

GRETCHEN WHITMER GOVERNOR STATE OF MICHIGAN DEPARTMENT OF LICENSING AND REGULATORY AFFAIRS LANSING

ORLENE HAWKS DIRECTOR

**Chairperson Tackett** 

**Chairperson Tackett** 

**Chairperson Tackett** 

#### AGENDA MICHIGAN FIRE FIGHTERS TRAINING COUNCIL REGULAR MEETING

Tuesday, June 8, 2021 1:30 PM

Virtual Meeting via Zoom Join from PC, Mac, Linux, iOS or Android: <u>https://us02web.zoom.us/j/85683005590?pwd=akt2OGwzNWZIZXg0am1oeEYvOGVpZz09</u>

Password: **R2FErx** Phone: (866) 390-1828 (US Toll Free) Conference code: 394127

	I.	Call to Order.	Moment of Silence,	and Determination of Quorum	
--	----	----------------	--------------------	-----------------------------	--

- II. Approval of Agenda
- III. Approval of Minutes:

April 13, 2021 Regular Meeting April 28, 2021 Special Meeting

IV.	Communications	Chairperson Tackett				
V.	State Fire Marshal's Report	Fire Marshal Sehlmeyer				
VI.	Old Business					
	a. Updated Course Codes for McNeil's Driver's Training Program (new version)	Councilperson Blomstrom				
VII.	New Business					
	a. Q Course Applications	Chairperson Tackett				
	1. Mental Performance - Virtual (FMQ21-014)	William Race				
	2. Sleep and Fatigue Management - Virtual (FMQ21-015)	William Race				
	3. High Stress Jobs Resilience - Virtual (FMQ21-016)	William Race				
	4. Bandwidth and Stress Management - Virtual (FMQ21-017)	William Race				
VIII.	Public Comment					
IX.	Council Comment					
Х.	Adjournment	Chairperson Tackett				



GRETCHEN WHITMER GOVERNOR STATE OF MICHIGAN DEPARTMENT OF LICENSING AND REGULATORY AFFAIRS LANSING

ORLENE HAWKS DIRECTOR

# MINUTES

# MICHIGAN FIRE FIGHTERS TRAINING COUNCIL REGULAR MEETING

Tuesday, April 13<sup>th</sup>, 2021 1:30 PM

Virtual Meeting via Zoom Join from PC, Mac, Linux, iOS or Android: https://us02web.zoom.us/j/85683005590?pwd=akt2OGwzNWZIZXg0am1oeEYvOGVpZz09

Password: R2FErx

Phone: (866) 390-1828 (US Toll Free) Conference Code: 394127

# **MEMBERS PRESENT:**

Chad Tackett, Chairperson, Michigan Association of Fire Chiefs Brian Blomstrom, Vice Chair, Michigan Fire Service Instructors Association Alan Styles, Michigan Association of Fire Chiefs Lynnae White, Michigan Fire Inspectors Society Terrance Blackmer, Michigan State Firemen's Association Greg Janik, Michigan Municipal League Jacob Steichen, Nominee of the State Fire Marshal Aileen Pettinger, Michigan Professional Firefighters Union Kevin Sehlmeyer, State Fire Marshal, Ex-officio Member

# MEMBERS ABSENT:

None

# **BUREAU OF FIRE SERVICES STAFF PRESENT:**

Ann Searles, Deputy Director of the Bureau of Fire Services Dan Hammerbrg, Region 1 Coordinator, Fire Fighter Training Division Robert Stokes, Region 2 Coordinator, Fire Fighter Training Division Andrea Keown, Department Technician, Fire Fighter Training Division/Recording Secretary Hollie Metts, Assistant to the State Fire Marshal (virtual meeting moderator)

# **OTHERS IN ATTENDANCE:**

Adam Munro, Macomb Twp. Fire Department Bill Pawluk, Lansing Community College Dennis Richardson, Detroit Fire Department Kurt Corradi, Bay City Fire Department Larry Gambotto, Rochester Hills Fire Department Liam Carroll, Schoolcraft College RTC

Mark Cleveland, Egelston Twp. Fire Department Mike Mattern, Dearborn Fire Department Philip Duczyminski, Novi Fire Department Robert Ginther, Beverly Hills Dept. Of Public Safety

# I. CALL TO ORDER AND DETERMINATION OF QUORUM:

Before **Chairperson Tackett** called the regular meeting to order, he announced a roll call vote will be done for any motion put forth to council during this meeting and read a virtual meeting introduction advising of the procedures for the meeting, public comment, and the steps that would be taken if the meeting were disconnected. A moment of silence was also acknowledged.

Chairperson Tackett called the meeting to order at 1:31 PM, a roll call was taken.

Chairperson Tackett – present Councilperson Blomstrom – present Councilperson Styles – present Councilperson White – present Councilperson Blackmer – present Councilperson Janik– present Councilperson Steichen – present Councilperson Pettinger – present Fire Marshal Sehlmeyer – present

A quorum was determined present.

# II. REVIEW AND APPROVAL OF AGENDA:

#### 21-04-01

A **MOTION** was made by **Councilperson Blomstrom** and seconded by **Councilperson White** to approve the April 13, 2021 regular meeting agenda, as presented.

A roll call vote was taken.

Chairperson Tackett – yes Councilperson Blomstrom – yes Councilperson Styles – yes Councilperson White – yes Councilperson Blackmer – yes Councilperson Janik – yes Councilperson Steichen – yes Councilperson Pettinger – yes Fire Marshal Sehlmeyer - yes

MOTION PASSED UNANIMOUSLY.

# III. REVIEW AND APPROVAL OF MINUTES:

#### 21-04-02

A **MOTION** was made by **Councilperson Steichen** and seconded by **Councilperson Janik** to approve the following minutes as presented:

February 9<sup>th</sup>, 2020 Regular Meeting

**Councilperson Pettinger** made mention of grammatical edits that were emailed to Andrea Keown to update the minutes. A roll call vote was taken.

Chairperson Tackett – yes Councilperson Blomstrom – yes Councilperson Styles – yes Councilperson White –yes Councilperson Blackmer – yes Councilperson Janik – yes Councilperson Steichen – yes Councilperson Pettinger – yes Fire Marshal Sehlmeyer - yes

# MOTION PASSED UNANIMOUSLY.

# IV. COMMUNICATIONS:

**Fire Marshal Sehlmeyer:** Was contacted regarding the passing of Chief Dave Duffield from the Otsego County Fire Department.

