

# Crisis Response Workforce

## Mental Health & Suicide Prevention Trainings



In 2020, nearly 46,000 Americans died by suicide. Recognizing the signs of mental illness and knowing what to do can save a person's life. The COVID pandemic as well as multiple natural disasters including Hurricanes Ian and Michael have made a significant impact on the mental health and well-being of Floridians. Suicide prevention and mental health resources are vital to our communities and we are pleased to be partnering with the Department of Health to offer free mental health and suicide prevention training opportunities across your region.

We encourage you to review this informational brochure regarding these training programs. It includes links to a registration page as well as individual websites. Once registered, participants will be sent a confirmation email and a brief survey to be completed after training occurs. Our team welcomes any questions you might have as we move forward with this exciting and important initiative.

### Who will benefit from attending?

Elementary  
and  
Secondary  
Educators

First  
Responders  
and their  
Families

CHD Staff  
and  
Community  
Partners

Find  
My Region

FAQs and  
Registration  
Information

**INCLUDES UPDATED TRAINING SCHEDULE  
FOR MAY, JUNE, AND JULY 2023**

**Cost: FREE!**

**Enrollment is limited.**

# First Responder Trainings



According to the Firefighter Behavioral Health Alliance (FBHA), 57.6% of fire fighters report having experienced a major Morally Injurious Event, like injured children or evidence of abuse while 49.8% admitted to feeling emotionally detached and isolated, long recognized as a mental-health stressor. From 2014-2020, more fire fighters died by suicide than in the line of duty.



FBHA's goal is to provide behavioral health workshops to First Responder organizations around the globe, focusing on behavioral health as a means of suicide prevention, and connecting First Responders and their families to local, national, and global resources developed specifically for them. FBHA's workshops focus on behavioral health awareness with a strong emphasis on suicide prevention and promotion of resources available to firefighters, EMS, Dispatchers, and their families. These include in-person workshops: Internal Size-Up, Saving Those Who Save Others, Saving Those Who Save Others (Family Edition), and PTSD vs Moral Injury

## Central Coalition and Southwest Alliance Regions

- Internal Size-Up 1-day Workshop–June 10, 8:00AM-12:00PM
- PTSD vs Moral Injury 1-day Workshop–June 10, 1:00PM-3:00PM
- Saving Those Who Save Others 1-day Workshop–June 11, 9:00AM-12:00PM
- Saving Those Who Save Others, Family Edition 1-day Workshop–June 11, 1:00-3:00PM
- Internal Size-Up 1-day Workshop–June 24, 1:00PM-5:00PM
- Saving Those Who Save Others 1-day Workshop–June 25, 9:00AM-12:00PM
- Saving Those Who Save Others, Family Edition 1-day Workshop–June 25, 1:00-3:00PM

## Location:

Crowne Plaza Fort Myers Gulf Coast, 9931 Interstate Commerce Drive, Fort Myers, FL 33913,  
Phone: (239)561.1550

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Go to  
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**Cost: FREE!**

**Enrollment is limited.**



# First Responder Trainings



## Central Coalition:

- Internal Size-Up 1-day Workshop–July 15, 8:00AM-12:00PM
- PTSD vs Moral Injury 1-day Workshop–July 15, 1:00PM-3:00PM
- Saving Those Who Save Others 1-day Workshop–July 16, 9:00AM-12:00PM
- Saving Those Who Save Others, Family Edition 1-day Workshop–July 16, 1:00PM-3:00PM

## Location:

DOH Martin County 3441 Southeast Willoughby Boulevard, Stuart, FL 34990  
Phone: (772)221.4985

## Emerald Coast Consortium: (All times Central Time Zone)

- Internal Size-Up 1-day Workshop–July 8, 8:00AM-12:00PM
- PTSD vs Moral Injury 1-day Workshop–July 8, 1:00PM-3:00PM
- Saving Those Who Save Others 1-day Workshop–July 9, 9:00AM-12:00PM
- Saving Those Who Save Others, Family Edition 1-day Workshop–July 9, 1:00PM-3:00PM
- PTSD vs Moral Injury 1-day Workshop–July 29, 1:00PM-3:00PM
- Saving Those Who Save Others 1-day Workshop–July 30, 9:00AM-12:00PM
- Saving Those Who Save Others, Family Edition 1-day Workshop–July 30, 1:00PM-3:00PM

## Location:

Hilton Garden Inn 1297 Miracle Strip Parkway SE, Fort Walton Beach, FL 32548  
Phone: (850)362.1000

**Cost: FREE!**

**Enrollment is limited.**

# Elementary and Secondary Education Provider Trainings



Center for Safe and Resilient Schools and Workplaces

## Psychological First Aid (PFA)



CENTER FOR SAFE & RESILIENT  
SCHOOLS AND WORKPLACES

PFA began as a tool to help first responders cope with victims experiencing trauma on the scene. There are several models of PFA, but Psychological First Aid–Listen, Protect, Connect, Model/Teach (PFA–LPC) was developed in response to a series of school shootings in the 1990s. The five-step crisis response strategy was intended to guide individuals in helping those who are traumatized to be able to deal with the aftermath of senseless violence. PFA–LPC helps staff support individuals through the process of recovery, especially when they encounter traumatic reminders of being in danger or of experiencing loss or trauma. The PFA-LPC model is promoted by the US Department of Education.

Participants have the option of a one-day group training session or a multi-day “train the trainer” experience, which will qualify participants to train others in the PFA program.

