

# THE RESCUE READER

## Answering The Cry For Help

### *Does Your Training Schedule Reflect Popularity or Need?*

After returning from a national conference on responder wellness and discussing what has changed with training priorities among agencies over the last 10 years we were heart broken. When we discuss our emotional wellness opportunities with the Chiefs we are consistently told, "It won't happen here-my people are good" or "I would love to bring this to my people but the training schedule is full." With suicide being reported as taking more responder lives than line of duty deaths, it is time to educate your entire organization AND THEIR LOVED ONES in the keys to managing the daily stressors, adrenaline, and unique exposures that responders experience daily.

We have heard more times than we want to remember from a loved one, "This department has done nothing to help my spouse!" We are consistently approached by front-line responders all over Michigan detailing the destruction their career has done to their marriages, relationships and personal health. Time and time again responders have reached out to us stating that they are not comfortable looking for help from their co-workers, organization leaders or employee assistance program. This shouts the sad but true reality that the majority of the administrators are disconnected with the realities of today's responders. Why are our leaders so reluctant to accept the facts? Why are organizations so hesitant to pull the trigger and prioritize emotional wellness training into their yearly schedule?

Are you still filling your training schedule based on popularity and mandates without considering the needs? If you are you are missing the CRY FOR HELP that has been clearly documented for decades. More action i.e. training is NEEDED! Initiatives are great starting points but do nothing to equip your responders and their loved ones with the life saving answers to the following crucial questions that all responders should know.

SPRING 2016



### Emotional Wellness Training!

I. Zero to 60: The Adrenaline Dump-  
Managing The Daily Exposures

II. 60 to 100: Loss of Control-  
Recognizing PTSD, Suicide & High Risk  
Behaviors

"I had the opportunity to attend a 'class' for 1st responders and their families last night put on by 2 The Rescue of Grand Rapids. It was VERY informative & I wish every first responding agency could host these gentlemen for their responders and spouses/family members!"

**TWO THE RESCUE**  
LIFE SAVING TRAINING

## DO YOU KNOW THE ANSWERS FOR CAREER SURVIVAL?

- What do I say when fellow responders ask for help?
- When should a loved one reach out for their first responder?
- When does a first responder have a higher risk for developing a stress disorder?
- What simple statement destroys the cultural destructive mindset of a responder to ask for help?