# V. STATE FIRE MARSHAL'S REPORT:

- a) Certification Specialist Position Filled: Fire marshal introduced Liam Carroll as the new Certification Specialist at the Bureau of Fire Services. Liam is coming from Schoolcraft College.
- **b)** Revised Course Summary (*Handouts*): Fire marshal provided council with handouts for FY21 to give an idea of how courses are going so far this year.
- c) Fatal Fires: As of April 13<sup>th</sup>, 2021, there have been 44 fatalities in 39 fires.
- d) MI Prevention Update: The disability project is almost complete with a 31 minute video that talks about how firefighters interact with those experiencing disabilities. The video also explains a new Disability Network program being rolled out where the state has 15 networks and there is a representative from MI Prevention for each zone in the event someone is in need of a bed shaker or a strobe, or any assistance, they can reach out to their representative.

Sonic Alert – Home Aware devices are available in limited quantity through MI Prevention. Organizations can work with MI Prevention to obtain these devices for people in their community. More information can be found at <u>www.MIPrevention.org</u>.

- e) Fire Officer III Video Component: BFS put out a memo for subject matter experts for a video component of the Fire Officer III curriculum. Deadline to apply is April 15<sup>th</sup>, 2021. Send an email to: <u>LARA-BFS-SMOKE@michigan.gov</u>. Include your name, department/agency, and chapter or topic.
- f) NFA Course Call Memo: Dan Hammerberg is sending out grant letters. Responses are due back to Dan by April 23<sup>rd</sup>, 2021 at 5:00 pm.
- **g)** Draft FFTC Rules Update: The public hearing was held on March 24<sup>th,</sup> 2021. The next step is a work session needs to be held so council can go over all submitted public comment, which is part of the JCAR process.
- h) Wednesday Wrap-Up: The next Wrap-Up is on Wednesday, April 21<sup>st</sup>, 2021 at 4:00 PM.

# VIII. OLD BUSINESS:

a) Updated Course Codes for McNeil's Driver's Training Program (New Version):

Councilperson Blomstrom updated council that the curriculum committee has received the new test and is being reviewed and that the student manual has been completed. A copy was sent to Dave Purchase and the Fire Marshal. Based on the old questions and the new questions, a new version of the drivers training exam is possible. Councilperson Blomstrom is hopeful that he can bring it to council for a vote for the June meeting. Councilperson Blomstrom asked Fire Marshal Sehlmeyer that since this is not a certification exam if instructors are going to be giving it or if it will be going online. Fire marshal stated the instructor will still continue to deliver the exam.

# IX. <u>NEW BUSINESS:</u>

- a) Payment to Training Coordinators During Instructor I: Councilperson Blomstrom brought up concerns on how training coordinators that are teaching the old Instructor Orientation during Instructor I are being paid. Councilperson Blomstrom asked Fire Marshal Sehlmeyer to put out a memo as to what needs to be done specifically for the payment to the training coordinators, so the fire service is on the same page. Fire Marshal Sehlmeyer mentioned that in the coming months the IGAM will be getting updated to address this issue.
- b) Payment of Prep Time for Multi-Week Courses (Course Codes E and H): Councilperson Blomstrom asks council to look at Instructor I, Instructor II, and the Fire Officer classes instructor rates of pay to also incorporate prep time prior to the class to ensure that instructors are being

paid adequately for their service. Prep time prior to the course takes time outside of the 40 hours that are paid for the class. Using Instructor I as an example, building the paperwork, building the schedule, emailing students, setting up Navigate, and doing all the pre-course checking of the homework, take time outside of the 40 hours that are paid for the class. If there are 16 students in a class, it will run right through that 40 hour timeframe. When there were federal grant classes, it allowed for one (1) hour of prep time for every four (4) hours of instruction. Councilperson Blomstrom did not call for a motion but asks that council think of a possible formula to provide additional compensation for these classes for the instructors.

c) New Wildland Courses: Dan Hammerberg proposed two (2) new Wildland courses that were provided in the meeting packet and were requested by a couple of Wildland U.S. Forest Service instructors. One is the S-200 Initial Attack Incident Commander and the other is FI-110 Wildland Fire Observations and Origin Scene Protection for First Responders. The S-200 class is a 19 hour class and the FI-110 is a 6 hour class. Both would be on the regular curriculum catalog under an "L" Couse Code and would only be able to be taught by either Michigan DNR Fire Instructors or US Forest Service Instructors who are authorized to teach it by the National Wildland Coordinating Group.

# 21-04-03

A **MOTION** was made by **Councilperson Janik** and seconded by **Councilperson White** to approve the following minutes as presented:

A roll call vote was taken.

Chairperson Tackett – yes Councilperson Blomstrom – yes Councilperson Styles – yes Councilperson White –yes Councilperson Blackmer – yes Councilperson Janik – yes Councilperson Steichen – yes Councilperson Pettinger – yes Fire Marshal Sehlmeyer - yes

# MOTION PASSED UNANIMOUSLY.

# d) Q Course Applications:

1) Fire Investigation Training Practical Application Intermediate (FMQ21-009) Instructor: Captain Dennis Richardson Phone: (313) 596-2946 Email: richardsond@detroitmi.gov

# 21-04-04

A **MOTION** was made by **Councilperson Janik** and supported by **Councilperson Blomstrom** to approve **FMQ21-009** submitted by Dennis Richardson.

A roll call vote was taken.

Chairperson Tackett – yes Councilperson Blomstrom – yes Councilperson Styles – yes Councilperson White –yes Councilperson Blackmer – yes Councilperson Janik – yes Councilperson Steichen – yes Councilperson Pettinger – yes Fire Marshal Sehlmeyer - yes

#### MOTION PASSED UNANIMOUSLY.

# 2) Yellow Rose Campaign (FMQ21-010)

Instructor: Adam Munro Phone: (810) 531-0922 Email: <u>info@michiefs.org</u>

# 21-04-05

A **MOTION** was made by **Councilperson Styles** and supported by **Councilperson Janik** to approve **FMQ21-010** submitted by Adam Munro.

A roll call vote was taken.

Chairperson Tackett – yes Councilperson Blomstrom – yes Councilperson Styles – yes Councilperson White –yes Councilperson Blackmer – yes Councilperson Janik – yes Councilperson Steichen – yes Councilperson Pettinger – yes Fire Marshal Sehlmeyer - yes

# MOTION PASSED UNANIMOUSLY.

#### 3) Growing up in the Fire Service (FMQ21-011) Instructor: Shaun Abbey Phone: (616) 299-5474 Email: shaunabbey@sbcglobal.net

#### 21-04-06

A **MOTION** was made by **Councilperson Pettinger** and supported by **Councilperson Steichen** to approve **FMQ21-011** submitted by Shaun Abbey.

