

# #ResponderReadiness Workshops

McLean County EMA, IL

April 21, 2023



First responders work in a world that is filled with hours of calm and moments of chaos. Couple this with everyday factors that touch our lives, and it is possible to lose our sense of purpose and drive. This course will focus on understanding the physiological and psychological effects of stress and job-related trauma on the body and identify tools that can increase long-term protective factors and optimize human performance under stress.

In this workshop facilitated by an experienced first responder, participants will engage in meaningful conversations about the stressful and often traumatic life of a first responder. Participants should expect to leave the workshop with a better understanding of how stress and trauma affect first responder performance and be equipped with techniques to build resilience and initiate difficult conversations

## Outcomes:

### PERFORMANCE

- 1) Describe stress and differentiate between two types.
- 2) Recognize the effects of stress on performance.

### PERSISTENCE

- 3) Initiate an #IWillListen / #IWillTalk conversation.
- 4) Identify at least five resources for officers in your agency.

### PREVENTION - R.A.N.G.E. of Options

- 5) Explore resilience and healthy habits
- 6) Employ a R.A.N.G.E. of five resilience skills

## Hosted By:

McLean County EMA  
P.O.C Cathy Beck  
309-838-9924

## Location:

McLean County EMA  
104 W. Front St, B10  
Bloomington, IL 61701

## Hotels:

Doubletree, Holiday Inn & Suites,  
Eastland Suites

## Duration: 8-hours\*

Friday:0800-1700

0800-1200-#Responder Readiness

1300-1700-#Supervisor Readiness

Tuition: FREE

## REGISTER:



<https://1sthelp.org/event/mclean-county-ema/>

TIME	WORKSHOP	AUDIENCE
0800-1200	#RESPONDERREADINESS	ALL FIRST RESPONDERS, ALL RANKS
1300-1700	#SUPERVISORREADINESS	ALL FIRST RESPONDERS SUPERVISORS

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# Responder Readiness

(4-Hour Workshop)



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## Outcomes:

### ***PERFORMANCE***

- 1) Describe stress and differentiate between two types.
- 2) Recognize the effects of stress on performance.

### ***PERSISTENCE***

- 3) Initiate an #IWillListen / #IWillTalk conversation.
- 4) Identify at least five resources for first responders in your agency.

### ***PREVENTION - R.A.N.G.E. of Options***

- 5) Explore resilience and healthy habits
- 6) Employ a RANGE of five resilience skills



# Supervisor Readiness

(4-Hour Workshop)



Those who supervise first responders lead individuals in high stakes fields who are managing both cumulative and acute stressors. This course will explain why the mental and physical health of agency personnel should be a high priority for all agencies, addresses development of supporting resources and discusses policy considerations.

In this four-hour workshop facilitated by an experienced first responder supervisor, participants will engage in meaningful conversations about the stressful and often traumatic life of a first responder. Participants should expect to leave the workshop with a better understanding of how stress and trauma affect first responder performance and be equipped with techniques to build resilience and initiate difficult conversations.

## Outcomes:

### PEOPLE

- 1) Discuss the Mental Health Stigma.
- 2) Recognize the effects of stress on employees.
- 3) Discuss family readiness networks.

### POLICY

- 4) Discuss agency mental health / wellness policies.

### PREVENTION - R.A.N.G.E. of Options

- 5) Initiate an #IWillListen Conversation with an Employee
- 6) Conduct Wellness Checks at After Action Reviews / Debriefs

**“Don’t  
explain your  
philosophy.  
Embody it.”  
~Epictetus**