

# EVERYONE GOES HOME®

*Firefighter Life Safety Initiatives by the National Fallen Firefighters Foundation*

## Stress First Aid (SFA)

**A National Fallen Firefighter Foundation Program**



### For Firefighters and Emergency Services Personnel

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.

**Class Date:** class will be held on 04/08/19

**Class Times:** 1800-2200

**Class Location:** Norton Shores Library 705 Seminole Rd. Norton Shores, MI 49441

**Class Cost:** Free

**Instructor:** Chief Alan Styles and Chief Brian Michelli

**Follow Link to register:** <https://w2.lara.state.mi.us/Smoke/Account/Login> Courses and registration, Region 2, County Muskegon Stress First aid 4/8/19. Options register

**Each participant will receive a NFFF “Stress First Aid” certificate,  
2 Operations & 2 Preparatory MDCH EMS CEUs**