

Lifelong Learning – Post Workshop



Balance Boost Mobile App for Firefighters and Family

Description:

The IAFC specifies in their Joint Labor Management Wellness-Fitness Initiative that a comprehensive behavioral health program should focus on prevention and a proactive approach. The focus should be on recognizing, managing, and reducing the effects of stress on firefighters' emotional and physical health. They also recommend supporting and including family members through educational materials. They specifically state that firefighters who are committed to their own behavioral health, well-being, and healthy family relationships increase their resiliency.

Balance Boost Mobile App is a department-wide proactive behavioral health resource for firefighters, staff, and their families. Dr. Donnie designed the educational and training materials incorporating a Learn, practice, and lead (L-P-L) model for lifelong learning. Each week, App users get a chance to **learn**, put the new knowledge into **practice**, and **lead** others by talking about their experiences at the kitchen table, both at the firehouse and at home.

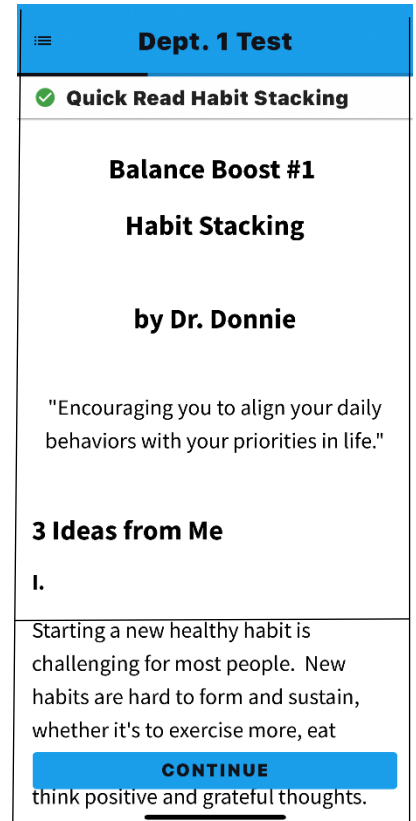
Department and Family Friendly:

Dr. Donnie designs Balance Boost's weekly lessons to share and discuss among those closest to the learners. We acknowledge some firefighters might not participate in reading or watching the weekly lessons. However, they will continue to be invited to the learning table through others discussing it on shift and perhaps encouragement from their spouses or other family members. Children of high school age or older can benefit from joining in on the learning.

Balance Boost Mobile App

How it works:

1. A weekly (52/year) quick two-minute read educational lesson that focuses on proactive behavioral health and work-life balance actions will be delivered via mobile app and email.
 - Each lesson is designed to be used on or off duty to promote discussion and includes a call-to-action/question encouraging members to act and not just think about taking action.



2. After each quick 2-minute read, each lesson has a link to a short training tip video (60-90 seconds) by Dr. Donnie for those interested in receiving more information on the material.

3. After each short video, members who would like additional instruction on how to put this new knowledge into action may choose to watch Dr. Donnie's deep-dive video. Each deep-dive video lesson (length varies by subject) has a downloadable and printable pdf writing template to enhance learning.