### Statewide Group Training

- June 6, 2023 9:00 to 3:30 EST  
Location: SpringHill Suites Sea World-Orlando 10801 International Drive, Orlando, Florida, USA, 32821 (407)354.1176

### Regional “Train the Trainer” sessions:

- SW Regional Alliance • June 12 through June 16 (5 days)  
Location: Crowne Plaza - Fort Myers Gulf Coast, 9931 Interstate Commerce Drive, Fort Myers, FL 33913, Phone: (239) 561-1550
- Emerald Coast Consortium • June 19 through June 23 (5 days)  
Location: Gulf Coast State College 5230 West Highway 98, Panama City, FL 32401  
Phone: (850)344.0699
- Central Coalition • July 10 through July 14 (5 days)  
Location: SpringHill Suites Sea World-Orlando 10801 International Drive, Orlando, Florida, USA, 32821 Phone: (407)354.1176



**Cost: FREE!**

**Enrollment is limited.**



# Elementary and Secondary Education Provider Trainings



**SOURCES**  
OF STRENGTH

## Sources of Strength (SOS)

Sources of Strength facilitates training and curriculum for youth and adults, utilizing a strength-based and upstream approach to mental health promotion and prevention of adverse outcomes like suicide, violence, bullying, and substance misuse. These include in-person trainings: Elementary Training, Secondary Stakeholder Training, Parent and Community Training, and Train-the-Trainer Sessions

### All Regions:

- Elementary Training (2-day Session) June 19-20, 8:00AM-4:30PM
- Secondary Stakeholder Training (2-day Session) June 29-30, 8:30AM-4:00PM
- Train the Trainer (4-day Session) May 22-25, 8:30AM-4:30PM

Location: Crowne Plaza - Fort Myers Gulf Coast, 9931 Interstate Commerce Drive, Fort Myers, FL 33913, Phone: (239)561.1550

### Central Florida Coalition:

- Parent/Community 1-day Session June 1, 5:30PM-8:30PM  
Location: SpringHill Suites Sea World-Orlando 10801 International Drive, Orlando, Florida, USA, 32821 Phone: (407)354.1176

### SW Regional Alliance:

- Parent/Community 1-day Session June 4, 1:00PM-4:00PM  
Location: Crowne Plaza - Fort Myers Gulf Coast, 9931 Interstate Commerce Drive, Fort Myers, FL 33913, Phone: (239)561.1550

### Emerald Coast Consortium:

- Parent/Community 1-day Session May 30, 5:30PM-8:30PM (Central Time Zone)  
Location: Gulf Coast State College 5230 West Highway 98, Panama City, FL 32401  
Phone: (850)769.1551



**Cost: FREE!**

**Enrollment is limited.**

# County Health Department Staff and Community Partners



## LivingWorks

Suicide Prevention trainings



### LivingWorks Start

LivingWorks Start will help you begin conversations about suicide and make connections to safety in relationships with family, friends, and co-workers. Anyone aged 15+ years or 13+ years with parental or caregiver guidance is encouraged to take LivingWorks Start. After completing the training, you will become a vital part of a Network of Safety within your organization or community. LivingWorks Start teaches participants to recognize when someone is thinking about suicide and connect them to help and support.

LivingWorks START It is a 90-minute online program.

**AVAILABLE NOW!** Please use our registration link or email us at [Trainings@isf.com](mailto:Trainings@isf.com) for information and sign up.

Registration Link: <https://forms.office.com/r/VDSWRYdUyA>

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**Cost: FREE!**

**Enrollment is limited.**



# County Health Department Staff and Community Partners



## LivingWorks

Suicide Prevention trainings



### LivingWorks safeTALK

safeTALK is meant for anyone 15 and older who wants to promote suicide safety regardless of previous experience or background. It is especially appropriate for large organizations dealing with many people on a daily basis, such as emergency services, secondary and post-secondary schools, medical settings, law enforcement, and the military. This half-day in-person training goes more in-depth so people learn to recognize when someone needs help, how to talk with them to better understand their situation, and safely connect them to the resources they need. Certificates will be emailed to the participants within a few days of completing the workshop from LivingWorks Education head office.

LivingWorks safeTALK is a four-hour in-person training program.

Regional training sessions:

- **Central Coalition:**  
June 13  
Location: Orlando SpringHill Suites Sea World-Orlando 10801 International Drive, Orlando, Florida, USA, 32821 Phone: (407)354.1176  
  
July 17  
Location: DOH Martin County, 5150 Northwest Milner Drive, Port St. Lucie, FL 34983 Phone: (772)873.4949
- **SW Regional Alliance:** June 14 and July 19  
Location: Crowne Plaza - Fort Myers Gulf Coast, 9931 Interstate Commerce Drive, Fort Myers, FL 33913, Phone: (239)561-1550
- **Emerald Coast Consortium:** June 7 and July 14  
Location: Crestview DOH, 810 East James Lee Blvd Crestview, FL 32539  
Phone: (850)344.0699

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# County Health Department Staff and Community Partners



National Alliance on Mental Health (NAMI) Connect Training utilizes a unique community-based model designed to increase the competence of social service providers in responding to suicide incidents and individuals at risk.



Suicide Prevention and Intervention Training for social service providers such as Healthcare & Mental health providers, educators, public safety & social services employees include a review of National Best Practice suicide prevention/intervention policies and procedures specific to social service organizations, interactive case scenarios, and a discussion on integrating key community services for an effective and comprehensive response. Connect's two-day interactive training will present national best practices on suicide prevention and intervention on the first day. On the second day, Connect staff will use a mind-mapping process to facilitate the creation of a community-wide suicide prevention plan. There are also online training modules available.

