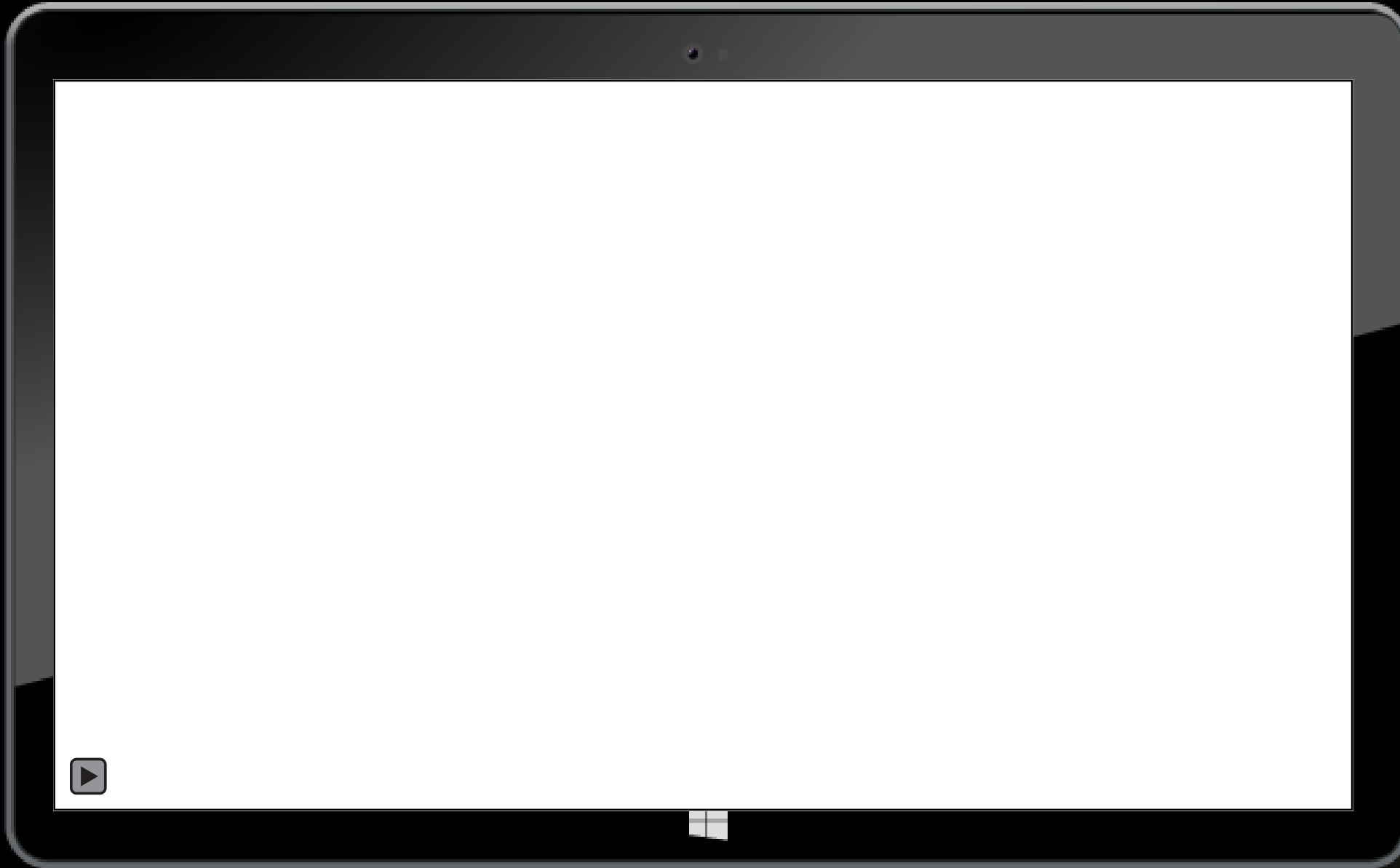




First H.E.L.P.

HONOR | EDUCATE | LEAD | PREVENT

Joe Willis
Chief Learning Officer
joe@1sthelp.org



1sthelp.org

[#ResponderReadiness](#)





1sthelp.org/the-numbers

#ResponderReadiness



Effects of Stress

Thwarted Belonging

Acquired Capability

Perceived Burdensomeness



Physical



Cognitive



Emotional



Behavioral

#ResponderReadiness





Recognize The Good



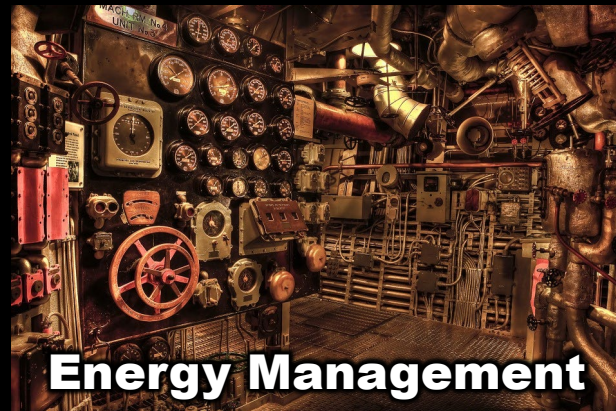
Authentic Connection



Notice the World



Get Up and Move



Energy Management



1sthelp.org/resilience

R.A.N.G.E. of Resilience

- R. Recognize the good**
- A. Authentic Connection**
- N. Notice the World Around You**
- G. Get Up and Move**
- E. Energy Management**



Download the
#RANGeOfResilience
Lesson Plan

#ResponderReadiness





#ResponderReadiness

PERFORMANCE | PERSISTENCE | PREVENTION

"I needed this. I needed to be here today."

