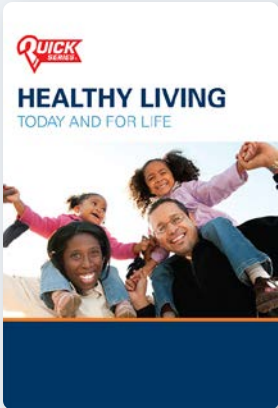
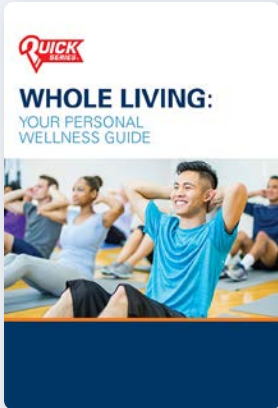
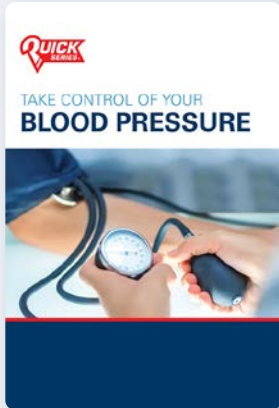
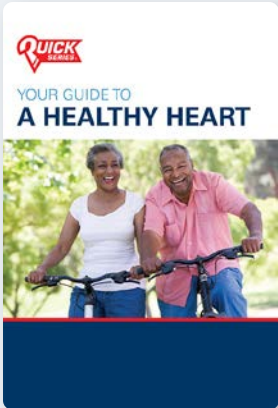
**Access Vital Info – Anytime, Anywhere!**  
Our QuickSeries Connect app platform is a convenient tool for communities, facilities, and workplaces to communicate essential wellness information. It can be customized to your specific requirements – any content can be turned into an app! Choose from a variety of eGuide titles to create a personalized library, along with over 25 interactive features for a complete user experience.

30 Mind & Body Health

Mind & Body Health 31



Mind & Body Health

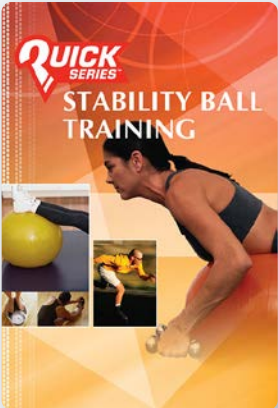
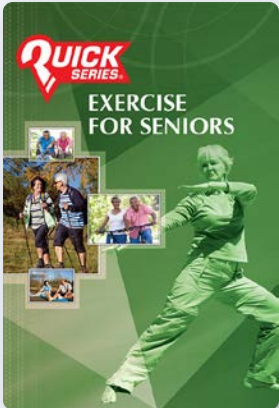
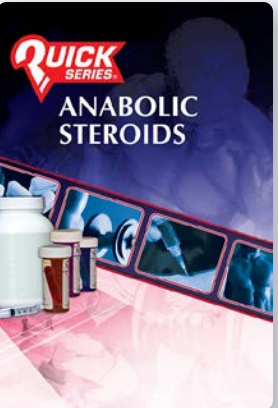
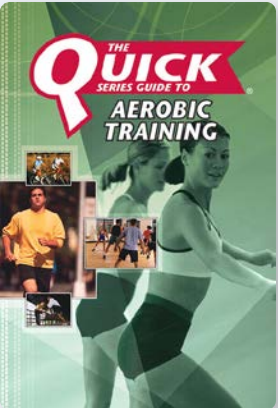
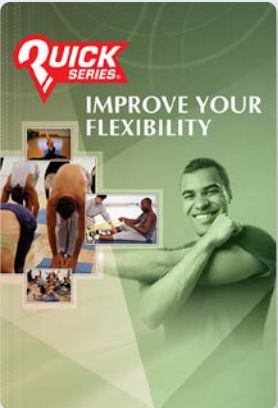
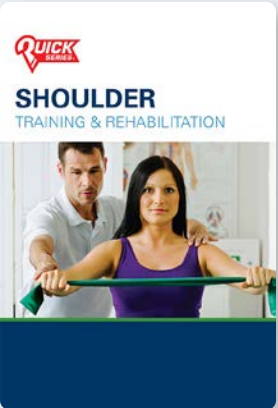
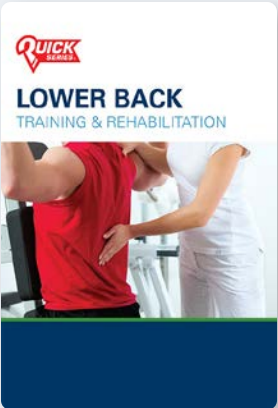
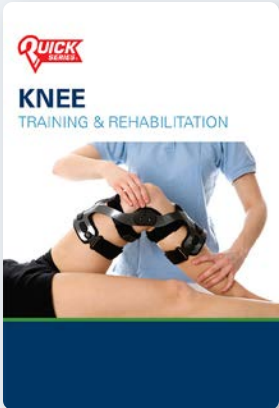
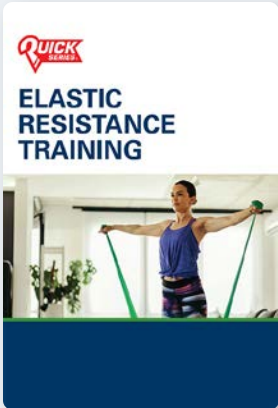