Each 3 day session includes 2 days of training and a planning day

## Regional in-person 3 day training sessions

- Emerald Coast Consortium: June 5 through June 7 8:00AM-5:00PM  
Location: Gulf Coast State College 5230 West Highway 98, Panama City, FL 32401  
Phone: (850)769.1551
- Central Coalition: June 12 through June 14 8:00AM-5:00PM  
Location: DOH Brevard County 2555 Judge Fran Jamieson Way, Viera, FL 32940  
Phone: (321)615.9323
- SW Regional Alliance: July 17 through July 19 8:00AM-5:00PM  
Location: Crowne Plaza - Fort Myers Gulf Coast, 9931 Interstate Commerce Drive, Fort Myers, FL 33913, Phone: (239)561.1550

Self-paced online sessions available: AVAILABLE NOW through July 31, 2023 (all regions)

Registration Link: <https://forms.office.com/r/VDSWRYdUyA>

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**Cost: FREE!**

**Enrollment is limited.**



# County Health Department Staff and Community Partners



## QPR Institute

Question Persuade Refer (QPR) Gatekeeper Training



The QPR Institute's mission is to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training. QPR stands for Question, Persuade, and Refer – a three step process to help save a person from suicide. QPR's Gatekeeper training focuses on recognizing the signs of suicide, knowing how to offer hope, and getting help to save a life.

These are all online sessions.

Registration Link: <https://forms.office.com/r/VDSWRYdUyA>

### All Regions online sessions

Participants may choose from a morning session 9:00AM -12:00PM or an after-noon session 1:00PM to 4:00 PM (Eastern Time Zone) on each date

- School Health Worker: May 22, 3 hour session
- Nurse: May 23, 3 hour session
- Emergency Preparedness: May 25, 3 hour session
- Veterans' Counselors: May 26, 3 hour session

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**Cost: FREE!**

**Enrollment is limited.**

# County Health Department Staff and Community Partners



## Mental Health First Aid (MHFA)



MHFA is a "train the trainer" course that teaches participants to identify, understand and respond to signs of mental illnesses and substance use disorders. The training is designed to deliver skills needed to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

Certification is a 3-day process that includes self-paced study, a written exam, and a presentation that is instructor evaluated. These online sessions are for all regions.

Registration Link: <https://forms.office.com/r/VDSWRYdUyA>

### MHFA Publicly Scheduled Training:

Each session is 9:00-5:00 EST daily

- May 1-3, 2023
- May 3-5, 2023
- May 9-11, 2023
- May 16-18, 2023
- May 17-19, 2023
- May 29-31, 2023

MHFA Private Session 1: 16 people Florida only (3 consortia):

- June 26-28, 2023 **FULL**

MHFA Private Session 2:

- July 11-13, 2023

### MHFA Coaching Session

(1 day virtual): 5 people must complete training first.

Each session is 8:00-5:00 EST

- July 6, 2023
- July 11, 2023
- July 13, 2023
- July 18, 2023
- July 20, 2023
- July 21, 2023

Tell me  
more

Go to  
Website

**Cost: FREE!**

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# All Training Opportunities



**Click on a link to go to the website!**

**National Alliance on Mental Illness (NAMI)**

<https://nami.org/home>

**LivingWorks SafeTALK and START Suicide Prevention trainings**

<https://www.livingworks.net/start>

<https://www.livingworks.net/safetalk>

**QPR Institute Online Gatekeeper trainings**

<https://www.qprinstitute.com/>

**Mental Health First Aid (MHFA) trainings**

<https://www.mentalhealthfirstaid.org/>

**Firefighter Behavioral Health Alliance (FBHA) for FBHA trainings**

<https://www.ffbha.org/>

**Center for Safe and Resilient Schools and Workplaces (PFA Teach)**

<https://safeandresilient.org/>

<https://traumaawareschools.org/>

**Sources of Strength (SOS)**

<https://sourcesofstrength.org/>

**Cost: FREE!**

**Enrollment is limited.**

# Frequently Asked Questions



## Can I take more than one training?

Yes. You are welcome to register for multiple trainings although some have limited enrollment. We reserve the right to limit enrollment based on geography and demand.

## Can I register for a training session in a different region than where I work?

Yes. However, preference will be given to those who work and reside in the region where the training is scheduled.

## Will I receive CEUs or a certificate upon completion of my training?

Some programs offer CEUs and certificates upon successful completions. Please contact training providers for more information.

## Are travel costs covered?

No. Any travel costs associated with attending training session are the responsibility of participants. Please check with your employer or department to see if these costs are reimbursed.

## What will I need to bring?

For online training, participants will need a computer and internet access. It is the responsibility of the participant to ensure that they can log in and complete the training in the allotted time and have a reliable internet connection.

For in-person trainings, study materials, handouts, manuals, and class notes will typically be provided. Please contact training providers for more information.

For additional questions, please contact us at: [Trainings@isf.com](mailto:Trainings@isf.com)

