

2 THE RESCUE

LIFE SAVING TRAINING

Training for All Westland Fire Personnel & Their Loved Ones!
FREE SMOKE Approved & MI Continuing Education Credits Available
Q61A: "Zero To 60: Career Survival & Emotional Wellness"

Thursday May 13, 2021 OR Wednesday September 29, 2021

**@
6:00 to 9:00 p.m.**

**@
35701 Central City Parkway Westland, MI 48185**

Register in the SMOKE system or contact mtokarski@cityofwestland.com

"This is one of the best classes I have taken. It should be a requirement by the state!"

This seminar will educate through "boots on the ground" experiences and will provide responders and their loved ones with a clear picture on why this profession leads to destructive and unhealthy lifestyle habits. We will demonstrate how our inability to manage the cumulative stress from daily exposures to adrenaline and trauma negatively affects our safety, decision-making and one's ability to remain ethically solid.

You, your work "family and your loved ones will be armed with tools to manage the everyday unique stressors and will be able to recognize the warning signs for chronic and post-traumatic stress and suicidal behavior. You will learn realistic, simple and successful methods to help rescue the rescuers!

- Stepping off the adrenaline roller coaster
- The "Terrible 10"
- Suicidal tendencies awareness
- Post-traumatic stress symptoms
- Managing critical incident stress
- Identifying cumulative acute stress
- Core values vs. situational values
- Lifestyle habits warning signs
- Support keys & phrases
- 4 C's for survival



"If I would have known that this is what was going to be presented. I would have brought my spouse."

"Very realistic and it hit close to home. This is the best training class I have ever attended!"

"It helped me understand why my dad acts the way he does sometimes. I realize how I can help now instead of getting upset."

- ***"You and Mike are saving lives, saving relationships and preventing substance abuse with every presentation. Every public safety employee should attend this valuable training"***
- ***"A great chance to take time and internally reflect on how we need to continually remind ourselves that our emotional well-being is as important to our survival as maintaining our tactical skills"***
- ***"I thought it was going to be the type of training where afterwards we would all go out and hug a tree together... I was extremely happy it was the exact opposite. It was amazing training!"***