

PPE for STRESS

You can protect yourself and your department from stress related injury and disability. It is not something you purchase and wear, but rather something you learn and practice.

This two-hour Fire/Rescue Stress Resiliency Training will get your personnel started by presenting them with the Physiology and Bio-Chemistry of stress. They will also learn how to build personal RESISTANCE to the stress response as well as personal RESILIENCE in stressful incidents.



JOIN US FOR A WORKSHOP ON JUNE 29th 2019

Spokane Conty Fire District #4
315 E Crawford Street
Deer Park, WA 99006

**NO FEE CHARGED TO ATTEND
HOSTED BT SCFD#4**

**PLEASE REGISTER ONLINE
www.ChapServ.Net
"Stress Resiliency Course"**



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Chaplain Services Network is a 501c3
non-profit organization.

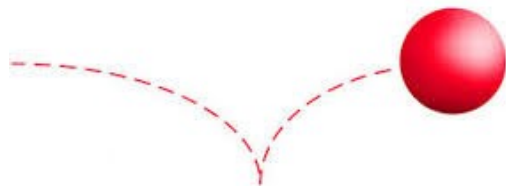
Fire/Rescue Stress Resiliency Training



Chaplain Services Network
Critical Incident Stress
Management Training

Tel: 509.438.4440
www.ChaplainServices.Network

Resilience



Fire/Rescue Stress Resiliency Training

For many years now the fire service has been training in the recovery from a Critical Incident Stress Response. We have used tools such as Stress Defusings and Debriefings to help mitigate the Stress Reaction.

The most recent and best research in the field of Emergency Services Stress has shown that it is possible to "IMMUNIZE" for Critical Incident Stress.

This TWO-HOUR training will introduce your personnel to the actual PHYSIOLOGY of stress and how to build RESISTANCE to getting the critical incident stress response. It also teaches what they can do to become more RESILIENT once in a critical incident.



STRESS PHYSIOLOGY

Stress is not a weakness. It is not a performance failure. Stress is NOT a lack of emotional control. Stress is a NORMAL human physiological response which includes normal brain function, bio-chemical communication and development of a multitude of physical, cognitive, behavioral, spiritual, and emotional reactions.



STRESS RESISTANCE

Research has shown that there are a number of things that we can do to develop PHYSIOLOGICAL RESISTANCE to the Stress Response, enabling us to actually experience some critical stressors and NOT develop a stress reaction. These "immunizations" are effective for individuals, groups, even entire departments or communities.

STRESS RESILIENCE

Even with immunization, there will be some incidents that overwhelm our coping mechanisms and the critical incident stress response will begin. When that happens STRESS RESILIENCE will allow us to bend further without breaking and return quickly to adaptive function—to get back in service.



STRESS RECOVERY

Knowing the resources available once a stress reaction does occur and how to use them means that our firefighters can return to full service capability much more quickly and effectively as individuals and as a crew.

THE 3-R APPROACH

We lose firefighters to stress related injury and disability at a rate three times that of cancer in our state. Stress Resiliency Training only makes sense to keep your personnel ready for action.

Help give your firefighters and EMS providers the tools they need to become **STRESS RESILIENT**. Resilient firefighters mean resilient crews and a **RESILIENT FIRE DEPARTMENT**.

