

2 THE RESCUE

LIFE SAVING TRAINING

For All Newaygo County Firefighters & Area 1st Responders

**Q61N: Loss of Control: Suicide, Post-Traumatic Stress
& High-Risk Behavior***

**3 MI C.E. credits available*

Monday, June 30, 2025 @ 6:00 p.m. to 9:00 p.m.

**Fremont Community Recreation Authority Rm 227 @ 201 Maple Street
Fremont, MI 49412**

REGISTER in SMOKE: 2025-1-62-Q61N-0213

Questions contact Deputy Chief Jason Wolford @ jwolford@newaygofire.com

"This is the stuff we deal with every day and it affects our personal lives."



This frontline experience-based wellness training is designed for first responders, organizational leaders, peer support team members and their loved ones will educate in the areas of post traumatic stresses, career cumulative and secondary trauma and exposures and suicide prevention and recognition. Whether you have been in this field 3 weeks or 30 years you will be given life changing tools to be safe, successful and healthy in your career, personal life and into retirement. You will be armed to be a more knowledgeable and effective peer, co-worker and partner.

Attendees will learn why the suicide rates are so high within first responders' cultures and what **MUST** change! You will understand how to manage post traumatic stressors and will be able to recognize high risk lifestyle behaviors so to make personal changes or intervene before it is too late. Topics addressed include:

- "The Terrible Ten!"
- The importance of communication
- Support keys for peers & loved ones
- Cumulative & secondary stress responses
- Trauma & PTS survival keys
- Are you a high-risk responder?
- High risk behaviors
- Suicidal tendencies
- Physical, emotional & behavioral signs
- Mastering the deceptive adrenaline rush
- Personal & departmental accountability
- Signs, symptoms & intervention options
- Critical incident workings
- Peer support roles: Formal & Informal
- Priorities to build a healthy resilience
- Symptoms of post-traumatic stress
- Crisis referral sources
- And much more...

➤ ***"Hit home and the heart. Quite possibly one of the best trainings we have had."***

➤ ***"Absolutely eye opening and beyond informational! Thank you for really giving insight into the first response profession. You have definitely started meaningful conversations and have no doubt saved lives!"***

➤ ***"This program should be mandatory for all EMT's, paramedics, firefighters, criminal justice and nursing professionals."***