

ResponderStrong Mental Health Curriculum Train the Trainer Workshop



Hosted by

November 8th & 9th

Montgomery County Fire Academy
1175 Academy Dr.
Conshohocken, PA

FRIDAY

Responder Strong
Train The Trainer Session

9am-4pm
(There will be a break for lunch)

SATURDAY

The First Twenty
Resilience Sessions

9am-11am or 12pm-2pm

The Train the Trainer workshop is based upon a detailed instructor manual designed to support facilitators, provides online access to updated materials, and allows for deeper discussion of the:

- Research and data regarding prevalence of stress injury among our population
- Stress injury model and cumulative stress
- Suicidality- how it develops and how to create effective intervention and prevention
- Impacts of the job on families and ways to mitigate
- Proven practices to improve resilience and better manage stress
- Additional resources and solutions to supplement local options

Emergency Response work has always presented unique mental, emotional and physical challenges. Over the past few years, stress levels among all those who protect and support our communities have escalated to unprecedented levels, driving demand for solutions like ResponderStrong and The First Twenty.

ResponderStrong's Mental Health Curriculum, created for Responders by Responders, this highly regarded program is being implemented across the nation to bolster resiliency, erode stigma, and decrease stress injury: burnout, compassion fatigue, anxiety, depression, and suicidality.

Learn more: www.responderstrong.org/mental-health-curriculum

The First Twenty's clinically proven resilience program will enable first responders to develop the mental strength to tackle any challenge arises, and master their moments. In this onboarding class, first responders learn the core program that includes the team driven process that drives greater meaning, purpose and performance.

Learn more: www.theroadtoresilience.com

Offered to all those working in Emergency Response, including:

Law Enforcement, Fire, EMS, Dispatch, Healthcare, Patrol, Coroner, Wildland, Disaster Response, Mental Health Clinicians, and others trained to serve our communities. Career or volunteer, current or former - all are welcome. Our content supports the human behind the badge, uniform, and scrubs. Through this Train the Trainer model, we empower YOU, the local wellness champions with vetted, relevant, and useful material to integrate within your agency and share with your community. **Scan the QR Code or click [HERE](#) to register**

Register Now