Training Registration Link: <https://forms.office.com/r/VDSWRYdUyA>

**Cost: FREE!**

**Enrollment is limited.**

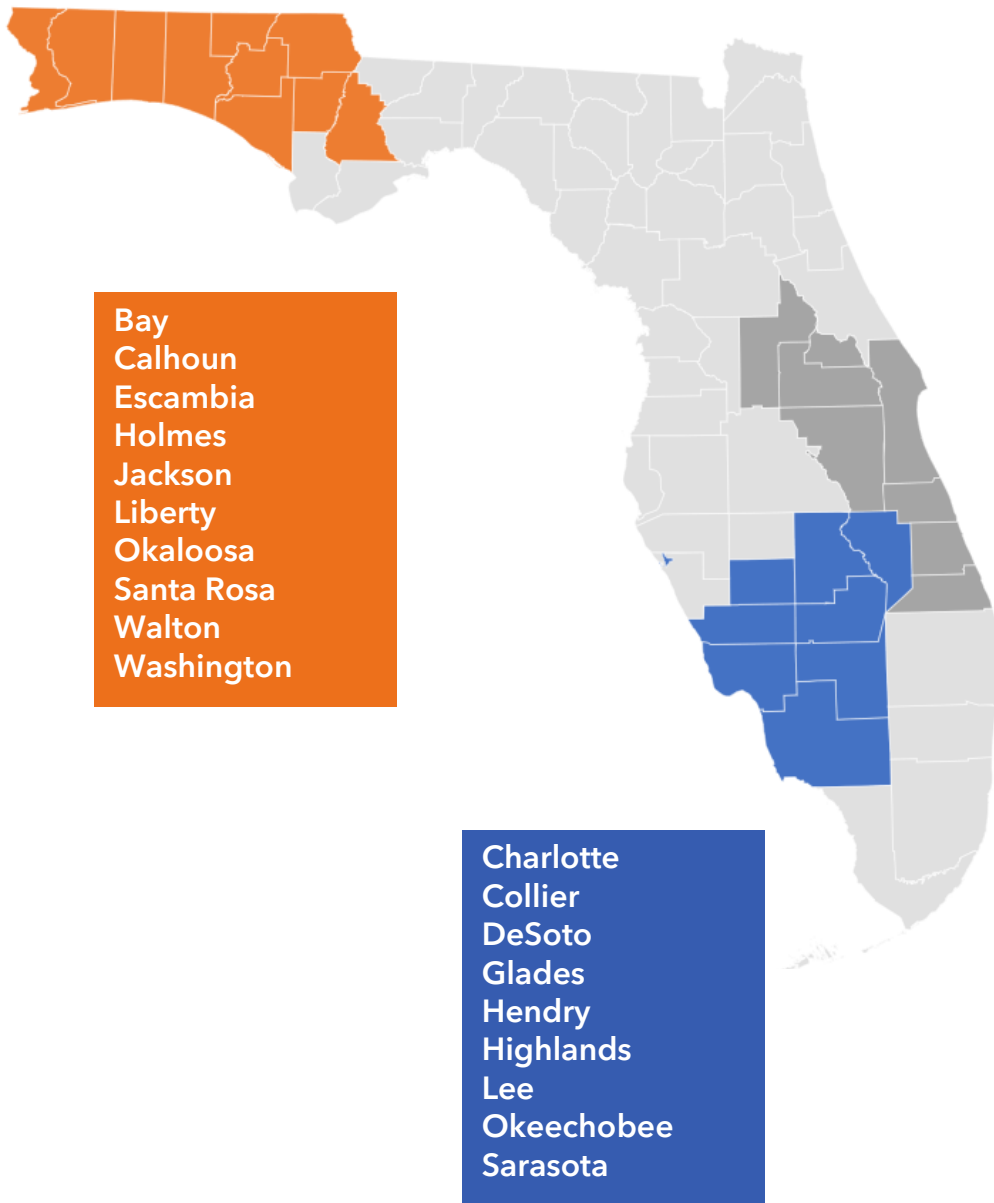


# CHD Regions and Member Counties



## Regions

- Southwest Alliance of CHDs
- Emerald Coast
- Central Florida Coalition



Bay  
Calhoun  
Escambia  
Holmes  
Jackson  
Liberty  
Okaloosa  
Santa Rosa  
Walton  
Washington

Brevard  
Indian River  
Lake  
Martin  
Orange  
Osceola  
Seminole  
St. Lucie

Charlotte  
Collier  
DeSoto  
Glades  
Hendry  
Highlands  
Lee  
Okeechobee  
Sarasota

We are providing in-person training opportunities in your region.

**Cost: FREE!**

**Enrollment is limited.**



## Become a QPR Gatekeeper Learn QPR for Suicide Prevention

*QPR is not intended to be a form of counseling or treatment.*

*QPR is intended to offer hope through positive action.*

*QPR is intended to teach those who are in a position to recognize the warning signs, clues and suicidal communications of people in trouble to ACT vigorously to prevent a possible tragedy.*

### **SUICIDE PREVENTION GATEKEEPERS**

A gatekeeper is anyone trained to recognize a suicide crisis and, because of their training, knows how and where to find help.

### **PROGRAM PURPOSE**

This skills-based training program is designed to teach those in the health professions how to recognize people in crisis, identify suicide warning signs, and apply the mental health equivalent of CPR to someone who may be at risk of suicide. This training program is intended to prevent suicide not just among patients, but among employees, colleagues, co-workers, friends, and family members.

### **WHY QPR FOR SUICIDE PREVENTION GATEKEEPERS?**

The specialized virtual instructor-led, multi-media interactive gatekeeper training teaches health professionals how to detect, screen, and refer at-risk individuals for further assessment and care.

This specialized training program takes 2.5-3 hours and is taught in a format that is clear and concise. Gatekeepers are given information that is easy to understand and reinforced by a QPR booklet and card complete with warning signs, methods to encourage a person to get help and a list of resources available in your community.



## **PROGRAM GOALS**

Participants who complete this course should be able to:

- Understand suicide as a major public health problem.
- Understand the common myths and facts surrounding suicide.
- Identify unique verbal, behavioral, and situational suicide warning signs.
- Screen someone at risk of suicide.
- Know how to inquire about suicidal intent and desire.
- Recognize at least three suicide warning signs.
- Recognize at least three risk factors for suicide.
- Recognize at least three protective factors against suicide.
- Demonstrate increased knowledge, skills, self-efficacy, and intent to act to intervene with patients at risk of suicide.
- Know how to engage and assist a suicidal colleague or co-worker.
- Describe "means reduction" and why it is important.
- Describe and locate referral resources and how to access them.
- Demonstrate and carry out an effective follow up for continuity of care.

## **WHO TEACHES QPR GATEKEEPERS?**

QPR was created and developed by Paul Quinnett, Ph.D. of Spokane, Washington. Dr. Quinnett began a QPR Instructor Certification Program to allow qualified candidates to teach QPR and increase the number of gatekeepers trained to act in a bold and positive manner to prevent a suicide and save a life.

