

# Behavioral and Mental Health Course Catalog

Course ID	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.net	19-2-24
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