A roll call vote was taken.

Chairperson Tackett – yes Councilperson Blomstrom – yes Councilperson Styles – yes Councilperson White –yes Councilperson Blackmer – yes Councilperson Janik – yes Councilperson Steichen – yes Councilperson Pettinger – yes Fire Marshal Sehlmeyer - yes

#### MOTION PASSED UNANIMOUSLY.

#### 4) MayDay! Mayday! (FMQ21-012) Instructor: Regina Essex Phone: (616) 209-2781

Email: ginaessex@gmail.com

#### 21-04-07

A **MOTION** was made by **Councilperson Pettinger** and supported by **Councilperson Styles** to approve **FMQ21-012** submitted by Gina Essex.

A roll call vote was taken.

Chairperson Tackett – yes

Councilperson Blomstrom – yes Councilperson Styles – yes Councilperson White –yes Councilperson Blackmer – yes Councilperson Janik – yes Councilperson Steichen – yes Councilperson Pettinger – yes Fire Marshal Sehlmeyer - yes

# MOTION PASSED UNANIMOUSLY.

5) Suicide RIT Training (FMQ21-013) Instructor: Dearborn Firefighters Local 412 Peer Support Team Phone: (313) 600-4947 Email: <u>michaelmattern229@gmail.com</u>

#### 21-04-08

A **MOTION** was made by **Councilperson Pettinger** and supported by **Councilperson Styles** to approve **FMQ21-013** submitted by Michael Mattern.

A roll call vote was taken.

Chairperson Tackett – yes Councilperson Blomstrom – yes Councilperson Styles – yes Councilperson White –yes Councilperson Blackmer – yes Councilperson Janik – yes Councilperson Steichen – yes Councilperson Pettinger – yes Fire Marshal Sehlmeyer - yes

# MOTION PASSED UNANIMOUSLY.

Before public comment **Fire Marshal Sehlmeyer** mentioned that council needs to discuss how to disperse money that is being spent on mental health. There are two (2) regional areas, or four (4)counties, that did not claim their money, so the Bureau has that money plus there is money being returned courses being cancelled. Fire marshal is looking for guidance from council on how should this money be redistributed. If a region returned money does council give them money again, to have them turn it back or as council moves forward, as long as the county continues to spend the money on mental and behavioral health courses, they continue to get money. Council discussed that money shouldn't continue to be given to counties that do not use it. Only counties that actively are doing something with mental and behavioral health are eligible to receive additional funds.

# 21-04-09

A **MOTION** was made by **Councilperson Blomstrom** and seconded by **Councilperson Styles** to use the remaining funds for mental health and redistribute those funds to eligible counties that are in need of funds, that have already spent all of their first allocation to use towards additional mental health courses.

#### A roll call vote was taken.

Chairperson Tackett – yes Councilperson Blomstrom – yes Councilperson Styles – yes Councilperson White –yes Councilperson Blackmer – yes Councilperson Janik – yes

# MOTION PASSED UNANIMOUSLY.

# IX. PUBLIC COMMENT:

Liam Carroll, Schoolcraft College RTC: As my last official comment form the outside world, it's been a blast to sit out here. When I first came to the first training council meeting many years ago, I was in awe with the mountainous work that was done there. I'm truly impressed by the way the amount of work actually gets done. The Training Council, Bureau of Fire Services, and the fire fighters of the state of Michigan, the fire chiefs of the state of Michigan do a wonderful job of making sure the citizens are well protected. From a person who has been educating students for the past 5 years here and 15 years prior elsewhere, I'm happy to know that I'm sending fire fighters into a great occupation and a great career with people that are represented in these meetings here. I look forward to working with most of you in the very near future. Thank you all very much.

# X. COUNCIL COMMENT:

**Chairperson Tackett:** Just to echo from what Kevin said. We just went back down to a level 2 on our ops plan, so no visitors, no in-person meetings, that kind of thing. I'm sure it's going to be a yoyo for the next few months, but hopefully we can continue the virtual ones because they have helped out quite a bit. I don't really have anything else I'd like to add, I think everyone else kind of hit good topics and good discussion points. I know it's not on the agenda, but I do want to give time for Andrea, Hollie, Robert and Dan, if you guys have anything you'd like to share or add, feel free. I appreciate everyone hard work, council and BFS included.

**Councilperson Blomstrom:** Thank you for a good meeting today. Again I hope we continue to do this on Zoom moving forward. It does assist with us having the public see what we are doing on a meeting to meeting basis. Thats all I have for today.

**Councilperson Styles:** Aileen thank you for attending, it was a pleasure to have you in the class. I'm proud to say I've got 22 more to go, that have been scheduled as it is right now. There has been an overwhelming response to meet with people after one of my recent ones. It's almost humbling but it's also scary because we've let it get this far. So let's continue the mission and I hope you all enjoy your summer and I'll see you when I see you.

**Councilperson White:** Ditto what everyone else has said about the mental health of firefighters. I just want to say it was really nice to have a non-stressful meeting for once in how many years, since we've started the rules. It was a great meeting. Welcome Liam.

**Councilperson Blackmer:** I think the mental health thing is important. We had an EMS worker commit suicide over here within the last couple weeks. It sent shock waves through everybody that had a chance to know this young lady. It's happening more than what we realize, so whatever we can do to try to attack that and try to push back. Right now it's just as dangerous to our fire fighters as anything fire related. Whatever we can do to help assist that and keep moving that idea ahead I think is huge. Just bringing it out in the open in this forum, I think is a big deal and it's one of those things for years no one wanted to talk about or discuss and if we can bring it out as leaders in the fire service and let people know that it's okay to discuss these issues instead of holding on to them, maybe we can start to make some progress, I think we have, but we're all going to have to keep working together to keep making a difference. Other than that, I hope everyone has a wonderful afternoon.

**Councilperson Janik:** Congratulation Liam for joining BFS and being part of the team, I really look forward to working with you. It's interesting when you look at the Q Courses that have been brought on this agenda, 4 out of the 5 by nature, are what this council has been emphasizing in 2021. It's really interesting to look at it from a data or quantitative perspective. The awareness created by the

council, which was done originally by Aileen and just look what is has generated as far as courses that have come across our table. I think that's pretty interesting. That's what I had to share. Thank you.

