

# **IAFF Peer Support Training**

Presented by: Cadillac Fire Dept., Grand Rapids Fire Dept., Kentwood Fire Dept., Traverse City Fire Dept. and Wyoming Fire Dept. thanks to a grant from the Michigan Bureau of Fire Services & MFFTC

The stresses faced by fire service members throughout the course of their careers – multiple casualty events, violence, injury to children and the inherent dangers of fire fighting – can have a cumulative impact on mental health and well-being. Peer support programs have been demonstrated to be an effective method for providing support to occupational groups, including fire fighters.

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 (e.g., PTSD and resilience); serve as a bridge to behavioral health programs and community resources; and build or enhance their peer support programs.

## **Curriculum**

To lay a foundation for the IAFF Peer Support Training, participants must complete the online IAFF Behavioral Health Awareness Course. The two-hour course is self-paced and tailored for the fire service. A link will be emailed to participants in advance so that they can complete the course prior to the live training.

Subsequently, members participate in the two-day interactive course taught by experienced peers from the fire service and behavioral health clinicians. The IAFF Peer Support Training curriculum focuses on active listening skills, suicide awareness and prevention, crisis intervention, referrals to local resources and relationships with local behavioral health providers. Participants also learn how to build an effective peer program.

Instructors use small group learning methods and skill-building exercises to encourage student participation and mastery of the material.

**September 19 & 20, 2018 0830-1630**

**Grand Rapids Fire Department Training Center**

**1101 Monroe Ave. NE, Grand Rapids**

Sign-up in SMOKE today - 2018-2-41-Q61D-0708

Course is **FREE!** Some food & drinks will be provided.

Contact: Shaun Abbey

Email: [abbey@ci.kentwood.mi.us](mailto:abbey@ci.kentwood.mi.us)