Program Outreach

Pamphlets

Posters

Wallet Cards



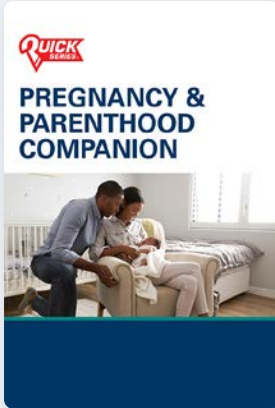
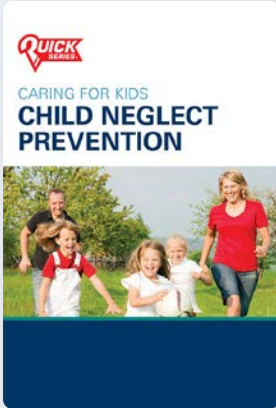
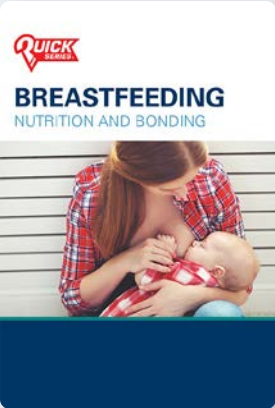
QuickNote

Get the necessary health, fitness, and training recommendations, procedures, and tips to build and maintain an effective workout regimen. Find support for setting personal workout goals and staying motivated, so you can get results.



# New Parent Support

- Follow helpful advice on coping with common pregnancy complaints, managing body changes, knowing when to call your doctor, and creating a birth plan.
- Keep children safe from common threats – such as neglect, maltreatment, and SIDS – with essential information, recommendations, and guidelines.
- Learn how to co-sleep the right way. From room-sharing to baby sleep rules, find the most up-to-date information and tips on keeping your baby safe during sleep.
- Aid in the preparation for prenatal and postpartum with the benefits of exercising.