**ASK A QUESTION, SAVE A LIFE**



### **What is PFA-TEACH**

PFA stands for psychological first aid, a well-recognized approach to supporting individuals who have experienced large-scale crises and/or other traumatic events. PFA-TEACH is an evidence-informed process for applying psychological first aid in school environments. It's designed specifically to be used by any adult on the school campus. PFA-TEACH aims to reduce the cognitive, emotional, behavioral, and physical impacts of crises or disasters. In doing so the ultimate goal is to fulfill the mission of education and child development. The US Department of Education has identified PFA as a critical intervention in the aftermath of crises or disasters. PFA's objectives match up with the Department of Education's five mission areas for addressing a range of crises and disasters. PFA is an intervention schools can use when they need way to recover from critical incidents or crises.

Each of the five PFA-TEACH steps is grounded in evidence including cognitive-behavioral theory as well as the latest neuroscience of stress and resilience. PFA has been shown to help students return to school and feel psychically and emotionally safe enough to resume learning.

### **PFA-TEACH DEVELOPER**

Identified as the "architect of school-safety programs," by the Wall Street Journal, Dr. Wong was named a pre-eminent expert in school crisis and disaster recovery by the George W. Bush White House and was appointed as a member of the National School Crisis Response Team by then Secretary of Education, Rod Paige. She has provided education and consultation to thousands of school districts, educational institutions, community, state, province, national and international federal agencies, and ministries. She is one of the original developers of the evidence based Cognitive Behavioral Intervention for Trauma in Schools, and Psychological First Aid in schools. She has provided on-site crisis management for federal agencies, the United States Department of Education, school shootings, natural disasters, and acts of terrorism. Some of these include: the LA riots and fires, the Oklahoma City Bombing, Sandy Hook Elementary shooting, the 9/11 terrorist attacks, and the Parkland MSD school shooting.





# LIVINGWORKS Start

## Begin the Conversation

*LivingWorks Start is a 90-minute online training that helps learners develop foundational skills to recognize when someone may be thinking of suicide and connect them to further help.*

### Who Should Attend?

LivingWorks Start will help you begin conversations about suicide and make connections to safety in relationships with family, friends, and co-workers.

Anyone aged 15+ years or 13+ years with parental or caregiver guidance is encouraged to take LivingWorks Start. After completing the training you will become a vital part of a Network of Safety within your organization or community.

### What Will You Learn?

LivingWorks Start will increase your awareness of the many ways in which suicide can impact individuals in your community. A 4-step model is used to help you learn how to identify and respond to signs that someone may be thinking about suicide. You will learn to:

- Read the signs of suicide
- Begin a direct and open conversation about suicide
- Facilitate a connection to further help

Once trained in LivingWorks Start, you will play a vital role in ensuring that people who are thinking about suicide feel less alone and access the help they need to keep safe and find hope.

### How Will You Learn?

LivingWorks Start is a self-paced, online program. You will explore key teachings, hear from others who have had experience with suicide, and practice your new helping skills through text messaging and video simulations.

Suicide is discussed openly and honestly. Safety for learners is our priority, even online. Crisis resources are always available, and a virtual “Hope Coach” provides encouragement and opportunities for deeper learning and reflection.

Interactive practice examples allow you to gain confidence with your new skills by choosing scenarios which relate what you’ve learned to your everyday life.

### Where Can You Find Out More?

A growing body of published research and evaluation supports the value of this training to individuals and organizations while informing program improvements. Over 145,000 people have completed this training to date.

To find out more about the training, evaluations, or research, use the contacts below.



# LIVINGWORKS safeTALK

## Connect to Safety and Help

*LivingWorks safeTALK is a 4-hour training that equips people to be more alert to persons thinking of suicide and better able to connect them with further help.*

### Who Should Attend?

Anyone aged 15+ years is encouraged to take LivingWorks safeTALK. It will prepare you to raise and respond to concerns about suicide in relationships with family, friends, and co-workers.

It will equip you to build a culture of safety from suicide in your organization or community.

You can play a vital connector role in what LivingWorks has called a Networks of Safety.

### What Will You Learn?

In LivingWorks safeTALK you will learn how to reach out to someone thinking about suicide and help them keep safe by promptly connecting them to further support. Your role as a connector is the main focus of this training.

You will also be encouraged and empowered to talk openly with someone about suicide through a 4-step model. Overcoming personal and community attitudes to seeking and providing help is a key theme of this training.

### How Will You Learn?

We aim to provide a safe learning environment. The learning process includes:

- Trainer presentations, facilitated discussion, and skills practice
- Videos that illustrate what happens when signs of suicide are overlooked, and how you can contribute to safe outcomes when these signs are heard and addressed
- Opportunities to further explore organizational applications of the training

Direct and honest discussion about suicide is encouraged. While sometimes challenging, this prepares helpers to openly approach people with thoughts of suicide and connect them with further help.


### Where Can You Find Out More?


A growing body of published research and evaluation supports the value of this training to individuals and organizations while informing program improvements.

Over 800,000 people have attended this training since its inception. Use the contacts below to find out more.

 [info@livingworks.net](mailto:info@livingworks.net)

(Toll free in North America)

 1.888.733.5484 or 403.209.0242

 [www.livingworks.net](http://www.livingworks.net)





## *Training Descriptions:*

### **Coaches Training**

For up to three Sources of Strength Coaches Training for elementary implementation. Each training is for up to 50 attendees to attend the two-day event and includes training, materials, and support. After participants complete a Coaches Training, a select number of their associated schools could order curriculum using DOH funding (the number of available curricula per consortium depends on the option chosen). The remaining schools/coaches would need to purchase the Sources of Strength curricula using a different funding source. This is a one-time cost per grade level/per school. Sources of Strength will provide an explanation of the curriculum costs and options to attendees prior to their attendance at the Coaches Training. The Coaches Training will be delivered by July 31, 2023. Includes

- Registration for up to 50 attendees only in a specific consortium for a two-day Coaches Training.
- Two training days from Sources of Strength National staff.
- Materials for Coaches to increase fluency in the content and the capacity to coach and support classroom instructors throughout implementation.
- Ongoing support to equip building-level leaders to support classroom instructors and provide opportunities to practice staff wellness.
- Training space would be provided by the client and include coffee and snacks.

