



Leadership & Resiliency



Creating a Culture of Mental Fitness during Troubling Times

The **St. Joseph Township Fire Department – Station # 1** will be hosting the below listed firefighter training course, that is a State of Michigan – Fire Fighters Training Council (FFTC) approved “Q” course. Each firefighter that completes the course will be issued a certificate of attendance from the FFTC. This course will take place at the St. Joseph Township Fire Department – Station # 1; 3000 Washington Avenue, St. Joseph, MI.

The comprehensive seven-hour training led by Silouan Green, an esteemed author and former Marine, addresses the challenges faced by firefighters, focusing on resiliency, peer support, and mental health. Drawing from his own experiences of surviving a jet crash and overcoming PTSD and his work with fire departments nationwide, Silouan brings personal insight and a hands-on approach to assisting firefighters and EMS personnel in enhancing their mental fitness and leadership abilities. The course is designed to fortify departments of all sizes, from rural volunteers to urban professionals, by equipping them with the necessary skills to support their teams, thus improving performance, morale, and retention.

Learning Objectives:

- Investigate the connection between suicide, PTSD, and the traumas of service.
- Address the impact of service on family and find balance at work and at home.
- Understand how resilient leadership impacts the mental health of their firefighters.
- Learn tools for making a healthy transition from conditions of trauma.
- Create a culture of resiliency and pro-active community awareness for first responder issues.
- Learn simple peer support tools that can be used in your department and your community.
- Respond quicker to decrease the risks of self-medication, family troubles, and suicide.

This course will meet on Saturday, April 20th from 9:00am – 4:30pm

Student requirements:

- Member of an organized Michigan Fire Department
- Eighteen years of age or older on the test date

This course being offered at NO COST.

Contact Training Officer – Doug deBest at (269) 759-4848 or debestfire@hotmail.com with any questions or for details on how to register in SMOKE for this course.

SMOKE Course number: 2024-2-11-Q61K-0435

Year > 2024, Region > 2, County > 11, Course ID > Q61K