**Councilperson Steichen:** Wants to recognize the BFS staff and congratulations Liam for joining that team. It seems like it's been a long time coming but you guys got the team together, now you can really get down to work. I do want to encourage folks out there looking to use the behavioral health money, CISM Intervention Certification Course is a good way to use it. I just took one here locally and our behavioral health unit we had it last week. It was a 24 hour course. The instructors Sue Alben(sp?) and Scott Norris have been doing it for about 30 years. I encourage everyone to look into that class, it is a Q Course. Thank you for your time and thank you for attending.

**Councilperson Pettinger**: Congrats to Liam, welcome to the BFS team. I also wanted to say that I attended Councilmember Chief Styles HAYO Class, that is outstanding and thank you for sharing such a powerful class. If any of you guys have not taken it, I highly encourage it. I appreciate him sharing it with us. I also would like to commend the rest of council; I think we approved some great classes today and there are a lot of options on the whole list to help the rest of the fire service. I know I'm going to be taking some of these classes. I just think that we're making some progress and it's good to see it.

Fire Marshal Sehlmeyer: To kind of echo off what everybody is saying, folks are reaching out to our office, they are excited about having the opportunity to go to a lot of these mental health classes. The topic is definitely timely, and I think back in January, council did a great thing when they decided to earmark these funds this way. I hope that as we move forward that all 83 counties see where this is relevant. I've been hearing a lot of good things about these courses. It's good to see that the money is being well spent. I would like to echo also that I'm excited to have Liam come on the team and I think that BFS is rounded out and we're ready to get to work and get things done. I still think there is a lot of talent throughout the state, to give you an example the Fire Officer III videos, I'm going to throw that out again, please think about it, if there is a topic that's on there, please reach out. These videos are meant to compliment Fire Officer III and drive home the curriculum and what needs to be done. Lets keep 2021 going strong. We're moving in a great direction. We need to get a work session scheduled. I would like to do this virtually since it allows the rest of the fire service to see it. One of the things I am a little nervous about if the Zoom meetings go away is that the rooms that we have available in Lansing are not going to allow for a whole lot of seating and we still have a lot of fire departments that aren't opening their buildings up. So we could get to a point that if we go back to in person meetings that we might only have a capacity in a room that we can only fit 20 people in, and council take up about a dozen of those seats, so we wouldn't be able to have a lot of folks there to participate. I think these Zoom meetings have been a good thing that the fire service has been engaged. Stay safe everyone. Thank you.

# d) ADJOURNMENT:

# 21-04-10

A **MOTION** was made by **Councilperson Steichen** and seconded by **Councilperson Styles** to adjourn the meeting.

A roll call vote was taken.

Chairperson Tackett – yes Councilperson Blomstrom – yes Councilperson Styles – yes Councilperson White – yes Councilperson Blackmer – yes Councilperson Janik – yes Councilperson Steichen – yes Councilperson Pettinger – yes Fire Marshal Sehlmeyer – yes MOTION PASSED UNANIMOUSLY. The meeting adjourned at 3:14 PM.

APPROVED:

Chairperson Tackett

Councilmember



GRETCHEN WHITMER GOVERNOR STATE OF MICHIGAN DEPARTMENT OF LICENSING AND REGULATORY AFFAIRS LANSING

ORLENE HAWKS DIRECTOR

# MINUTES MICHIGAN FIRE FIGHTERS TRAINING COUNCIL SPECIAL MEETING

Wednesday, April 28, 2021 9:00 AM

Virtual Meeting via Zoom Join from PC, Mac, Linux, iOS or Android: https://us02web.zoom.us/j/87902479542?pwd=bHhISnBLM0JqL2w4SUNkMWZNOUFKUT09

Password: **9ZZZZZ** Phone: (866) 390-1828 (US Toll Free) Conference code: 394127

# **MEMBERS PRESENT:**

Chad Tackett, Chairperson, Michigan Association of Fire Chiefs Brian Blomstrom, Vice Chair, Michigan Fire Service Instructors Association Alan Styles, Michigan Association of Fire Chiefs Lynnae White, Michigan Fire Inspectors Society Terrance Blackmer, Michigan State Firemen's Association Greg Janik, Michigan Municipal League Jacob Steichen, Nominee of the State Fire Marshal Aileen Pettinger, Michigan Professional Firefighters Union Kevin Sehlmeyer, State Fire Marshal, Ex-officio Member

# MEMBERS ABSENT:

None

# **BUREAU OF FIRE SERVICES STAFF PRESENT:**

Ann Searles, Deputy Director, Bureau of Fire Services Dan Hammerbrg, Region 1 Coordinator, Fire Fighter Training Division Robert Stokes, Region 2 Coordinator, Fire Fighter Training Division Liam Carroll, Certification Specialist, Fire Fighter Training Division Andrea Keown, Department Technician, Fire Fighter Training Division/Recording Secretary Hollie Metts, Assistant to the State Fire Marshal (virtual meeting moderator)

# **OTHERS IN ATTENDANCE:**

Adam Brown, Detroit Metro/Willow Run Fire Department Adam Carroll, Hartland Deerfield Fire Allen Sutherby, Morton Township Fire Rescue Amy Dunn, Riverview Fire Department Andy Bezenah, RAFT Andy Down, Long Lake Township Fire Department Andy Steeby, Wayne County Community College District RTC Andrew Pfeifle, Armada Twp. Fire Department Aric Massingill, City of Adrian Fire Department Bill Parker, Blair and Paradise Township Fire Department Bob Hoffman, Midland Professional Fire Fighters Brandon Cory, Marquette City Fire Department Brett Miller, Alpena Fire Department Brian Hatfield, Delta Twp. Fire Department Brian Kanigowski, Roseville Fire Department

BUREAU OF FIRE SERVICES 3101 TECHNOLOGY BLVD., SUITE H • P.O. BOX 30700 • LANSING, MICHIGAN 48909 www.michigan.gov/bfs • 517-241-8847 LARA is an equal opportunity employer/program. Christopher Mantels, Saugatuck Township Fire Department

Chris Stoecklein, Canton Township Fire Department Christopher Van Loo, Saginaw Fire Department Corey Aulbachm, Tri-Township Fire Department Corey Nicholson, City of Port Huron Fire Department,

Daniel Oleniczak City of Muskegon Fire Department Darin Balinski, Oxford Fire Department

Dave Brogan, Dearborn Heights Fire Department Dave Glotzbach, Muskegon Twp. Fire Department Dave Hornbacher, Hillman Volunteer Fire Department

