



12 Sudbury Drive • Rochester • New York • 14624-2619 ☎ 585-739-9011

Emergency Responder Wellness Programs

Critical Incident Stress Management Pre-education Workshop 1.5 hours + expenses

Course content: Teaches the emergency responder (EMS, Fire, Police, Nurse, Clergy, etc.), managers and supervisors what critical incident stress is how it affects them and how to best manage it on a personal and departmental level and motivation for responder overall wellness.

- Video, lecture, handouts, summary, Q/A
- 1:1 with any class attendees as needed/requested day of workshop
- 7-day follow-up with departmental Management Staff

Post Traumatic Stress Disorder (PTSD) Awareness Program 2 hours + expenses

Course content: Factual introduction and awareness of post traumatic stress disorder designed for the emergency responder (EMS, Fire, Law Enforcement), their managers or supervisors. Specifically covers the basics of PTSD, what it is not, signs of PTSD, effectively managing PTSD on an individual and agency level, and the removal of known 'taboos' of dealing with PTSD.

- Video, lecture, handouts, summary, Q/A
- 1:1 with any class attendees as needed/requested day of workshop
- 7-day follow-up with departmental Management Staff

Acute Traumatic Stress Management Workshop: 6-8 hours + expenses (Up to 15 students, each additional at \$50 each + required textbook)

Course content: Training for the individual emergency responders (EMT, Fire, Police, Nurse, Clergy, etc.) to better manage their own stress during a crisis, how to better manage their patients stress levels during their crisis event, and death notification training. How to keep your staff functioning at their best during periods of crisis.

- Certification course for Acute Traumatic Stress Management
- Video, lecture, handouts, role-playing, summary, Q/A
- 7-day follow-up with departmental Management Staff



Note: All training offered can easily be customized to your agency's needs!

Fees:

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| ▪ Hourly rate: | \$150 |
| ▪ Preliminary Consult | \$250 – up to two hours + expenses |
| ▪ Day rate (1 instructor): | \$950 – up to 8 hours + expenses |