

**Firefighter Behavioral Health Alliance (FBHA)  
Presents**

**“Saving Those Who Save Others”**

**PRESENTATION SYLLABUS**

**INSTRUCTOR:** Jeff Dill

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**A. DESCRIPTION**

This presentation involves a careful examination of firefighter and EMT suicides within the fire & EMS services. Emphasis is placed on the educational role FBHA plays nationally through the use of data and statistics collected by FBHA. Presentation will consist of understanding emotional and physical stressors

- Signs & symptoms
- Suicide data
- Communication skills
- How to create relationships with resources both internal and external group discussion.
- How to create a behavioral health program

**B. ORGANIZATION**

This is an interactive power point presentation, in which topic's are presented by the instructor. Attendees will be expected to participate through discussion, role-play and question and answer session. When completed, attendees should be able to observe signs and symptoms of emotional and physical stressors of not only the people they work with but within themselves. Develop communication skills on how to talk to each other during times

of stress plus understand and develop ideas regarding department policies and employee assistance programs.

### **C. COURSE OBJECTIVES**

1. To introduce attendees to emotional and behavioral awareness.
2. To introduce attendees to the various signs & symptoms of possible suicidal firefighters.
3. To show the attendees, through role-play, on how to communicate with firefighters who are in emotional crisis.
4. Improve communication skills.
5. Discussion of suicide rates within the EMS and fire service.
6. To understand how retirement plays a role emotionally for FF's/EMTs.

### **D. COURSE TOPICS**

The course will cover the following topics:

Cultural brainwashing – What happens when we put this uniform on

Emotional Stressors

Signs/Symptoms – The most common theme when validating FF/EMT suicides

Behavioral Awareness

Addictions

Employee Assistance Programs – How active is your department?

PTS

Videos

Statistics – Most up to date stats on our losses

Retirement – How are we preparing for retirement

Recommendations – Steps to strengthen your department regarding behavioral health

### **E. SUPPLIES**

FBHA will provide our own computer, but will need a projector and audio for this presentation.