

Provider Readiness

(4-Hour Workshop)



First Responders need mental health providers who are familiar with their unique experience and how these experiences affect personal and professional performance. First Responders are a guarded group, and the culture often instills the idea of self-reliance and strength. This creates a challenge for those outside the field attempting to offer aid. This workshop will offer an introduction to First Responder culture and how it affects the individual, provides specific examples of events that commonly challenge first responders, and offers actions steps to being accepted within an organization and by its members. Availability: This workshop is open to care providers such as Mental Health Practitioners, General Practitioners, Chaplains. Agency Peer Support Specialists are highly encouraged to attend as well.

Outcomes:

PROFESSIONALS

- 1) Differentiate first responder cultures from the culture of other professions.
- 2) Identify and discuss unique aspects of first responder trauma and stress.

PARTNERSHIP

- 3) Identify three methods of partnering with local agencies

PREVENTION

- 4) Introduce First Responders to the five RANGE Resilience Skills.

**“Wherever there
is a human being,
there is an
opportunity for a
kindness.”**

~Seneca

