



## **First Responder Readiness, Resiliency, and Critical Incident Stress Awareness Training**

***Facilitators: Chaplain Bill Elwell, Clinical Psychologist Lori Gurney, MS***

This 3 hour training is designed to raise awareness of the impact that stress and trauma has on first responders and subsequently, their families, departments and the communities they serve. We will explore strategies to maintain both physical and emotional wellness for first responders by utilizing pre incident education, trained peer support programs, strategic staff support; before, during, and after traumatic events.

Our objective is to promote first responder readiness, resiliency and wellness through:

- Exploring key critical incident stress terms, definitions and common reactions to the daily stressors faced by first responders
- Identifying strategies and tactics that can aid in the development of an effective, integrated multi-component continuum of care for those in all levels of public safety.

We are excited to offer several Awareness Trainings across Vermont at no cost.

**Registration Begins Monday January 6th! at [www.unbrokencord.com](http://www.unbrokencord.com)**

### **Wednesday January 22, 2020**

0900- 1200 Brattleboro Fire Department 103 Elliot St  
1800-2100 Manchester Town Hall, 40 Jeff Williams Way

### **Wednesday January 29, 2020**

0900-1200 Williston Fire Department 645 Talcott Rd  
1800- 2100 Lyndonville, VT Corrections Academy, 1713 Industrial Parkway

### **Wednesday February 5, 2020**

0900-1200 Manchester Town Hall, 40 Jeff Williams Way  
1800-2100 Brattleboro Fire Department 103 Elliot St

### **Wednesday February 12, 2020**

0900- 1200 Lyndonville Fire Department 316 Main St  
1800-2100 Williston FD 645 Talcott Rd

The Awareness courses will be followed up with The International Critical Incident Stress Foundation's Group and Individual Critical Incident Stress Management Course (GRIN), March 4, 11, 18 at the Fire Academy in Pittsford. Registration information will be available at each course and will open February 13th. This course is offered free of charge.

The Awareness training and the Grin course is brought to you with support from and a special thanks to; the Vermont Homeland Security Grant Program, Brattleboro Fire Department, Williston FD, Lyndonville FD, Manchester PD, VT Department of Corrections, VT Fire Academy.