David Feichtner, Springfield Township Fire Department

David Hendon, Eaton Rapids Fire Department David Murray, Ada Twp. Fire Department David Pelton, City of Walker Fire Department Dennis Van Tassell, Wyoming Fire Department Doug DenBleyker, Graafschap Fire Department Ed Elliott, Clinton Township Fire Department Eric Alonzo, Farmington Hills Fire Department Eric MacKinnon, Frankenmuth Fire Department Eric Thomas, Clinton Twp. Fire Department Greg Ball, Oakland Township Fire Department Greg Flynn, West Bloomfield Fire Department Greg Kowalski, Wayne County Community College District

Greg Mowbray, Brighton Area Fire Authority John Leroy, Bloomfield Twp. Fire Department JC Sicard, Plainfield Fire Department Jason Annala, Ishpeming City Fire Department Jed Wild, Portage Fire Department Jeff Friedenstab, Iron Mountain Fire Department Jeff Johnson, City of Novi Fire Department Jeff Roberts, City of Wixom Fire Department Jeff Ross, Bay City Department of Public Safety Jeff Sims, Marquette Twp. Fire Dept Rescue Jeremy Holbrook, Napoleon Twp. Fire Department Jerry Becker, Harrison Community Fire Department Jesse Marcotte, Northville Township Fire Department

Jim Bronson, Clio Fire Department Jim Daveluy, Midland Fire Department Jim Fisher, Gerrish Twp. Fire Department Jim Lundberg, Ensign Twp. Fire Department Jim Peterson, Macomb Twp. Fire Department Jim Stevenson, Warren Fire Department Joel Boyer, Sauble/Elk/Eden Townships Fire Department

Joel Britt, Roseville Fire Department John Martin, Novi Fire Department Johnny Menifee, Southfield Fire Department Joseph Feinauer, Bangor Township Fire Department

Joseph Tuckey, Tecumseh Fire Department

Josh Dorman, Waterford Regional Fire Department Josh Mosher, Midland Fire Department Justin Fox, Michigan Professional Fire Fighters Union

Keith Anderson, Trenton Fire Department Ken Hobbs, City of Ypsilanti Fire Department Keith McMillan, Muskegon Fire Department Kirk Wilkinson, Burton Fire Department Kurt Corradi, Bay City Fire Department Kurt Nitschke, Village of Holly Fire Department Kurtis Gear, Plainfield Fire Department Kyle Lewis, Northville Township Fire Department Kyle Svoboda, Plainfield Twp. Fire Department Leonard Ruthruff, Allegan Fire District Marc Volger, Ann Arbor Twp. Fire Department Mark Cleveland, Egelston Twp. Fire Department Mark Fankhauser, Grand Rapids Fire Department Matt Majestic, Oxford Fire Department Matthew Covey, Waterford Regional Fire Department

Michael Gregorich, Marquette Township Fire Rescue

Michael Hewartson, Muskegon Fire Department Michael McLeieer - Michigan State Firemen's Association

Michael Yanz, NIESA

Michelle Hart, Michigan Townships Association Mickey Wiewiura, Dearborn Heights Fire Department

Mike Capel, Graafschap Fire Department Mike Vogt, Burton Fire Department Mike Keefe, Allendale Fire Department Nathaniel McCoury, Midland Fire Department Nick Gettel.

Nick Miller, Hamburg Township Fire Department Nick Oberst, Delta Township Fire Department Paulley Nowacki, Utica Fire Department Phil Hall, Michigan Professional Fire Fighters Union Roger Bebeau, Michigan Professional Fire Fighters Union

Robert Ginther, Beverly Hills Department of Public Safety

Robert Smith, Dexter Area Fire Department Robert Wight, Monroe Fire Department Sam Peterson, Oakfield Twp. Fire Department Scott Tackaberry, Warren Fire Department Stephanie Johnson, Michigan Association of Chiefs Steve Adams, Benzonia Twp. Fire Department Steve McKellar, Michigan Association of Fire Chiefs Steven Chartier Muskegon Fire Department Teresa Robinson, Lansing Fire Department Terry Chesney, Michigan Professional Fire Fighters Union

Theodore Schroeder, Torch Lake Fire Department Thomas Stuck, Milford Proving Grounds Fire Department Tim Duncan, Clinton Twp. Fire Department Tim Heyl, Bruce-Romeo Fire Department Todd Stevenson, Cascade Fire Department Tom Konik, Marysville Fire Department Vaskin Badalow, Dearborn Heights Fire Department Wendy Stevens, Frenchtown Fire Department

# I. CALL TO ORDER AND DETERMINATION OF QUORUM:

Before **Chairperson Tackett** called the regular meeting to order, he announced a roll call vote will be done for any motion put forth to council during this meeting and read a virtual meeting introduction advising of the procedures for the meeting, public comment, and the steps that would be taken if the meeting were disconnected. A moment of silence was also acknowledged.

Chairperson Tackett called the meeting to order at 9:03 AM, a roll call was taken.

Chairperson Tackett – present Councilperson Blomstrom – present Councilperson Styles – present Councilperson White – present Councilperson Blackmer – present Councilperson Janik– present Councilperson Steichen – present Councilperson Pettinger – present Fire Marshal Sehlmeyer – present

A quorum was determined present.

#### II. REVIEW AND APPROVAL OF AGENDA:

#### 21-04-11

A **MOTION** was made by **Councilperson Pettinger** and seconded by **Councilperson White** to approve the April 28<sup>th</sup>, 2021 special meeting agenda, as presented.

A roll call vote was taken.

Chairperson Tackett – yes Councilperson Blomstrom – yes Councilperson Styles – yes Councilperson White – yes Councilperson Blackmer – yes Councilperson Janik– yes Councilperson Steichen – yes Councilperson Pettinger – yes Fire Marshal Sehlmeyer – yes

# MOTION PASSED UNANIMOUSLY.

#### III. COMMUNICATIONS:

**Councilperson Pettinger** and **Councilperson White** asked for clarification regarding language changes to the rules. Fire Marshal Sehlmeyer clarified to council the language may look different than what was submitted due to language changes from MOAHR and from public comments.

**Councilperson Steichen** let attendees know that all public comments, whether in support or opposed to the rules, were printed and given to council for review. Thanked those who submitted written and spoke at the public hearing for voicing their opinions.

