

Behavioral and Mental Health Course Catalog

	Course Name	Authorized Instructor(s)	Course Description	Contact Info	Meeting Date/Motion
G04A	National Fallen Firefighters Foundation - Stress First Aid	MFFTC instructors who have taken the NFFF Train the Trainer	Stress First Aid (SFA) is a flexible set of tools used to care for stress reactions in firefighters and rescue personnel. Unlike other acute stress management procedures, SFA was designed specifically to support firefighters and rescue personnel. The goal of SFA is to restore health and readiness after a stress reaction. SFA is a toolkit that emphasizes the importance of continuously monitoring the stress of fire and rescue personnel and to quickly recognize and appropriately help individuals who are reacting to stress and are in need of interventions to promote healing. SFA monitors the progress of recovery to ensure a return to full-function. SFA fosters strong leadership and unit cohesion. SFA is individualized to meet the needs of each person in each context; there are no one-size-fits-all SFA solutions.	Register course in SMOKE. Instructor list can be found in Reports in SMOKE.	
Q61A	Emotional Wellness and Career Survival (Behavioral & Mental Health Funding can be used for this class)	2 the Rescue; Terry Bykerk & Mike Wierenga	This three (3) hour seminar is unique in that it is designed for your family, friends, and loved ones to attend right along side you. The instructors will use years of front line personal experiences with line of duty deaths, tragedies, losses and self destructive behavior to clearly identify the pitfalls and challenges that the exposure to trauma, stress and grief presents. You will learn realistic ways to manage this emotionally demanding profession	616-262-8455 twotherescue.com	
Q61B	Health and Safety Summit (Behavioral & Mental Health Funding can be used for this class)	NFFF Instructors	This 2-day training summit including the following topics: current topics in Fire Service Risk Reduction (CTFSRR); Delivery of the baseline Courage to Be Safe (CTBS); NFFF Stress First Aid (SFA). Instructor I & II certified instructors can attend additional time and receive the Totty for the CTBS and SFA classes.	301-447-1365	
Q61D	IAFF Peer Support/Mental Wellness (Behavioral & Mental Health Funding can be used for this class)	IAFF Instructors	Learn and practice skills to effectively become a peer counselor and establish your own peer support team. The stresses faced by fire service members through the course of their careers can have a cumulative impact on mental health and well being. Peer support programs have even demonstrated to be an effective method for providing support to occupational groups, including firefighters. After completing the IAFF training, members will become IAFF Trained Peer Supporters and have the necessary knowledge and skills to provide support to their peers; educate brothers and sisters about behavioral health; serve as a bridge to behavioral health programs and community resources; and build or enhance their peer support programs.	International Association of Fire Fighters (IAFF)	
Q61H	Preventing Fire Fighter and First Responder Suicide Summit (Behavioral & Mental Health Funding can be used for this class)	Mary Van Haute	Students participating in this workshop will be provided with suicide prevention and intervention techniques for use among fire/rescue service personnel.	Mary Van Haute 920-680-4710	18-2-006
Q61J	HAYO (Hey Are You Okay?) (Behavioral & Mental Health Funding can be used for this class)	Alan Styles	This class is designed to give you the basic tools to understand, recognize, and react appropriately to signs that someone is dealing with more than they can psychologically and emotionally handle.	231-286-2518 arsams1997@comcast.et	19-2-24

