

First Responder Wellness Support

Designed for First Responders



Background

First responders encounter unique operational stressors that leave them vulnerable to experiencing psychological challenges. For instance, Canada's first national study on the state of firefighter mental health indicates that 37% of full-time professional firefighters' struggle with one or more psychological disorders (Carleton, N. et al., 2017). These acquired stress injuries often erode self-regulation skills marked by an inability to unwind or feel present throughout one's life.

The lack of extended healthcare resources, serving in smaller communities they live in and increased potential to have a direct relation with patients can amplify the traumatic stressors encountered. It is under this light that Sea to Tree and First Responder Health Services has developed a service that can swiftly and efficiently restore self-regulation for this important group of individuals.

Objective

The First Responders Wellness Program enables participants to learn the important skill of shifting depleting stressors into productive resilience. Upon completion, in conjunction mental health modules and support sessions, participants will advance skills related to down-regulation thereby altering their baseline reactions in life and traumatic stressors and learn how to engage and maintain rest, rejuvenation, and greater resilience in their role as firefighters.

Structure

Our 12-month wellness support plan includes individual wellness training, counselling and coaching sessions with our Occupationally Aware Counsellors, either in person or via telemedicine. We can modify the structure to accommodate the participant group's specific needs.

This Program includes

- Education / presentation nights focusing on topics such as critical incidents, dealing with patients' mental health concerns, when to know it's time for support, communication strategies and conflict resolution. The goals of these workshops and presentations is to help promote wellness and sustainability in the field and in the work, family and life balance.
- Bi-annual assessments with 2 follow-up counselling sessions each to create / implement wellness plan
- Subsequent monthly counselling sessions to support wellness and achieve personal goals
- Open to other items to be included based on individual team needs

This program is endorsed by



Talk to us:

tara@seatotree.ca
(250) 888-7408