



Trainings Offered (sample list but many topics available):

- Compassion Fatigue
- Dealing with PTSD/PTSI in the Fire Service and EMS
- Resiliency Training
- Suicide Prevention and Postvention
- Communication
- Mental Wellness
- Mental Health First Aid
- Substance Use/Abuse
- Other topics can be tailored per station needs

General Support:

- Station process groups can be provided. These are not therapy groups, however it provides members with the opportunity to discuss concerns/stressors with a clinician and peer.
- Ongoing groups and clinician/peer led meetings to help provide support to members (at the request of the station).
- Informational sessions to review current resources in the community and state.
- Clinical support/consultation for Peer Support Teams.

**Most trainings and sessions are approximately 2.5 hours but can be modified depending on a departments needs.*

A curriculum can be provided to obtain EMS credits for trainings.

New Perceptions, Inc. trainings are unique in that they are done with a peer member that is a current or retired Fire/EMS provider.

Pricing: \$200 per hour (plus \$80 per hour for travel over one hour from Augusta) for clinician and \$100 per day for a peer member.

Peer Support Trainings are being developed. Please reach out for specific questions in regards to these trainings. These trainings are longer and more intensive. Costs are different than listed above.

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