



RESPONDER HEALTH AND SAFETY RESOURCES

PREPAREDNESS HEALTH & SAFETY RESOURCES:

Curbside Manner: Stress First Aid for the Street.

<http://flsi13.everyonegoeshome.com/curbside-manner.html>

Curbside Manner: Stress First Aid for the Street is a series of simple, supportive actions that can be used when assisting distressed or disoriented individuals and families. These actions should be integrated into your duties in a natural, seamless way and used only when they do not interfere with your primary responsibilities and actions. They involve only a small amount of effort on your part, but these actions can make a huge difference in how the citizens you serve recover from the stress of what has happened to them. (1-Hour CE course @ www.fireherolearningnetwork.com).

Online First Response Resiliency Course. Visit www.co.train.org Course # 1051919.

Based on resiliency research and adapted for emergency responders after successful results with combat veterans, the First Response Resiliency course packages an effective stress management and resiliency skill-set into a 24 week facilitated online course. Next class starts January 19, 2015.

Man Therapy. www.mantherapy.org *“For men or anyone with a man in their life”*

Man Therapy is an interactive mental health campaign targeting working age men (25-54) that employs humor to cut through stigma and tackle issues like depression, divorce and anxiety.

Mobile Apps: (all free downloads)

- US Army Goal Setting VA’s PTSD Coach
- Life Armor

RESPONSE HEALTH & SAFETY RESOURCES:

Everyone Goes Home: After Action Review (AAR) :

<http://flsi13.everyonegoeshome.com/after-action-review.html>

Training on formalizing traditional informal post-incident conversations into a simple, systematic, guided process of analyzing, refining, and improving incident response. This module explains the origins of AAR, how to implement it, and the important role it plays in culture change.

Critical Incident Stress Management (CISM):

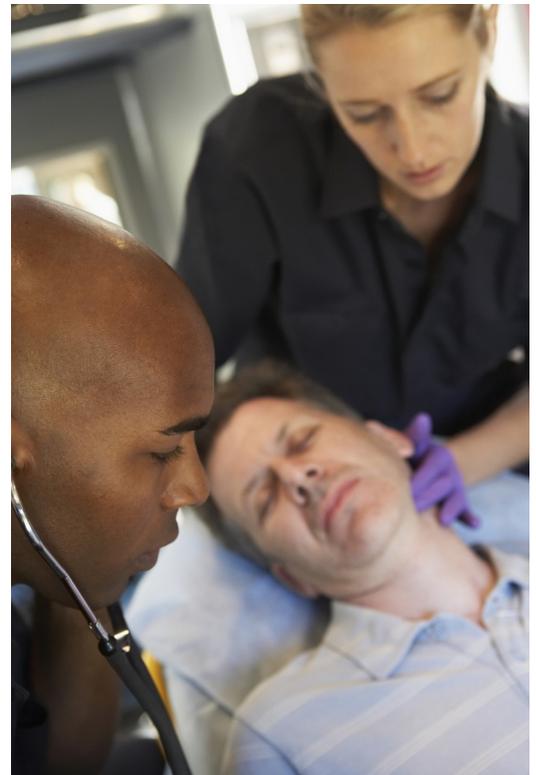
<http://www.icisf.org/get-cism-support/>

CISM is designed to help people deal with their trauma one incident at a time, by allowing them to talk about the incident when it happens without judgment or criticism.

Colorado Crisis Support Network (CCSN):

<https://www.healthoneems.com/conetwork.html>

Through the crisis support process, emergency and healthcare personnel are provided with tools to potentially mitigate overwhelming emotional and physical symptoms. The CCSN is available to provide Critical Incident Stress Management services to agencies requesting these resources.



RECOVERY HEALTH & SAFETY RESOURCES:

QPR EMS/Firefighter Suicide Prevention Training.

http://courses.qprinstitute.com/index.php?option=com_zoo&task=item&item_id=11&Itemid=739

With input from members of the Colorado EMS Association this certificate course addresses the knowledge and skills first responders need to deal effectively with suicidal people, family members of the deceased by suicide, and to look after the health and safety of their colleagues and co-workers.

Helping Heroes. <https://helping-heroes.org/user/login>

Online learning for Employee Assistance Programs to learn how to effectively treat the unique needs of emergency service workers.

Online Trauma Focused- CBT Web. <http://tfcbt.musc.edu/>

Welcome to TF-CBTWeb, the site for web-based learning of Trauma-Focused Cognitive-Behavioral Therapy for clinical providers to meet trauma needs.

Share the Load. Support Program for Fire & EMS.

Fire/EMS Helpline: 1-888-731-FIRE (3473)

The Fire/EMS Helpline was created for first responders by members of the fire service. This program is specifically designed to meet the unique needs of firefighters, EMTs, rescue personnel, and their families. To ensure these individuals and their families have access to the help they need this program provides a free, confidential helpline available 24 hours a day, 7 days a week.

MITIGATION HEALTH& SAFETY RESOURCES:

Colorado Wild land Firefighter Academy Life Challenge Program.

<http://www.lifechallengeprogram.org/>

This program provides information through seminars, helpful links, professional readings and personal reflections so individuals can learn to effectively manage their emotional state of mind during times of stress. This program offers reference materials and additional information to provide guidance and support. Our vision hopes individuals will learn and achieve a positive state of mind with strategies to create and maintain a higher quality of life both personally and professionally.

Stress First Aid. <http://flsi13.everyonegoeshome.com/stress-first-aid.html>

Stress First Aid is designed to reduce the risk for stress reactions in fire and rescue personnel. It recognizes quickly those individuals who are reacting to a wide range of stressors in their work and personal lives, and are in need of interventions to promote healing. SFA offers a spectrum of one-on-one or group interventions to ensure safety, reduce the risk for more severe stress reactions and to promote recovery. SFA monitors the progress of recovery to ensure return to full function and well-being.

First Response Resiliency Training.

<https://itunes.apple.com/us/book/first-response-resiliency/id597575090?mt=11>

The goal of this resiliency program is to understand, assess, plan, and apply resiliency practices that proactively manage stress in a manner that fosters personal and professional development. Specific focus is on research based resiliency methods, assessment, and the physical, emotional, and social systems to support work performance and healthy functioning. (iStore: First Response Resiliency Text (free download). Contact Jonathan Gunderson with CDPHE for info on this training. Jonathan.gunderson@state.co.us.

Peer Support Team Development. Best Practices for Peer Support. A White Paper.

<http://www.dcoe.mil/content/Navigation/Documents/>

[Best Practices Identified for Peer Support Programs Jan 2011.pdf](#)

As part of its ongoing mission, the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) explored how to most effectively apply peer support for a culture where its members take care of each other. Peer-to-peer programs facilitate opportunities for individuals to talk with trained peer supporters who can offer educational and social support and provide avenues for additional help.