#### IV. NEW BUSINESS:

**a.** Review Public Comments on Fire Fighter Training Council General Rules: Fire Marshal Sehlmeyer started off by explaining that it is the intent of the Bureau of Fire Services to release all public comments and the public hearing transcript to the public after the meeting. Council is the body who works on the rules and wanted to ensure that council had access to it beforehand in preparation of the meeting. The bureau received 59 comments in support of the rules and 51 in

opposition of the rules. Andrea Keown shared the draft rules on screen and council spent a substantial amount of time working through the document to address items and clarify language brought forth by public comments. After a brief break council discussed whether or not to move the Draft Rules forward in the JCAR process, it was decided to move the Draft Rules ahead.

# 21-04-12

A **MOTION** was made by **Councilperson Pettinger** and seconded by **Councilperson Steichen** to vote to move the Draft Rules forward to MOAHR.

A roll call vote was taken.

Chairperson Tackett – no Councilperson Blomstrom – yes Councilperson Styles – no Councilperson White – yes Councilperson Blackmer – yes Councilperson Janik – no Councilperson Steichen – yes Councilperson Pettinger – yes Fire Marshal Sehlmeyer – yes

Six votes yes. MOTION CARRIED.

#### V. PUBLIC COMMENT:

**Mark Fankhauser, Grand Rapids Fire Department:** Wants to thank council for meeting and having the frank and candid discussion and making sure that all represented parties were equally represented. Believes there has been a lot of movement forward to make the fire service in Michigan better. Not everything was in everyone's wishes and ways but its truly a step in the right direction and it is the right decision to move the rules forward.

**Greg Flynn, West Bloomfield Fire Department:** Thanks the members of council for the work put in today. Plans to digest a lot that was talked about and see what that looks like, some of the commitments for changing in the ProBoard and what that all is going to take and understand that but definitely see what the intent is and appreciates that. Very pleased with today and there is a lot to think about and appreciates the work today.

Jeff Roberts, City of Wixom Fire Department: Wants to thank everybody for their hard work. Appreciates the work that has gone in to this. It has been a tumultuous undertaking but feels it will best serve the Michigan fire service if there was a mandatory delay to go through the rules one last time.

**Terry Chesney, Michigan Professional Fire Fighters Union:** Everyone did a great job today. Concern is that is council comes back and have another meeting and other changes are made, then each council member will have to go back to their groups and talk before they can approve the new changes, if any. Today council could have come to this meeting with no changes and moved it along and nothing would have went back to the other groups. You are here to represent your groups and you should have an understanding of how your groups feel and you should know that ahead of time. Changes were made but there was nothing that came out of the clear blue that you shouldn't be able to act on. I think you did the right thing by moving on and I look forward to having JCAR approve this. Thanks for all your hard work.

# VI. COUNCIL COMMENT:

**Chairperson Tackett:** I'm not really going to add too much more that everybody else didn't say but I'm not going to disagree or make arguments or points, but I do want to thank everyone for their hard work for the last 2-3 years or however long you've been on council. I do want to thank you guys for all your time and effort and understanding, give and take and all the other things that were mentioned earlier.

**Councilperson Blomstrom:** Very exhausting day but a lot of good things have come out of this meeting in regard to the compromise that is there. We've done a lot of compromising back and forth as to get this document to the shape that its at. We are put here both by the groups and appointed

by the governor to make decisions and we have had 3 years of taking these ideas back ad forth to our organizations, talking to constituents and at some point we have to be able to make that vote. That is why I voted "yes" today. A lot of good compromise, I think the documents came out better than when we started it. I'm looking forward to seeing what happens in a positive manner when this goes on to JCAR. Thank you.

**Councilperson Styles:** Thanks everybody for everything, fellow council members. We did a lot of give and take and that's whats this is about. I just want some time to digest things, I think we have a document and its really close. I just want to make sure that we're winning for the fire service in Michigan and I know we will. Thank you.

**Councilperson White:** Thank you to everybody and I voted "yes" today because just like everyone else has said, we are put on here to make decisions. We have beat these up and thrown a lot of bones out and hopefully we get some bones thrown back to us, not at us. It is time to get these rules going and we did compromise alot. We've got a really good document and I look forward to getting this thing done. Thank you.

**Councilperson Blackmer:** I think the process worked today. We voted awhile back to move it to the next step, it went to the next step, we had public comment, and I spent a considerable amount of time reading through those. Everybody that sent a letter in, I read the letter. I think it is important for people to know that we took the time to do that. If they took the time to write in, they deserve our respect for us to take the time to read it and try to understand their views. I think we addressed the major things we were asked to do. It's a negotiation process, it's whats good for everyone as a whole. I think that's what we accomplished and feel good about that. I think we can look at the firefighters in our state and all of the organizations we represent and believe that we came out with a document that really does represent what we want to accomplish in the state of Michigan. It's time to move these forward, get these approved, and get back to work. It would be great for council to tackle some other training projects. I think we did well, and it was a long day but I think we all need to keep our heads high with what we accomplished here today.

**Councilperson Janik:** I'm pleased with what we've done today as a group. There were many compromises, it was strong work. I'm disappointed, this is too big for the fire service that we couldn't take a couple days, I respect the council, there is no reflection on you individually, for me this isn't about me, its about the fire service. I don't get it that we can't wait 3 or 4 days, but you've made your decision, so we'll see where it goes from here. I think it was great work on a number of levels. Thank you.

**Councilperson Steichen:** This is a tremendous opportunity to be a part of this rules process. It's been definitely a learning experience for myself as well as everybody else as well. I didn't know what to expect today after the public hearing and after digesting the public comments from last week. I 100% feel this document was improved today. I'm proud to say that this is where we're at and I look forward to seeing it move forward and allowing the fire service to reap the benefits of what we've done over the last 3 years. Thank you for letting me be a part of it and thank you for everybody's time today.

**Councilperson Pettinger**: Thanks to everyone for being so patience. That was a lengthy work session, but I think we really reviewed all the information, all the pros and cons and communications we received. There was a lot of compromise and I feel confident in this document that we've been working on. Thank you for everyone's attendance today.

**Fire Marshal Sehlmeyer:** Thanks council and I hear both sides. The reality is that each member of council is serving in a volunteer capacity and not being compensated to be on council. If you're keeping track of the numbers, we're up in the high 40's in the number of meetings. I think we hit on all the major issues today. I hope that we can move forward in this process, I hope that we can get united, that we can get behind it because this document is not the document we started with. There was a lot of compromise and a lot of change. I've never before seen the amount of work that we have put into these rules. We should be proud of this document and that it is for the best of the fire service. We should be united and can and will get this done. Thank you for your work today. The amount of sharing back and forth is impressive, there is a lot of knowledge on this council, and I'm honored to have served with you on these rules. Thank you.