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Q61K	Leadership and Resiliency (Behavioral & Mental Health Funding can be used for this class)	Silouan Green	This seven-hour training module is taught by author, speaker, and former Marine, Silouan Green. He has worked with first responders for over fifteen years on issues of resiliency, peer support, suicide prevention and mental fitness. A survivor of a tragic jet crash as a US Marine and someone who overcame severe PTSD, he understands personally what it takes to overcome the trials and traumas of life. As a mentor and teacher to many law enforcement and fire departments across the country, he is committed to helping all our heroes "come home". From volunteers to large departments, rural to urban agencies, Silouan has worked across the spectrum of first responder experiences.	Silouan Green silouan@mac.com	19-4-11
Q61L	CISM - Group Crisis and Individual Peer Support (Behavioral & Mental Health Funding can be used for this class)	Susan Elben	Group Crisis Intervention training is designed to present the course elements of a comprehensive systematic and multicomponent crisis intervention curriculum. The three day course prepares participants to understand a wide range of crisis intervention services including pre and post incident crisis education.	Susan Elben brusue221@aol.com	19-6-07
Q61M	Peer Support: Brining Your Team to the Next Level (Behavioral & Mental Health Funding can be used for this class)	2 the Rescue; Terry Bykerk & Mike Wierenga	Often times organizations get personnel trained in Critical Incident Stress Management (CISM) and they don't know what to do once the team has been established and the team fails. This program will educate existing team members on how to move their team in the right direction and up to the next level so as to be successful in the day to day operation of their organization for the wellness for everyone. We will help you with the development of ongoing educational programs for your peers, their loved ones and your team and you will be educated on what is and what isn't working in sustaining active and successful peer support teams. Attendees will be given the tools and resources to encourage communication, build trust and maintain a healthy, active and effective peer support team.	2 the Rescue; Terry Bykerk & Mike Wierenga 616-262-8455 twotherescue.com	2/9/2021
Q61N	Loss Control: Suicide, Post Traumatic Stress & High Risk Behavior Education (Behavioral & Mental Health Funding can be used for this class)	2 the Rescue; Terry Bykerk & Mike Wierenga	This frontline experience-based wellness training is designed for first responders, their loved ones, organizational leaders and peer support team members and will address suicide, post traumatic stresses, secondary trauma and cumulative career exposures. Whether you have been in this field three weeks or 30 years you will be given life changing tools to be safe, successful & healthy in your career, as appear for those working alongside you and into your personal life and retirement years. Attendees will have a discussion on why the suicide rates are so high within first responders' cultures. Responders, formal and informal leaders and families will learn realistic and proven life changing techniques to recognize high risk warning signs and will leave having a better understanding of the Post Traumatic Stressors and how they affect the safety of everyone within the organization and their personal lives.	2 the Rescue; Terry Bykerk & Mike Wierenga 616-262-8455 twotherescue.com	2/9/2021
Q61O	O2X Human Performance for Tactical Athletes (Behavioral & Mental Health Funding can be used for this class)	Eamonn Burke, Adam LaReau	The O2X Human Performance Program is designed by former US Navy SEALs to mitigate the occupational health risks that firefighters and other tactical athletes face including cardiac disease, cancer, orthopedic injury, and mental health issues. To do this a holistic program is taught centered around the five pillars of human performance which are strength and conditioning, nutrition, sleep, stress management, and resilience for post traumatic stress. Tier 1 experts present on their specific discipline of human performance as subject matter experts throughout the course of instruction.	Eamonn Burke or Adam LaReau, 617-416-2195, www.o2x.com	2/9/2021

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Q61P	Yellow Rose Campaign (Behavioral & Mental Health Funding can be used for this class)	MAFC Yellow Rose Task Force Members	The Yellow Rose Campaign's mission is to remove the stigma of emotional health issues while linking Michigan's fire service with resources, training and peer support. The campaign is a pledge to make a positive impact on the fire service culture. Participants will learn about culture change in the fire service, content for an emotional health program, implementation strategies, and the impact of making change one firefighter at a time.	www.yellowrose.michiefs.com 517-394-4398 or Adam Munro 810-531-0922 or Greg Flynn 248-872-7357	4/13/2021
Q61Q	Growing Up in the Fire Service - How Your Work Impacts You and Your Family (Behavioral & Mental Health Funding can be used for this class)	Shaun Abby, Ellen Abbey	A unique perspective of family life from the daughter of a first responder who is now a clinician and her father who is a thirty year firefighter. In this 3-hour course you will be guided through an inclusive discussion on how the work we do affects our overall health, wellbeing and family life and strategies to manage it. While many classes are taught from the first responder's perspective, this class is focusing on the friends and families point of view. Friends and families are encouraged to participate if possible.	Shaun Abbey shaunabbey@sbcglobal.net 616-299-5474	\$44,299.00
Q61R	Mayday! Mayday! (Behavioral & Mental Health Funding can be used for this class)	Gina Essex	This course aims to: -Build awareness through de-stigmatizing the cause and effect of traumatic stress. The material presented is based on the premise of recognizing that it's not a matter of 'if'...it's a matter of 'when' a person experiences the effects of traumatic stress. -Build resiliency by learning how to navigate self-regulation through experiential techniques within the self and with another. -Create a common dialogue of experience for peers in order to gain and offer effective support that proactively addresses and attends to the inevitable distress most humans will experience as a first responder. This course is an investment into: -Instilling a sense of hope for 'healing from the effects of traumatic stress' versus a culture of 'dealing with the effects of traumatic stress in isolation'. -The longevity, wellbeing, healing and quality of life of every participant, their families and their colleagues.	Regina Essex ginaessex@gmail.com 616-209-2781	\$44,299.00
Q61S	Suicide RIT Training (Behavioral & Mental Health Funding can be used for this class)	Dearborn Firefighters L412 Peer Support Team Members	On the fire ground there is always a RIT team present to jump into action if members get in trouble and to pull them out of the fire. This training teaches first responders how to save their brothers and sisters off the fire ground when they are in trouble mentally. After this training students will be able to recognize the early signs of PTSD and suicide in their friends, family and coworkers. They will also learn how to not only approach people to ask if they want to commit suicide but what they do when the answer they receive is yes. Students will be able to effectively intervene and get the person to safety much like the RIT team is set up to do. This training aims to not only prevent suicide but to intervene when a brother or sister is at the critical point.	Michael Mattern michaelmattern229@gmail.com 313-600-4947	\$44,299.00
Q61T	Mental Performance - Virtual (Behavioral & Mental Health Funding can be used for this class)	Eamonn Burke, O2X	Understanding the impact of stress and providing systematic ways to improve mental and physical performance. 1% changes lead to significant changes over time.	Eamonn Burke, 617-416-2195, www.o2x.com	6/8/2021

