



ILLINOIS FIRE SERVICE INSTITUTE

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

RESILIENCY DEVELOPMENT FOR FIRST RESPONDERS

This four hour course will provide first responders in any stage of their career with the necessary tools to remain resilient 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. Behaviors and mindsets will be presented that will help students to care for themselves as well as support their families at home and at work.

First responder resiliency matters, and this course seeks 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:

- the body's response to stress
- nervous system challenges
- post-traumatic stress
- realities of stress
- how to support your own resilience
- how to talk about mental health
- suicide and much more

Course Title:

Resiliency Development for First Responders

Duration:

4 Hours of interactive education

Cost:

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

*Helping Firefighters
Do Their Work Through
Training, Education, Information,
and Research.*

WWW.FSI.ILLINOIS.EDU

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