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. First responder resiliency matters, and 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: Stress Response
Terminal Learning Objective:
At the conclusion of this module, the student will identify potential symptoms of stress.
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:


## Course Schedule

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