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Q61U	Sleep and Fatigue Management - Virtual (Behavioral & Mental Health Funding can be used for this class)	Eamonn Burke, O2X	Sleep deficiency in the fire service is a leading root cause of cardiac issues, weight gain, mental health issues and motor vehicle accidents. Getting a handle on sleep and fatigue management is a life saver for firefighters and tactical athletes in general that work overnights, and that is exactly what this course teaches them to do.	Eamonn Burke, 617-416-2195, www.o2x.com	6/8/2021
Q61V	High Stress Jobs Resilience - Virtual (Behavioral & Mental Health Funding can be used for this class)	Eamonn Burke, O2X	A career tactical athlete poses significant occupational health risks associated with constantly elevated stress levels. This course educates members on the stress management and mitigation techniques for both chronic and acute stressors that a tactical athlete faces throughout their career.	Eamonn Burke, 617-416-2195, www.o2x.com	6/8/2021
Q61W	Bandwidth and Stress Management - Virtual (Behavioral & Mental Health Funding can be used for this class)	Eamonn Burke, O2X	Understanding the impact of stress in the moment and over time and developing skills to manage energy, increase bandwidth, and improve performance.	Eamonn Burke, 617-416-2195, www.o2x.com	6/8/2021
Q61X	Successful Interactions with the Special Needs Population and Communication Strategies (Behavioral & Mental Health Funding can be used for this class)	Dr. Stephanie Zoltowski	Many individuals with special needs have had limited exposure to first responders or are afraid of uniformed personnel. Additionally, many do not know how to interact with police and firemen and are anxious about emergency encounters. Teaching and practicing communication strategies and de-escalation techniques to those who come in direct contact with this population is essential, but often overlooked. This training provides a comprehensive look at the special needs population, provides personnel the opportunity to see different perspectives, and equips them with the tools specific to the population. The ultimate goal is to maximize safety and positive interactions for both first responders and individuals with special needs.	Dr. Stephanie Zoltowski 248-763-8633 spectrumtrainingsolutionsllc@gmail.com	10/12/2021
Q61Y	Firefighter Human Performance Workshop (Behavioral & Mental Health Funding can be used for this class)	Maureen Stoecklein	Firefighters are tactical athletes facing daily heightened levels of job-related mental and physical stress. They are expected to be high performing individuals, navigate life or death decisions, and manage extreme trauma in highly unpredictable environments. Additionally, other inherent risk factors including cardiac disease, cancer, suicide, orthopedic injuries and post-traumatic stress need to be managed throughout a career. This Human Performance Workshop is a comprehensive, collaborative approach aiming to educate and meet the unique demands of the fire service. Through education and hands on training, each participant will be equipped with the necessary tools to increase productivity, maximize health/performance and decrease time lost due to injury. Continued development of these foundational concepts will result in stronger and more resilient firefighters. Workshop topics will include but are not limited to: Nutrition for performance and sleep; Injury trends and prevention; and mindfulness training.	Maureen Stoecklein 734-751-2730 runtri13@gmail.com	10/12/2021
Q61Z	Resilience and Self-Care for First Responders (Behavioral & Mental Health Funding can be used for this class)	Judith Malinowski	The course will address the unique stressors and needs of 1st Responders and how they can be aware of how these stressors impact them and how to engage in self-care. Through didactic lecture and small group discussion attendees will obtain the tools and strategies necessary to manage their emotional and mental stress and trauma.	Judith Malinowski 734-748-1381 judithmalinowski@yahoo.com	10/12/2021

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Q62D	NEW Suicide Prevention in the Workplace (Behavioral & Mental Health Funding can be used for this class)	Rick Best, Lea Wandling	<p>Suicide prevention is a personal issue and a family concern, but it is also a public health issue which impacts workplaces. By improving a workplace's commitment to mental health promotion, they can be a key partner in the effort to prevent suicides. Just as workplaces have realized they can make an impact on reducing heart disease by encouraging exercise, they can also make an impact on reducing suicide by promoting mental health by encouraging early identification and intervention. The program helps workplaces appreciate the critical need for suicide prevention while creating a forum for dialogue and critical thinking about workplace mental health challenges, and by promoting help-seeking and help-giving.</p>	<p>Rick Best 740-516-3497 rickbestjr@gmail.com, Lea Wandling 740-590-1170</p>	12/3/2021