### **Elementary Curriculum**

For up to 24 elementary schools to receive the K-5 elementary curricula per grade level. Sources of Strength Elementary is a Tier 1 universal curriculum for all students' grades K-5. Lessons are designed to be approximately 30 minutes in length and delivered once a week. Every lesson incorporates a Talking Circle where students are invited to think, share, and practice building healthy relationships and listening skills to learn from diverse perspectives. Lessons are interactive with games, emotional regulation practice, and creative expression to increase student and adult connections, emotional regulation, and protective factors. Sources of Strength Elementary is a universal, classroom-based curriculum, designed to be taught by any adult staff member. The Elementary Curriculum would be ordered and delivered by July 31, 2023. Includes

- Physical copies of the curriculum for the purchased grade level - up to 7 copies per grade level of K-2 Curriculum and up to 5 copies per grade level of 3-6 Curriculum.
- Digital access to the curriculum for the purchased grade level.
- Ongoing support resources, including access to restricted content on the website, email support, and access to technical assistance calls as requested.



### **Train-the-Trainer Advanced Skill Session Training**

For Train-the-Trainer Advanced Skills Session (T4T) to support long-term secondary implementation. The T4T is an interactive four-day training designed to build skills in facilitating Sources of Strength Adult Advisor and Peer Leader training, as well as empower and equip attendees to implement a Sources of Strength program to fidelity. This T4T will provide education on the core philosophies and theories that inform Sources of Strength, and allow attendees to experience the benefits of wellness in their own work and life. This powerful prevention work is not simply content for kids, but wellness for us all. During this four-day training, participants will engage in large group and small group sessions, role play content modules and games, engage with the resources and materials, and learn about the expectations and requirements of becoming a Sources of Strength trainer. The T4T will be delivered by July 31, 2023. Includes

- Registration for up to 40 attendees for a four-day Train the Trainer Skills Session.
- Materials for Local Trainers, including the Trainer Manual, videos, and other support resources.
- Four training days from Sources of Strength National Trainer staff.
- Training space would be provided by client and include coffee and snacks.

### **Stakeholder Training**

For up to three Stakeholder trainings to support long-term Sources of Strength implementation. The Stakeholder Training is an interactive two-day training designed to introduce Sources of Strength and hope, help, strength messaging to local stakeholders and empower and equip them to champion, increase buy-in, and implement Sources of Strength programs to fidelity. The training will cover the core philosophy behind upstream and strength-based prevention, social network theory, safe messaging strategies, and protective factors and allow attendees to experience the benefits of wellness in their own work and life. The training will provide an understanding, involvement, and common language around Sources of Strength programming. Through high-energy games, conversations, storytelling, and experiential learning, attendees will also be able to internalize Sources of Strength and learn to tap into those strengths throughout their lives, including when supporting others and implementing the program. The Stakeholder Training will be delivered by July 31, 2023. Includes

- Development of a 2-day training specific to the client's implementation strategy.
- Registration for up to 40 attendees for a two-day Stakeholder Training.
- Materials for attendees and support resources.
- Two training days from Sources of Strength National Trainer staff.
- Training space would be provided by the client and include coffee and snacks.

### **Parent/Community Training**

For up to two Sources of Strength Parent/Community Trainings in each supported consortium. The Sources of Strength Parent/Community Trainings (3-6 hours) are designed to introduce Sources of Strength and hope, help, strength messaging to parents, households, and the greater community. The trainings will cover the core philosophy behind upstream and strength-based prevention, social network theory, safe messaging strategies, and protective factors. After this training, parents, household members, and community members will have increased skill as trusted adults for students (the number one protective factor for preventing suicide and many



other risk factors) and create strategies to integrate strength-focused content into their households, faith-based communities, organizations, and/or businesses and within their own work-life balance. The training will provide an understanding, involvement, and common language around strength and resiliency and highlight the ongoing messaging processes of the local Sources of Strength Peer Leaders. The training can also highlight the services of local organizations, agencies, and prevention groups and connect community members to available resources. Through high-energy games, conversations, storytelling, and experiential learning, community and family members will be able to internalize Sources of Strength and learn to tap into those strengths throughout their lives, including when supporting others. The Parent/Community Trainings will be delivered by July 31, 2023. Includes:

- Three to six hours of training for up to 100 community members/families.
- Informational foundation for community and families in the Sources of Strength program.
- Training materials and supplies.
- Training space would be provided by the client.



## Secondary and Elementary Program Overview

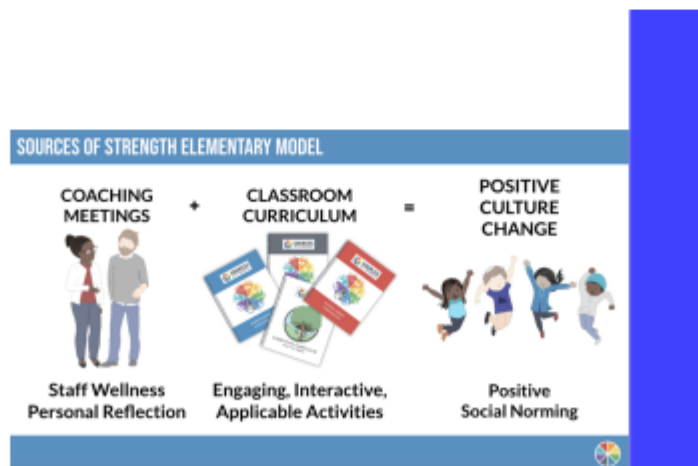
### Sources of Strength Overview

Sources of Strength is a best practice youth mental health promotion and suicide prevention program designed to harness the power of peer social networks to create healthy norms and culture, ultimately preventing suicide, violence, bullying, and substance misuse. The mission of Sources of Strength is to prevent adverse outcomes by increasing wellbeing, help-seeking, resiliency, healthy coping, and belonging. Sources of Strength moves beyond a singular focus on risk factors by utilizing an upstream approach for youth suicide prevention. This upstream model strengthens multiple sources of support, or protective factors, for young people so that when times get hard, they have strengths to rely on.