# VII. ADJOURNMENT:

#### 21-04-13

A **MOTION** was made by **Councilperson Styles** and seconded by **Councilperson Steichen** to adjourn the special meeting.

A roll call vote was taken.

Chairperson Tackett – yes Councilperson Blomstrom – yes Councilperson Styles – yes Councilperson White –yes Councilperson Blackmer – yes Councilperson Janik– yes Councilperson Steichen – yes Councilperson Pettinger – yes Fire Marshal Sehlmeyer – yes

MOTION PASSED UNANIMOUSLY. The meeting adjourned at 3:10 PM.

#### **APPROVED:**

Chairperson Tackett

Councilmember





# **"Q" COURSE APPLICATION**

Michigan Department of Licensing & Regulatory Affairs Bureau of Fire Services, Fire Fighter Training Division P.O. Box 30700 Lansing, MI 48909 Email: <u>LARA-BFS-SMOKE@MICHIGAN.GOV</u>

To add a seminar/course to be listed in SMOKE submit this form to the following email address: <u>LARA-BFS-SMOKE@MICHIGAN.GOV</u> for review. The request will be reviewed and forwarded to the Michigan Fire Fighter Training Council (MFFTC) for curriculum review at the next scheduled MFFTC meeting (all requests must be made at least 15 days prior to the next regularly scheduled meeting).

		SEC	TIONI			
Name of Applicant:			SMOKE PIN	:	Date:	
William Race			592349		05/24/202	1
Host Fire Department:				County:		
Grand Rapids Fire				Kent		
Applicant Street Address:				1		
38 LaGrave Ave SE						
City:	State:	Zip Code:	Email:			
Grand Rapids	Mi	49503	wrace			
Applicant Phone Number:			Alternate Nu	umber:		
616-265-6967			616-456-391	9		
	12	SEC	TION II		102 I	
Seminar/Course Name:						
Mental Performance - Virtual						
Instructor(s):			Instructor P	hone Nu	mber:	
Eamonn Burke			617-416-219			
			017-410-218	00		
Instructor Email/URL: Eam	ionn@c	2x.com				Flyer Attached: 🗸
Course Description: (Include			d course expens	es-vou ma	l av attach ar	ditional nares if needed)
	,			Jee jeu ni	ag allaon at	addonal pageo il necaca)
Applicable NFPA Standard	s):					
· · · · · · · · · · · · · · · · · · ·	- /-					
Class Capacity: Unlimited			Total Hours	of Troini		
chase capacity. Chilinated		SECT	Total Hours		ng: Custor	mizable
Applicant Signature:		GLUI			Date:	174 - I II (1993) 2012년 1월 28일 (1993) 1993 - 1993 - 1993 - 1993 - 1993 - 1993 - 1993 - 1993 - 1993 - 1993 - 1993 1994 - 1995 - 1995 - 1995 - 1995 - 1995 - 1995 - 1995 - 1995 - 1995 - 1995 - 1995 - 1995 - 1995 - 1995 - 1995 -
Cand Ra	4				Sale.	24/21
		BES US	EONLY	.H. 3.20, 515	Murge West State	
Date Approved by MFFTC:	"Q" C	ourse Number	the second se	Date Co	ourse Cata	alog Updated:
				1		



# **Mental Performance**

Presented by: O2X Human Performance

# **Course Description**

Understanding the impact of stress and providing systematic ways to improve mental and physical performance. 1% changes lead to significant changes over time.

# **Course Objectives**

Understand fundamentals for optimizing performance in high pressure scenarios Learn stress response and autonomic nervous system Understand zone of optimal functioning Demonstrate proper low and slow breathing Learn through heart rate variability training, benefits of regulating psychopysiology Learn Progressive muscle relaxation Understand optmizing your mindset: fixed vs growth mindset Learn performance tools to clear and reset your mind Learn attention control techniques and dialing in right channels

# **Instructor Credentials**

M.Ed., PhD Mental Performance Coach MSW LMHC, LPC

# Course Length

Customizable

# Attendance Capacity Unlimited

# Various Dates

# Virtual Course

Registration Instructions: Contact Eamonn Burke at the email or phone number below. Cost: \$2,500 Contact: Eamonn Burke Phone: (617) 416-2195 Email: Eamonn@o2x.com





# **"Q" COURSE APPLICATION**

Michigan Department of Licensing & Regulatory Affairs Bureau of Fire Services, Fire Fighter Training Division P.O. Box 30700 Lansing, MI 48909 Email: LARA-BFS-SMOKE@MICHIGAN.GOV

To add a seminar/course to be listed in SMOKE submit this form to the following email address: <u>LARA-BFS-SMOKE@MICHIGAN.GOV</u> for review. The request will be reviewed and forwarded to the Michigan Fire Fighter Training Council (MFFTC) for curriculum review at the next scheduled MFFTC meeting (all requests must be made at least 15 days prior to the next regularly scheduled meeting).

		SEC	TIONI	-	Set 7	
Name of Applicant:			SMOKE PIN	:	Date:	
William Race			592349		05/24/202	:1
Host Fire Department:			County:			
Grand Rapids Fire					Kent	
Applicant Street Address:						
38 LaGrave Ave SE						
City:	State:	Zip Code:	Email:			
Grand Rapids	Mi	49503	wrace			
Applicant Phone Number:		1	Alternate Nu	umber:		
616-265-6967			616-456-391	9		
	AND THE PARTY OF	SEC	TION II	- <b>F</b> S R		
Seminar/Course Name:						
Sleep and Fatigue Managem	ent - Virtu	ial		22		
Instructor(s):			Instructor P	hone Nu	imber:	
Eamonn Burke			617-416-2195			
Instructor Email/URL: Eam	ionn@c	2x.com/				Flyer Attached: 🗸
Course Description: (Include			d course expens		av attach ar	
	,			jeo you iii	ay allaon ac	anional pages il needed)
Annella - LL NEDA OL - L - K						
Applicable NFPA Standard(s):						
Class Capacity: Unlimited Total Hours of Training: Customizable					nizable	
		SECT	ION III		THE PARTY	
Applicant Signature:			Date:	211/21		
noun	fur	ale al de la de				24 21
Date Approved by MFFTC:	" <b>∩</b> " <b>(</b>	BFS US ourse Number	E ONLY	Data C	Ouroc Oct	olog Undets de
			Assigned	Date C	ourse Cata	alog Updated:



# **Sleep & Fatigue Management**

Presented by: O2X Human Performance

# **Course Description**

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's exactly what this course teaches them to do.