## QuickNote

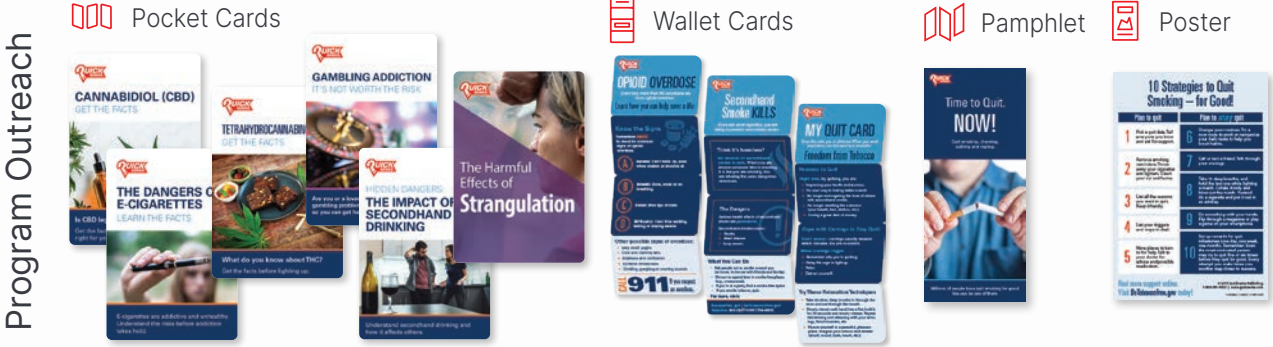
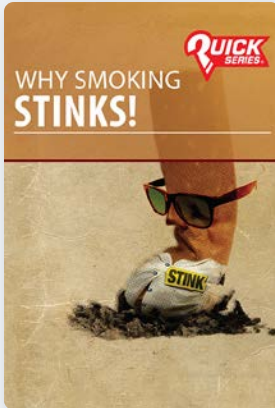
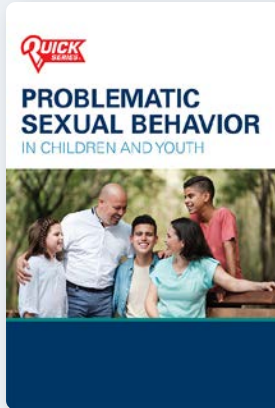
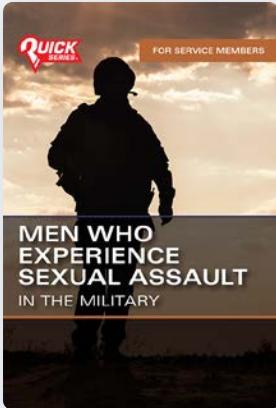
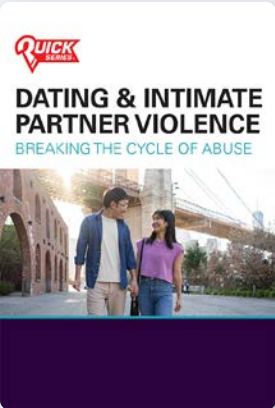
Safe, stable, and nurturing relationships are the keys to encouraging healthy child development and preventing child neglect and maltreatment.

## Program Outreach



# Sexual & Substance Abuse

- Identify the warning signs of sexual harassment and potential sexual assault – as a victim or as a bystander – so you can stop it in its tracks and prevent it from escalating.
- Know how to take immediate action to report sexual assault and prevent future incidents.
- Address many of the questions and concerns that parents and other adults in your community that care for/work with children and youth have about both normative sexual behavior and problematic sexual behavior in children and youth.

