TAKING CARE OF FIREFIGHTERS, A POSITIVE APPROACH TO OPTIMUM MENTAL HEALTH

Instructor: Todd Harms

Times: Friday, January 20 – 0800 to 1200

Location: Dixie Center – Entrada C

Enrollment Limit: 30

Course Number: 74631

Description

Though not commonly discussed, suicides and significant mental health challenges do occur within the American fire service. The impact is felt not only by the effected individual but also by their family, crew members, as well as the whole organization. The Phoenix Fire Department recently developed a Mental Health Task Force to enhance our Members Assistance Program. This session will provide an overview of the information and the recommendations that resulted from this task force. The objective of the session is to invite dialog about this topic and effect positive change within our organizations and ourselves. This represents the next step within the fire service family to promote overall wellness.