

Program of Instruction

Course Syllabus

Course Title: Resiliency Development for First Responders

Course Duration: 4 hours

Program: First Responder Resiliency Project

Course Prerequisites: None

Course Description:

This four hour course will provide first responders in any stage of their career with the necessary tools to remain resilient to the stressors that come with the job as well as stress from off the job. Focusing on cutting-edge science, students will see how stress can damage the brain, and also how the brain can recover from this damage. Students will also increase their understanding of how stress and mental health impact not just the brain, but the entire body. Behaviors and mindsets will be presented that will help students to care for themselves as well as support their families at home and at work. Resiliency and Mental Health are key components to overall wellness for first responders. This course seeks to remove the stigma surrounding the discussion of mental health, trauma, and suicide. Facilitated group discussions will create open dialogues where students can share what has worked well for them and address areas where improvements could be made.

Course Requirements and/or Recommendations: These can be divided into three categories: those completed prior to arriving in class (Pre-Course Work), those completed during class, such as homework assignments and quizzes (Course Work), and requirements completed after class sessions have ended, but prior to receiving a certificate of completion. (Post-Course Work)

Summary of Directions

Pre-Course Work: None

Course Work: Attend 100% of the class and participate in the group discussions.

Post-Course Work: None

Course Policies:

Safety Policy: Students shall understand and follow all instructions pertaining to operational safety, as stated by instructors or as written in course materials. Instructors and students shall be mindful of safety at all times. Conduct judged to be unsafe shall be grounds for dismissal from the course.

Academic Integrity Policy: IFSI has the responsibility for maintaining academic integrity so as to protect the quality of the education provided through its courses, and to protect those who depend upon our integrity. It is the responsibility of the student to refrain from infractions of academic integrity, from conduct that may lead to suspicion of such infractions, and from conduct that aids others in such infractions. Any violation of the code of conduct is grounds for immediate dismissal from the course.

American Disabilities Act: As guaranteed in the Vocational Rehabilitation Act and in the American Disabilities Act, if any student needs special accommodations they are to notify their instructor and provide documentation as soon as possible so arrangements can be made to provide for the student's needs. If arrangements cannot be made at the class site, the student will test at an alternative time and place where the special accommodations can be made.

Course Content:

Module: 1

Title: Resiliency

Terminal Learning Objective:

At the conclusion of this module, the student will conduct a self-assessment.

Module: 2

Title: Nervous System

Terminal Learning Objective:

At the conclusion of this module, the student will explain how resiliency relates to the nervous system.

Module: 3

Title: The Nervous System's Stress Response

Terminal Learning Objective:

At the conclusion of this module, the student will identify potential symptoms of stress to the nervous system.

Module: 4

Title: Post Traumatic Stress

Terminal Learning Objective:

At the conclusion of this module, the student will explain the difference between Post Traumatic Stress and Post Traumatic Stress Disorder.

Module: 5

Title: Post Traumatic Stress Disorder

Terminal Learning Objective:

At the conclusion of this module, the student will identify effects of Post Traumatic Stress Disorder.

Module: 6

Title: Suicide

Terminal Learning Objective:

At the conclusion of this module, the student will identify factors that can prevent someone from asking for help.

Module: 7

Title: Connection between Resiliency & Mental Health

Terminal Learning Objective:

At the conclusion of this module, the student will explain that resiliency and mental health are connected.

Module: 8

Title: Supporting Your OWN Resiliency

Terminal Learning Objective:

At the conclusion of this module, the student will discuss key components of resiliency as a group.

Module: 9

Title: Supporting the Resiliency of Your Family: Home and Work

Terminal Learning Objective:

At the conclusion of this module, the student will discuss takeaways of this course as a group.

Reference List:

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Course Schedule

<u>Module</u>		<u>Duration</u>
Module 1	Resiliency	20 minutes
	Self-Assessment Activity	10 minutes
Module 2	Nervous System	10 minutes
Module 3	Stress Response	20 minutes
	Symptoms of Stress Activity	10 minutes
Module 4	Post Traumatic Stress	10 minutes
Module 5	Post Traumatic Stress Disorder	10 minutes
Module 6	Suicide	30 minutes
	Reflect on Materials Activity	10 minutes
Module 7	Connection between Resiliency & Mental Health	10 minutes
Module 8	Supporting Your OWN Resiliency	10 minutes
	Personal Key Components Activity	15 minutes
	Personal Key Components Group Discussion	15 minutes
Module 9	Supporting the Resiliency of the Your Family: Home and Work	10 minutes
	Family Key Component Activity	20 minutes
	Family Key Component Group Discussion	30 minutes