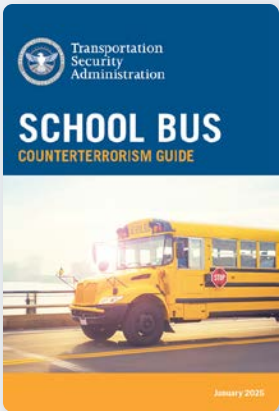
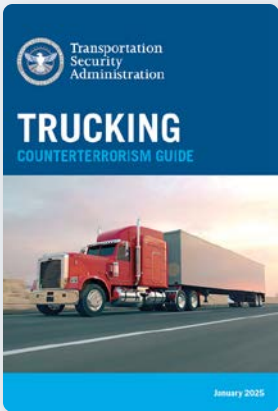
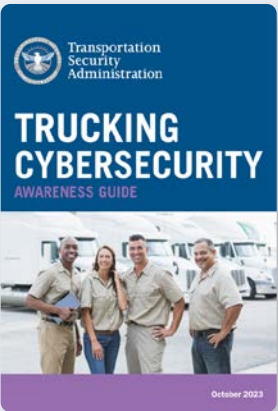
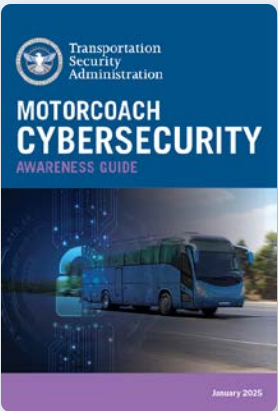
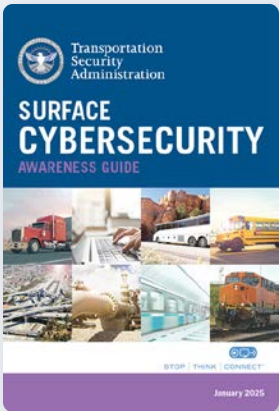
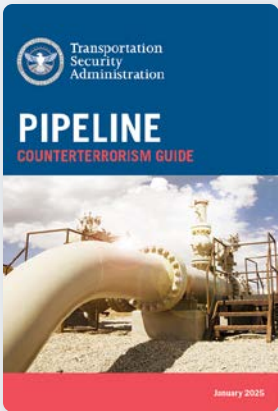
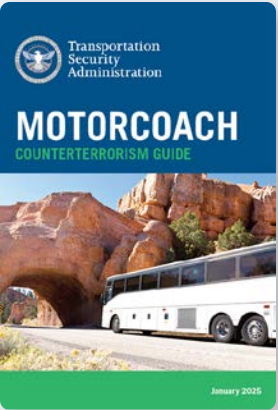
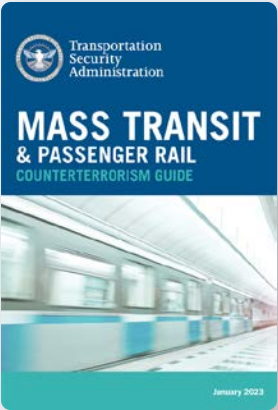
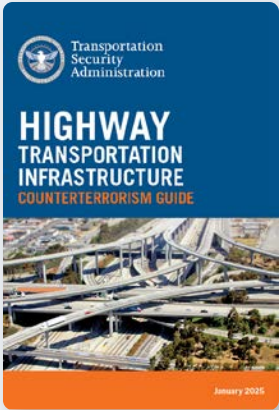
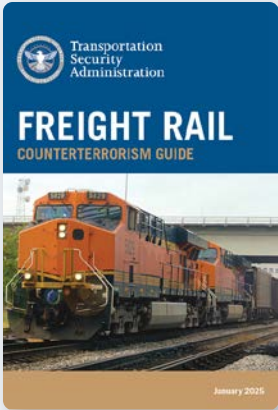


\* Licensed by the Rape, Abuse & Incest National Network (RAINN)



# Transport Security

- Support transport industry personnel by implementing security measures to reduce the risk of terrorist-related threats.
- Recognize potential terrorism indicators and follow appropriate protective measures.

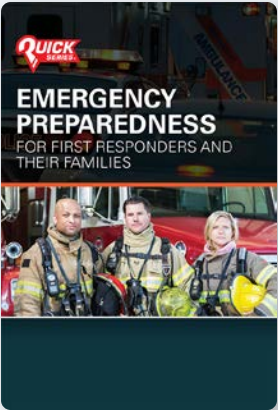
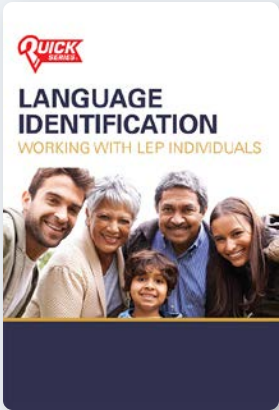
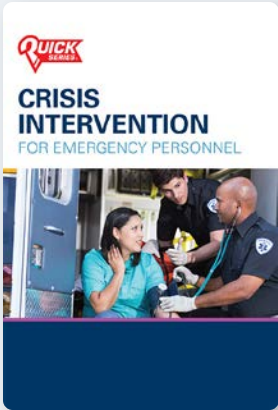
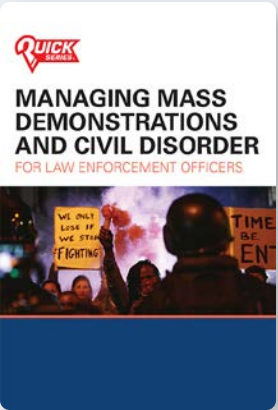
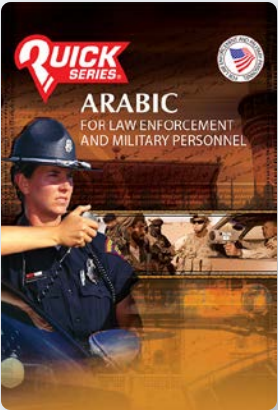
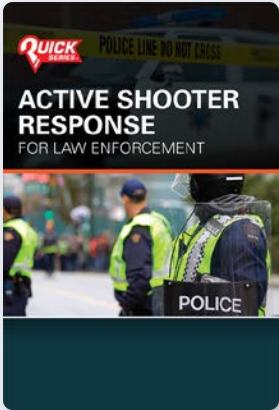
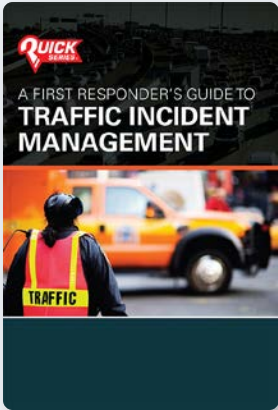


