

# Oregon Fire Service Behavioral Health Plan Awareness Curriculum Outline

## Title: First Responder Behavioral Health Awareness Training

**Target Audience:** All first responders

**Objective:** To increase awareness and understanding of mental health and wellness issues among first responders

### Goals:

1. Define mental health and wellness.
2. Identify common behavioral health issues affecting first responders.
3. Recognize the signs and symptoms of mental health issues.
4. Understand the impact of behavioral health issues on individuals and organizations.
5. Reduce stigma surrounding mental health and wellness.
6. Promote self-care and help-seeking behaviors.

### Expected Outcomes:

1. First Responders will have a greater understanding of mental health and wellness.
2. First responders will be better equipped to identify and respond to behavioral health issues in themselves and their colleagues.
3. Stigma surrounding mental health and wellness will be reduced.
4. First responders will be more likely to engage in self-care and seek help when needed.

### Online, Self-directed:

1. [UCF Restores, Awareness Level Training](#)
  - a. Module 1: Stress. 24:08
  - b. Module 2: Responses to Critical Stress. 21:30
  - c. Module 3: Traumatic Disorders and Psychological First Aid. 20:08
  - d. Module 4: Prevention and Treatment. 9:35
2. [IAFF Resiliency Training](#)
  - a. Welcome to Resiliency Training. 2:22
  - b. Introduction to Organizational Resilience. 6:57
  - c. Concept 1: Positive Thoughts. 20:06
  - d. Concept 2: Positive Connections. 13:59
  - e. Concept 3: Positive Emotions. 8:27
  - f. Concept 4: Mind Body Connection. 10:46
  - g. Concept 5. Exercise and Nutrition. 6:34
3. [IAFF Behavioral Health Awareness Training](#). 2:00
4. [IAFF Helping Members in Recovery Training](#). 2:00
  - a. [Helping Members in Recovery-Flyer](#).
5. [IAFF Anger Management Training for Fire Service Members](#).
  - a. [Anger Management Training for Fire Service Members-Flyer](#)
6. [IAFF Emotion Regulation for Emergency Responders](#). 2:00
  - a. [ER4ER Flyer](#)
7. [IAFF Trauma in the Fire Service](#). Recorded Webinar. 1:45

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8. [IAFF Work Life Balance in the Fire Service](#). Recorded Webinar. 2:04