~IL | Police Officer



#ProviderReadiness

PROFESSIONALS | PARTNERSHIPS | PREVENTION

"Keep this open to peer support and providers. The small group conversations were very helpful."

~AZ | Wellness Coordinator

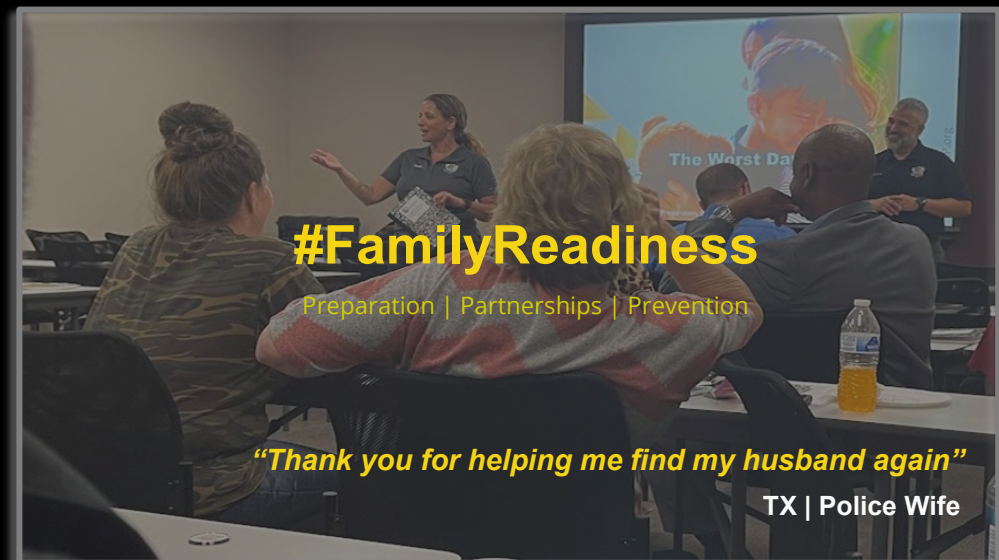


#SupervisorReadiness

PEOPLE | POLICY | PREVENTION

"The best training on First Responder mental health I have ever had."

~OH | Fire Chief



#FamilyReadiness

Preparation | Partnerships | Prevention

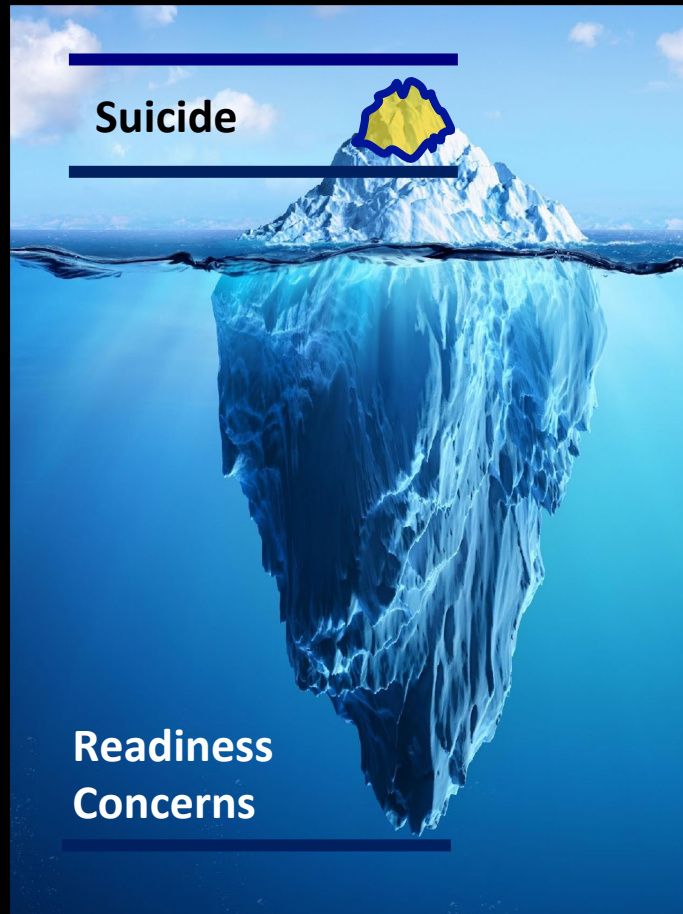
"Thank you for helping me find my husband again"

TX | Police Wife

#ResponderReadiness



SUICIDE IS THE TIP OF THE ICEBERG



RESPONDERS NEED TO TRAIN TOGETHER



TRAINING IS MORE IMPACTFUL WHEN LEADERS ARE PRESENT



#ResponderReadiness





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