QuickNote

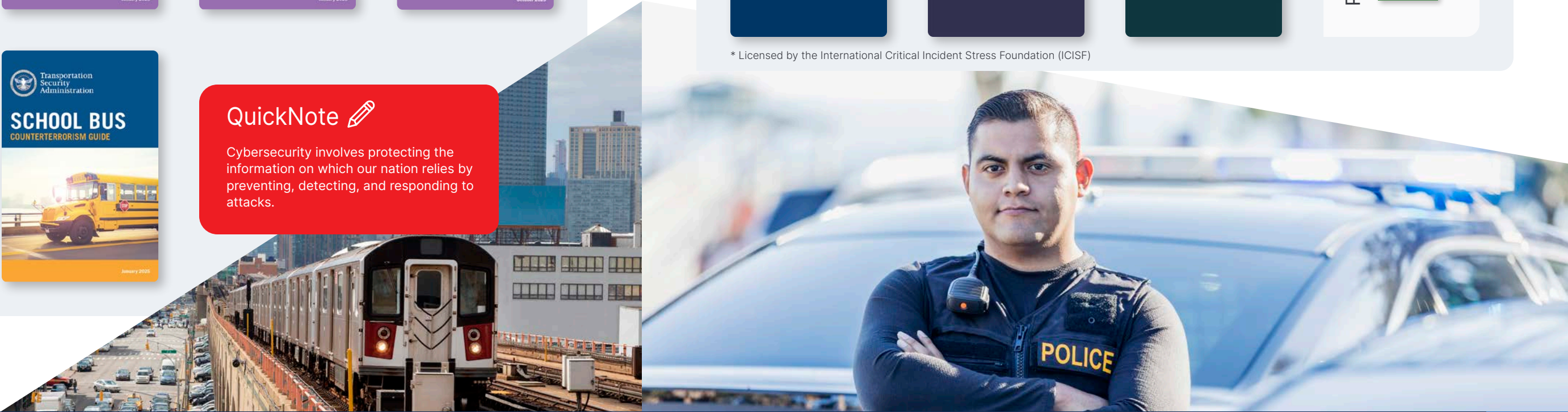
Cybersecurity involves protecting the information on which our nation relies by preventing, detecting, and responding to attacks.

