

FIRST RESPONDERS ARE AT RISK

76%

have received
no resiliency
training

98%

feel peer-led
initiatives
are beneficial

SUICIDE RATE

30% HIGHER
than in comparison groups

In 2015, Canada saw 40 deaths
by suicide in first responders.



BC lead the country with 13 deaths by suicide.

MARITAL PROBLEMS

50% HIGHER
than in comparison groups

(BCPFFA survey, 2015 & Tema.ca, 2017)



I was certainly impressed with the approach and content. I was very happy with the materials provided. There is a lot of information to tap into.

– Resilient Minds Participant



Members that have completed the training continue to reference it as some of the best training they have participated in during the course of their careers.

– Deputy Fire Chief Operations

ABOUT CANADIAN MENTAL HEALTH ASSOCIATION

As the nation-wide leader and champion for mental health, the Canadian Mental Health Association facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.



Canadian Mental
Health Association
Mental health for all

Canadian Mental Health Association
Vancouver-Fraser Branch

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Developed in partnership with



RESILIENT MINDS

BUILDING THE PSYCHOLOGICAL STRENGTH OF FIRE FIGHTERS



Canadian Mental
Health Association
Mental health for all

Association canadienne
pour la santé mentale
La santé mentale pour tous

ABOUT THE PROGRAM

The Resilient Minds program engages and informs first responders in three crucial areas relevant to their work: trauma, mental health problems and building resiliency.

Resilient Minds is based on a 4R Action Toolkit to build skills needed to assist colleagues, family, or members of the public who may be struggling with a mental health problem or be in a crisis.

The two delivery options are:

1

RESILIENT MINDS: TRAIN-THE-TRAINER PRIVATE DELIVERY

A CMHA and fire member Master Trainer will co-facilitate a three day private delivery at your fire hall to a select number of your fire staff to become instructors of the program.

Individuals who attend the training go through a certification process in order to facilitate the four-module workshop in a peer-to-peer model to members in their identified region.

18-hour workshop
Maximum 20 participants

2

RESILIENT MINDS: DIRECT DELIVERY

Co-facilitated by two Resilient Minds Master Trainers, the full program is delivered directly to your fire department in two days.

The selection of facilitators for direct delivery will ensure one Master Trainer from the Canadian Mental Health Association, and one Master Trainer from a BC Fire Hall.

12-hour workshop
Maximum 25 participants



Resilient Minds will improve the psychological health of fire staff and fire halls, decrease risk or prevent the development of stress disorders or other mental illnesses due to workplace incidents and/or unhealthy stress, while cultivating resiliency and enhancing quality of life.

– Program Manager

MODULE ONE

PSYCHOLOGICAL TRAUMA – AWARENESS AND UNDERSTANDING

DURATION: 2.5 HRS

Fire staff will learn the definition of trauma, the various responses a healthy human may experience after a traumatic event, followed by assessment and intervention practices to mitigate the negative impacts of trauma and mental illness.

OBJECTIVES

- Build an understanding of psychological trauma and the impacts on personnel
- Learn to recognize the signs and symptoms of trauma
- Discuss Post-Traumatic Stress Disorder, Acute Stress Disorder, and Cumulative Stress
- Encourage early response to psychological trauma
- Promote recovery after trauma

MODULE TWO

PSYCHOLOGICAL TRAUMA – POTENTIAL RISKS AND STRATEGIES

DURATION: 2.5 HRS

Psychological trauma is explored further - through the application of the 4R Action Toolkit, fire staff will learn the importance of early recognition and early intervention to prevent a moderate to severe mental health problem from developing.

OBJECTIVES

- Provide an overview of assessment and intervention: **The 4R Action Toolkit**
- Understand the impacts of unresolved trauma
- Explore Cognitive Behavioral Therapy
- Discuss and review crisis intervention

MODULE THREE

RESPONDING WITH RESPECT – PSYCHOLOGICAL DISTRESS AND DISORDER

DURATION: 2.5 HRS

Fire staff will develop a basic understanding of mental illness and mental health, and will learn to apply the 4R Action Toolkit to effectively communicate and appropriately respond to a citizen, colleague, family member experiencing a mental health problem/crisis.

OBJECTIVES

- Increase understanding and recognize signs of psychological distress and disorder
- Develop effective communication skills to respond and support individuals
- Discuss appropriate and safe responses to challenging/violent situations
- Gain an understanding of resources

MODULE FOUR

MANAGING WORKPLACE STRESS AND BUILDING RESILIENCY

DURATION: 2.5 HRS

Fire staff will explore the risk factors and impact of workplace/life stress and will learn to strengthen their resiliency by building valuable and helpful coping strategies.

OBJECTIVES

- Recognize negative impacts of work-life stress
- Discuss components of compassion fatigue
- Develop action toolkits to limit work-stress
- Build resilience and strengthen psychological health

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RESILIENT MINDS - BUILDING THE PSYCHOLOGICAL STRENGTH OF FIRE FIGHTERS

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