### Sources of Strength Elementary Overview

Sources of Strength Elementary is a strength-based prevention curriculum with Social Emotional Learning content and a strong focus on mental health and proactive prevention for students and staff members. By moving upstream in the prevention cycle through the Sources of Strength Elementary model, students and adults are invited into creating communities where belonging and connection are the norm, leading to increased purpose and agency and diminishing downstream negative outcomes. Our model moves to increase health and wellness at an individual, classroom, school, and community level. The Elementary Model begins with a Coaches Training for 1-2 school-based staff members who then support adult wellness and curriculum delivery at their site. Classroom instructors, counselors, or other staff members deliver the curriculum in each classroom through engaging, applicable, and interactive lessons. This combination of adult and student prevention focuses results in positive culture change through positive social norming. The Elementary model is also represented below:

For more information on the Elementary curriculum, including viewing a sample of the curriculum, please visit the Sources of Strength [website!](#)





## Sources of Strength Secondary Overview

Sources of Strength Secondary is a best-practice, evidence-based youth suicide prevention project designed to harness the power of peer social networks to change unhealthy norms and culture. Sources of Strength moves beyond a singular focus on risk factors by utilizing an upstream approach for youth suicide prevention by increasing help-seeking behaviors and promoting connections between peers and caring adults. This upstream model strengthens multiple sources of support (protective factors) around young individuals so that when times get hard, they have strengths to rely on.

The secondary program begins with Adult Advisor Training for a group of supportive adults (school staff and community members) who will team up with a diverse group of students to practice and share in a community of strength with their school and community. Those Adult Advisors and students will then have a Peer Leader Training to equip them for ongoing meetings, campaigns, and prevention work within their schools and communities. These ongoing campaigns and conversations will ultimately result in positive social change through the use of Positive Social Norming. The Secondary model is also represented below:



For more information on Secondary implementation, please watch the [Implementation Overview Video](#) and visit the Sources of Strength [website!](#)



# MENTAL HEALTH FIRST AID

## WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,

**130**

people die by  
suicide every day.

*Source: American Foundation  
for Suicide Prevention*

From 1999 to 2019,

**841,000**

people died from  
drug overdoses.

*Source: Centers for Disease  
Control and Prevention*

Nearly

**1 IN 5**

in the U.S. lives  
with a mental illness.

*Source: National Institute  
of Mental Health*

## WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

## WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

## THREE WAYS TO LEARN

- **In-person** – Learners will receive their training as an 8-hour, Instructor-led, in-person course.
- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:
  - » A video conference.
  - » An in-person class.

## Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

### Sources

American Foundation for Suicide Prevention. (n.d.). *Suicide statistics*. <https://afsp.org/suicide-statistics/>

Centers for Disease Control and Prevention. (n.d.) *Drug overdose deaths*. <https://www.cdc.gov/drugoverdose/deaths/index.html>

National Institute of Mental Health (NIMH). (n.d.). *Mental illness*. <https://www.nimh.nih.gov/health/statistics/mental-illness>



## Consultation Services for Advanced Behavioral Health Program Development & Training

In the past, behavioral health issues (such as anxiety, stress, depression, PTSD, & addictions) were rarely discussed within First Responder ranks, but that is changing. These challenges, along with the rising number of First Responder suicides, demand immediate attention from all departments and organizations. FFBHA is the leading voice in First Responder suicide awareness & prevention. We are the only organization that tracks & validates First Responder suicides. Many departments are now aware of these issues & are taking the next step: creating comprehensive behavioral health programs to support their teams.

Firefighter Behavioral Health Alliance (FFBHA) provides professional consulting & educational training services for developing a successful behavioral health program customized for your First Responder department members, their family members, & their civilian personnel. We have programs that include consulting by phone, zoom, etc. for one year. We also have programs that include travel for in-person consulting/training for a 2-week period.

**Your program may include some or all of the following services:**

- The 12 Steps to Create a Successful Behavioral Health Program
- Standard Operating Policy: Behavioral Health Policy Health & Safety
- Peer Support Policy Development & Standard Operating Procedure Manual
- Retirement Recommendations
- Counselor/Chaplain/EAP Vetting & Training
- Emergency Notification Form
- Fire Academy Awareness Program – Recruit Academy
- Educational Training
- Policy & Guideline Development
- Officer Training
- Family Education
- Resource Development

*For more information & pricing  
please contact us at 847-209-8208*

## About Us

In 2011, founder Jeff Dill organized Firefighter Behavioral Health Alliance based on his research into the staggering number of firefighter/EMT suicides. FFBHA offers educational workshops to First Responders, along with their families, about behavioral health issues & suicide warning signs. FFBHA also addresses how to cope after retirement.

Jeff is a retired Captain from the Palatine Rural Fire Protection District & is a licensed counselor. He is a member of the National Board for Certified Counselors & the American Counseling Association.

Jeff is dedicated to educating his brothers & sisters on the importance of behavioral health, suicide awareness, & what happens once you retire.

## Our Mission

FFBHA's goal is to provide behavioral health workshops to First Responder organizations around the globe, focusing on behavioral health as a means of suicide prevention, & connecting First Responders & their families to local, national, & global resources developed specifically for them.

FFBHA also prioritizes training medical professionals, EAP organizations, & chaplains regarding the First Responder culture in order to promote better insight during their engagement with First Responders & developing treatment plans that are sensitive to the specifics of First Responder experiences.

