

Resilient Minds Course Module Breakdown

Module 1: Psychological Trauma – Awareness and Understanding

Be prepared and proactive at all stages of stress/trauma.

Fire staff will learn the definition of trauma, the various responses a healthy human may experience after a traumatic event, followed by assessment and intervention practices to mitigate the negative impacts of trauma and mental illness.

Objectives

- Recognize stress as a component of resilience
- Develop awareness of the immediate and long-term effects of stress/trauma
- Plan proactive strategies to mitigate stress/trauma

Module 2: Psychological Trauma – Potential Risks and Strategies

Support peers using the 4Rs Action Toolkit.

Psychological trauma is explored further – through the application of the 4R Action Toolkit, fire staff will learn the importance of early recognition and early intervention to prevent a moderate to severe mental health problem from developing.

Objectives

- Structure conversations with peers using the 4R Action Toolkit
- Identify signs that may indicate a peer is struggling
- Develop communication techniques
- Modify the 4R Action Toolkit in crisis situations
- Outline supporting a peer's recovery

Module 3: The Trauma Informed First Responder

Improve effectiveness and satisfaction by using a trauma-informed 4R approach with citizens

Fire staff will develop a basic understanding of mental illness and mental health and will learn to apply the 4R Action Toolkit to effectively communicate and appropriately respond to a citizen, colleague, family member experiencing a mental health problem/crisis.

Objectives

- Identify components of trauma informed responding
- Apply the 4R Action Toolkit to citizens
- Employ techniques to support de-escalation in citizens
- Develop techniques for increasing your compassion satisfaction & resilience



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Module 4: Managing Workplace Stress and Building Resiliency

Mitigate occupational stress and practice personal wellness tools.

Fire staff will explore the risk factors and impact of workplace/life stress and will learn to strengthen their resiliency by building and applying valuable and helpful coping strategies.

Objectives

- Define challenges and potential negative impacts of the work
- Develop personal tools for building resilience
- Identify ways to promote growth after stressors
- Apply the 4R Action toolkit to self