



# ILLINOIS FIRE SERVICE INSTITUTE

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

## LEADERSHIP SUPPORT FOR FIRST RESPONDER RESILIENCY

This four-hour course will provide support for first responders in leadership roles at any stage of their career with the necessary tools to lead and respond in a resilient way to the stressors that come with the job as well as stress from off the job. Focusing on cutting-edge science, students will see how stress can damage the brain, and also how the brain can recover from this damage. Students will also increase their understanding of how stress and mental health impact not just the brain, but the entire body. Ideas to help support leaders will be presented that will assist in care for themselves, their crews, as well as their families at home.

**First responder resiliency matters, having additional support to enhance a leader's understanding and ability will assist to remove the stigma surrounding the discussion of mental health, trauma, and suicide.**

Facilitated group discussions will create open dialogues where students can share what has worked well for them and address areas where improvements could be made.

Based upon student feedback, IFSI has developed a stand-alone resiliency and mental health course.

The Resiliency Development for First Responders Course will cover:

- Body's response to stress
- Nervous system challenges
- Five responses to stress
- Guilt and shame
- Suicide
- Your role as an officer
- Communicating effectively
- Importance of relationships

**Course Title:**

**Leadership Support for First Responder Resiliency**

**Duration:**

**4 Hours of interactive education**

**Cost:**

**No cost to First Response agencies and/or student. Cost is covered through the Cornerstone Training Program.**

Visit the IFSI website for details

**FSI.ILLINOIS.EDU**

or contact your Regional Representative with questions.