FFBHA manages an educational scholarship program for children, spouses, & partners of First Responders that took their own life. We also host an annual retreat, *Those Left Behind*, for surviving families to create & re-enforce their support networks.

**In Crisis Now? Call**

**9-8-8**

*Firefighter Behavioral Health Alliance is an  
IRS approved 501(c)(3) charitable organization.*



# WORKSHOP OFFERINGS

2126 Albury Ave  
North Las Vegas NV 89086  
Fox 888-788-5047  
Email [info@ffbha.org](mailto:info@ffbha.org)

**FIREFIGHTER  
BEHAVIORAL  
HEALTH  
ALLIANCE**

**847-209-8208**  
**[www.FFBHA.org](http://www.FFBHA.org)**

## FFBHA WORKSHOPS

### **Saving Those Who Save Others**

An in-depth First Responders suicide prevention/ awareness course designed to educate attendees on behavioral health warning signs/symptoms, communications, & emotional/physical behaviors.

#### **2-hour workshop**

Maximum Attendees: *Unlimited*

**4-hour workshop** Includes scenarios & role play

Maximum Attendees: **35**

### **Saving Those Who Save Others: Family Edition**

A course designed to assist First Responder spouses/ partners with understanding the life they live & why their spouse/partner may act the way they do. This course addresses signs/symptoms, behaviors, cultural birawashing, addictions, PTSD, & suicide among the ranks.

#### **2-hour workshop**

Maximum Attendees: *Unlimited*

### **PTSD vs. Moral Injury**

This interactive presentation explains PTSD & how it affects members of the first responder world. It also explores how Moral Injury plays a role in PTSD, & how the two compare to each other. We will be reviewing the suicide data FFBHA has collected & examine why the belief of Moral Injury plays a larger role than PTSD in First Responder culture.

#### **2-hour workshop**

Maximum Attendees: *Unlimited*

### **An Internal Size-Up**

An in-depth First Responder behavioral health workshop dedicated to educating attendees on the awareness of stress, anxiety, PTSD, addictions, depression, anger, & retirement, as well as the rising number of First Responder suicides.

#### **2-hour workshop**

Maximum Attendees: *Unlimited*

**4-hour workshop** Includes scenarios & role play

Maximum Attendees: **35**

### **Dispatcher Workshop: Voices of Comfort**

This workshop addresses the needs of our First Responder dispatchers in providing calm & comfort to the public during times of crisis. The issues discussed include stress/anxiety, depression, moral injury, addictions, suicide prevention, management's responsibilities, self-care, & resources.

#### **2-hour workshop**

Maximum Attendees: *Unlimited*

### **Saying Goodbye: An Emotional Detachment**

This course is designed to prepare First Responder personnel about the emotional aspects of retirement. This includes loss of identity, loss of belonging, & lack of purpose.

#### **2-hour workshop**

Maximum Attendees: *Unlimited*

### **A Firefighter's Life for Medical Professionals & Chaplains**

Specifically for Professional Clinicians, Psychologists, Psychiatrists, Doctors, Social Workers, Marriage Counselors, Chaplains, & those dedicated to helping First Responders. This course is designed to educate about the culture of First Responder, myths/beliefs regarding behavioral health, & the mentality of being a First Responder. This course emphasizes basic terminology, understanding emotional & physical stressors, addictions, suicide information, role-play, group discussion, search & rescue exercises, & includes a question/answer session with the instructor.

**4-hour workshop** Includes scenarios & role play, & search & rescue exercises

Maximum Attendees: **25**

### **Behavioral Health Program Development**

This is an introductory course designed to assist First Responder organizations in creating procedures to develop an effective, well-founded behavioral health program.

#### **2-hour workshop**

Maximum Attendees: *Unlimited*

### **For more information or to book a workshop**

email [workshop@ffbha.org](mailto:workshop@ffbha.org)  
or call **847-209-8208**.



**Social Service  
Agencies  
(PREVENTION/INTERVENTION)**

**LENGTH:** 6 hours or tailored for specific audiences

**AUDIENCE:** Staff working in any social service setting. Social service agencies can include a wide range of organizations, such as family service organizations, summer camps, faith-based programs, after-school drop-in programs, recreational groups, residential programs, domestic violence services, homeless shelters, family planning and other health-related services.

**LOCATION(S):** Your community

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**It takes  
a  
community  
to prevent  
suicide.**



**SUICIDE PREVENTION AND INTERVENTION  
TRAINING FOR SOCIAL SERVICE AGENCIES:  
RECOGNIZING INDIVIDUALS AT RISK,  
CONNECTING WITH THEM AND CONNECTING  
THEM TO HELP**

Social service agencies offer a broad spectrum of programs and services to a wide variety of clients. Since suicide is a major public health issue, social service agency staff should be trained to recognize individuals at risk for suicide and learn strategies for connecting them to help. Designated a National Best Practice program, Connect training utilizes a unique community-based model designed to increase the competence of social service providers in responding to suicide incidents and individuals at risk. Suicide Prevention and Intervention Training for social service providers includes a review of National Best Practice suicide prevention/intervention policies and procedures specific to social service organizations, interactive case scenarios and discussion on how to integrate key community services for an effective and comprehensive response.

**WHAT PARTICIPANTS WILL GET FROM THE TRAINING:**

- Knowledge of National Best Practices for social service agency response to suicidal behaviors
- Review of risk and protective factors and warning signs for suicide
- Skills for intervening with clients or others at risk and connecting them with appropriate resources
- Strategies for communicating with parents/guardians/family members or other support persons during crisis situations
- Insights into the local resources and services available and how they can be utilized for persons at risk
- Review of individual agency crisis response plans including procedures for obtaining both voluntary and involuntary mental health evaluations
- Insights into confidentiality requirements and communication with others involved in the client's care or treatment
- The ability to develop transition plans for individuals who return to agency services after a suicide incident
- An understanding of suicide as a public health issue and its impact on communities, family members and friends