

OFSHSC

Behavioral Health Plan

Outline & Structure

Problem statement: Suicide, post-traumatic stress, and substance abuse have and will continue to take the lives of our fellow firefighters until we address their root causes. The Collaborative will identify best practices in first responder behavioral health, identify the current systems deficits, and offer alternatives to empower Oregon's first responders and their families.

Objectives: Commit to improving behavioral health outcomes through coordinating and supporting efforts in the following categories:

- Leadership
- Training/education:
 - Firefighters:
 - Awareness
 - Operations
 - Technician
 - Families
 - Retirees
 - Clinicians
- Peer support teams
- Outpatient/EAP/Responder informed Clinicians
- Inpatient/Retreat
- Incident Response
- Chaplaincy
- Family support
- Emotional support K9 resource

Goals:

- Provide tools and resources to support a more holistic healing for our first responders and their families. Accessible training, protocols, and informational resources will be available to fire fighters throughout the state.
- Develop a statewide, regionalized organizational structure to support behavioral health efforts.

Expected outcomes:

- Increased knowledge and awareness of mental health and behavioral health issues.
- Improved ability to recognize warning signs and symptoms of behavioral health issues.
- Improved understanding of available resources and support services.
- Increased willingness to seek help when needed.
- Reduced stigma and improved communication around behavioral health within the organization.
- Improve fire service workforce stabilization through retention of current members and attraction of future firefighters through healthy behavioral health practices and culture.

Target audience:

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- All fire service personnel (firefighters, EMS personnel, dispatchers, retirees, etc.)
- Fire service affiliated policy makers and administrators.
- First responder family members.
- Licensed mental health clinicians.