# Work Aids

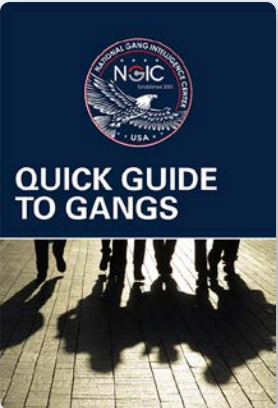
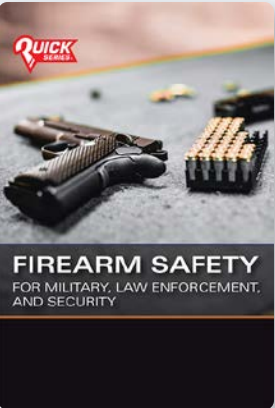
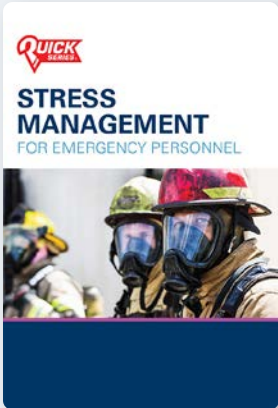
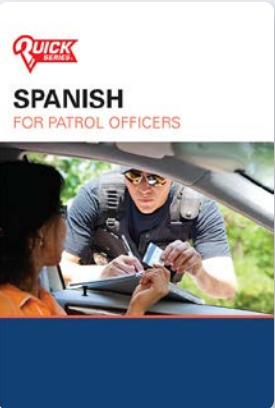
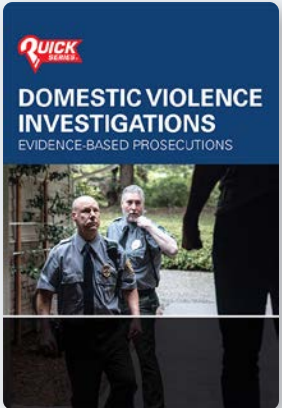
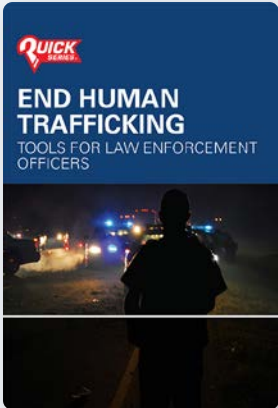
- Get basic guidelines on security planning, threat management, and response and recovery procedures.
- Help police officers refine their on-the-job expertise with the information in these quick-reference guides.
- Promote cultural awareness in law enforcement officers (LEO) with this library of translation guides.



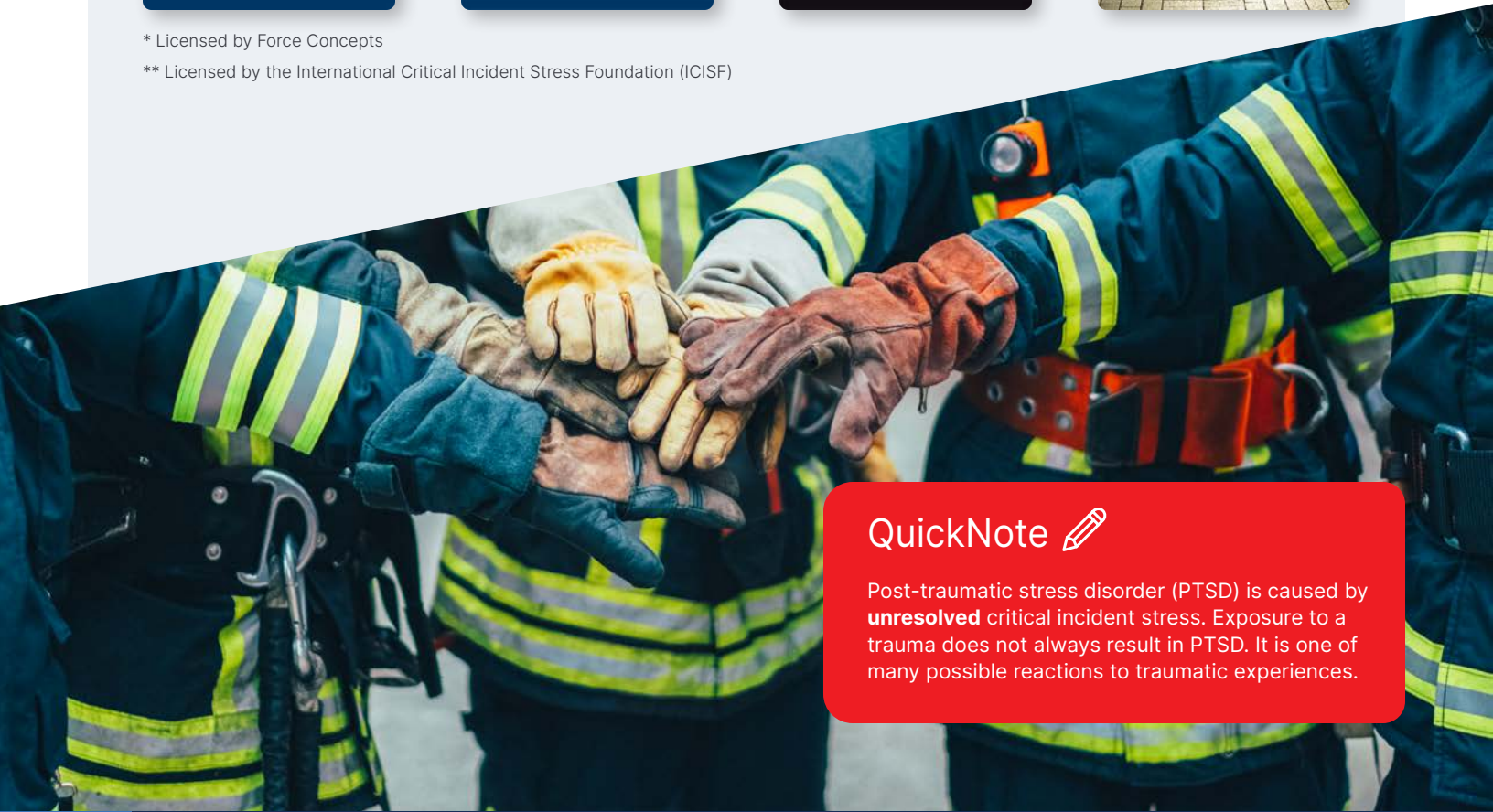
\* Licensed by the International Critical Incident Stress Foundation (ICISF)