# **Course Objectives**

Understand critical part of sleep and performance Learn how we sleep and why we sleep Understand negative impacts of not sleeping and recovery Learn methods to better sleep Understand impact of shift work and ways to mitigate impacts

# **Instructor Credentials**

PhD iRest

# Course Length

Customizable

# Attendance Capacity

Unlimited

# Various Dates

Virtual Course

Registration Instructions: Contact Eamonn Burke at the email or phone number below. Cost: \$2,500 Contact: Eamonn Burke Phone: (617) 416-2195 Email: Eamonn@o2x.com





**"Q" COURSE APPLICATION** 

Michigan Department of Licensing & Regulatory Affairs Bureau of Fire Services, Fire Fighter Training Division P.O. Box 30700 Lansing, MI 48909 Email: <u>LARA-BFS-SMOKE@MICHIGAN.GOV</u>

To add a seminar/course to be listed in SMOKE submit this form to the following email address: <u>LARA-BFS-SMOKE@MICHIGAN.GOV</u> for review. The request will be reviewed and forwarded to the Michigan Fire Fighter Training Council (MFFTC) for curriculum review at the next scheduled MFFTC meeting (all requests must be made at least 15 days prior to the next regularly scheduled meeting).

	SECTION I						
Name of Applicant:			SMOKE PIN	:	Date:		
William Race			592349		05/24/2021		
Host Fire Department:			County:				
Grand Rapids Fire					Kent		
Applicant Street Address:							
38 LaGrave Ave SE							
City:	State:	Zip Code:	Email:				
Grand Rapids	Mi	49503	wrace				
Applicant Phone Number:			Alternate Nu	mber:			
616-265-6967			616-456-391	9			
		SEC	TION II				
Seminar/Course Name:							
High Stress Jobs Resilience	- Virtual						
Instructor(s):			Instructor Pl	hone Nu	umber:	<u>N</u>	
Eamonn Burke			617 410 040				
			617-416-2195				
Instructor Email/URL: Eam	ionn@c	2x.com				Flyer Attached: 🗸	
			d course expens		av attach ar		
Course Description: (Include course syllabus and detailed course expenses-you may attach additional pages if needed)							
Applicable NFPA Standard(	<u></u>						
Applicable NFFA Stanuaru(s	5).						
Class Capacity: Unlimited Total Hours of Training: Customizable						nizable	
Applicant Signature:	- EN BA	SECT	ION III		1000		
Approvent organization of the second se					Date:	la da	
nach	ur	DEO LIS		-	1 >	14/94	
Date Approved by MFFTC:	"O" C	Course Number		Data C	ouroe Cet		
- acomprised by mining.			Assigned.	Date C	ourse Cat	alog Updated:	



# **High Stress Jobs/Resilience**

Presented by: O2X Human Performance

#### **Course Description**

A carreer as a tactical athlete is poses significant occupational health risks associated with consistently elevated stress levels. This course educates members on stress management and mitigation technigies for both chronic and acute stressers that a tactical athlete faces throughout their career.

#### **Course Objectives**

Understand how stress negatively impacts your body Learn stress factors of high risk occupations Learn impacts of tactical athlete jobs on Work and family balance Understand signs and symptoms of PTSD, suicide and depression Learn mindfullness techniques, visual and auditory drills

> Instructor Credentials MSW, PhD, PSYD, M.Ed. LMHC, LPC

# **Course Length**

Customizable

Attendance Capacity Unlimited

# Various Dates

Virtual Course

Registration Instructions: Contact Eamonn Burke at the email or phone number below. Cost: \$2,500 Contact: Eamonn Burke Phone: (617) 416-2195 Email: Eamonn@o2x.com



# **"Q" COURSE APPLICATION**

FMQ21-017

Flyer Attached: 🗸

Michigan Department of Licensing & Regulatory Affairs Bureau of Fire Services, Fire Fighter Training Division P.O. Box 30700 Lansing, MI 48909 Email: <u>LARA-BFS-SMOKE@MICHIGAN.GOV</u>

To add a seminar/course to be listed in SMOKE submit this form to the following email address: LARA-BFS-SMOKE@MICHIGAN.GOV for review. The request will be reviewed and forwarded to the Michigan Fire Fighter Training Council (MFFTC) for curriculum review at the next scheduled MFFTC meeting (all requests must be made at least 15 days prior to the next regularly scheduled meeting). SECTION I Name of Applicant: SMOKE PIN: Date: William Race 592349 05/24/2021 Host Fire Department: County: Grand Rapids Fire Kent Applicant Street Address: 38 LaGrave Ave SE City: State: Zip Code: Email: Grand Rapids Mi 49503 wrace

Applicant Phone Number:	Alternate Number:
616-265-6967	616-456-3919
Seminar/Course Name:	SECTION II

SemmanCourse Name.	
Bandwidth and Stress Management - Virtual	
Instructor(s):	Instructor Phone Number:
Eamonn Burke	617-416-2195

Instructor	Email/URL	Eamonn	@o2x.	com
------------	-----------	--------	-------	-----

Course Description:	(Include course syllabus and detailed course expenses-you may attach additional pages if needed)

Applicable NFPA Standard(s):							
Class Capacity: Unlimited	urs of Training: Customizable						
	SECTION III						
Applicant Signature:	av		Date:	24	21		
BFS USE ONLY							
Date Approved by MFFTC:	"Q" Course Number Assigned:		Date Course Catalog Updated:				



# **Bandwidth and Stress Management**

Presented by: O2X Human Performance

#### **Course Description**

Understanding the impact of stress in the moment and over time and developing skills to manage energy, increase bandwidth, and improve performance.

# **Course Objectives**

Understand how stress negatively impacts your body Learn impacts of tactical athlete jobs on Work and family balance Learn mindfullness techniques, visual and auditory drills

#### **Instructor Credentials**

MSW, PhD, PSYD, M.Ed. LMHC, LPC

#### **Course Length**

Customizable

Attendance Capacity Unlimited

# **Various Dates**

# Virtual Course

Registration Instructions: Contact Eamonn Burke at the email or phone number below. Cost: \$2,500 Contact: Eamonn Burke Phone: (617) 416-2195

Email: Eamonn@o2x.com