



ILLINOIS FIRE SERVICE INSTITUTE

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

LEADERSHIP SUPPORT FOR FIRST RESPONDER RESILIENCY

This four-hour course is designed to provide training for fire officers of any rank on how to provide support for first responders. Leadership is complex, rewarding and challenging as you are always on and many look to you to make the right move every time. The goal of this course is to provide fire officers with the tools to assist with leading and be able to respond to stressful situations whether it be on the job or off the job.

Developed from cutting-edge science, students will see how stress can affect their decisions and their mental health. We also look at how our mental health can improve by understanding what is occurring within ourselves and how we can work to be more resilient.

This interactive class will have you reflecting on how you lead, how at times we don't always get it right, and how we carry the weight of those decisions, at times, longer than we probably should. Students will be given scenarios so they can respond in their roles as leaders, share their thoughts and reflect on them with more tools in the toolbox going forward. 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:

- Our personal system
- The nervous system
- Nervous system response to stress
- Guilt and shame
- Suicide
- Your role as an officer
- Creating a plan of action
- 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.