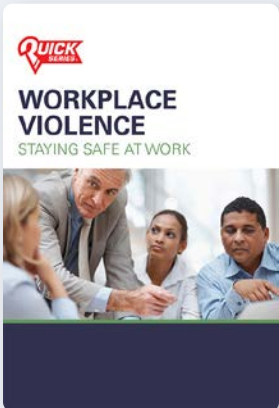
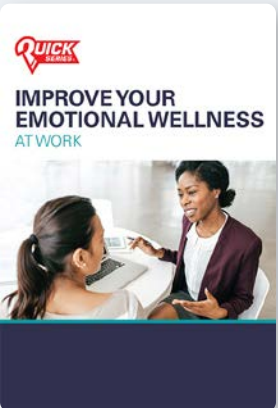
\* Licensed by Force Concepts  
\*\* Licensed by the International Critical Incident Stress Foundation (ICISF)



QuickNote

Post-traumatic stress disorder (PTSD) is caused by **unresolved** critical incident stress. Exposure to a trauma does not always result in PTSD. It is one of many possible reactions to traumatic experiences.

- Eliminate violence and conflict from your workplace with valuable information and resources.
- Make your workplace a safe, stress-free environment with the help of various exercises and tips for controlling emotions and resolving issues.
- Help employers, employees, and supervisors understand the importance of workplace civility and teach them how to put it into practice every day on the job.



Program Outreach

Poster

Wallet Cards

\* Licensed by Force Concepts

Bring Your Message to Life with Whiteboard Videos

Appeal to your target audience by combining narration and animation to boost engagement, whether it be at meetings or in training sessions.

Contact us to discuss your vision.







## Dependable and Concise

Our unmatched quality, ease of use, cost-effectiveness, and proven track record make us the go-to resource for professionals across all industries.



## Tailored Approach

We customize our print materials and app platform to effectively convey your message.



## Accurate and Professional

Our materials are trusted by government agencies, military organizations, and top enterprises nationwide.



For samples or more information on how QuickSeries can help you make your program a success, contact us:



1-800-361-4653



info@quickseries.com



www.quickseries.com

DISCOVER MORE:  
**SCAN FOR INFO!**



© 2025 QuickSeries Publishing

Photos used for illustrative purposes only; the people shown are not linked to the topic.