

ResponderStrong Mental Health Curriculum Train the Trainer Workshop

Emergency Response work, whether in the field or the hospital, has always presented unique mental, emotional, and physical challenges. Over the past few years, stress levels among all those who protect and support our communities have escalated to unprecedented levels, driving demand for solutions like All Clear Foundation's ResponderStrong Mental Health Curriculum. Created for Responders by Responders, this highly regarded program has been implemented across the nation to bolster resiliency, erode stigma, and decrease stress injury: burnout, compassion fatigue, anxiety, depression, and suicidality. Recognizing that budget constraints often hinder access to content like this, we are proud to offer this Train the Trainer workshop FREE to Responders through generous support from our sponsoring partners. The workshop format allows in-person or virtual participation, further eliminating barriers. Participants will be certified to teach this content within their agencies and communities. This content has been integrated into academies, on-boarding, in-services, peer support, and family events with great success. Times are tough, we've got your back. You don't need to re-create the wheel to help your personnel.

The Train the Trainer workshop is an 8-hour session taught by experienced and knowledgeable Master Trainers. They engage with participants to increase their knowledge and ability to present this content in a way that impacts others. Along with the workshop, participants receive a detailed instructor manual, continued online access to regularly updated materials, and in-depth information regarding:

- research and data regarding prevalence of stress injury among our population
- the stress injury model and the physiology of stress
- suicidality- how it develops and how to create effective intervention and prevention
- impacts of the job on families and ways to mitigate
- proven practices to improve resilience and better manage stress
- additional resources and solutions to supplement local options

Offered to all those working in Emergency Response: Law Enforcement, Fire, EMS, Dispatch, Healthcare, Medical, Disaster Response, career, volunteer. Our content supports the human behind the badge, uniform, and scrubs. Through this Train the Trainer model, we empower YOU, the local wellness champions and ambassadors with vetted, relevant, and useful material to integrate within your agency and share with your coworkers.

Feedback from participants:

"Agencies have a lot of mandated online mental health courses that do nothing more than tick a box for management to be able to say that they provided training. This course is MEANINGFUL training directed at individuals both on the job and at home."

"So much great information. Thank you very much! I wish it were taught in every Academy and class from the beginning."

"This training was obviously created by people who get it- amazing. Everyone should hear this!"