



IAFF PEER SUPPORT TRAINING

Developed and Delivered by Peers

▶ Curriculum includes how to:

- Approach a brother or sister of concern
- Establish trust and confidentiality
- Provide support
- Determine whether a crisis is developing
- Refer the person to available resources
- Educate others about behavioral health (e.g., PTSD and resilience)

IAFF Peer Support Training is taught on two consecutive weekdays by two experienced peers. Limited to 30 students, this class is highly interactive and gives participants multiple opportunities to practice newly-learned skills. Once members attend the two-day training and complete the self-paced IAFF online Behavioral Health Awareness course, they are certified as IAFF Peer Support Trainers.

▶ Who can participate in the training?

Fire service personnel of any rank and position — active or retired — may participate in the training. Members who are already providing peer support are welcome to participate in the IAFF Peer Support Training.

In addition, host sites may choose to invite other relevant community members (e.g., EAP, Workers' Comp, local behavioral health providers and researchers) as a way to expose these non-fire personnel to fire fighter and EMS culture.

▶ How do we host a training?

Any local, state or provincial association or IAFF-affiliated department may serve as a host site. All trainings must be requested by the IAFF local president.

The host site is responsible for:

- Securing training space and arranging for AV equipment
- The \$7,500 fee (includes all materials and instructors' time and all travel/hotel expenses)
- Managing registration and coordinating logistics with the IAFF
- Providing lunch or lunch options within the one-hour break each day.

Typically, classes are scheduled six months in advance. Send an email to behavioralhealth@iaff.org to begin the scheduling process.

▶ How do we attend a peer support training class hosted by someone else?

The hosting local or department controls registration, and most classes fill up quickly. Individuals who want to attend someone else's training are placed on a waiting list and notified when/if there are available spots. Once notified of a training, they (1) must obtain the approval of their local president; (2) register and communicate directly with the host site contact; and (3) are responsible for any travel expenses and registration fees charged by the host.

If you are interested in being placed on a waiting list, please email behavioralhealth@iaff.org and cc: your local president. You will receive a confirmation that your request has been received.

To learn more about the IAFF Peer Support Training and other behavioral health resources, visit iaff.org/behavioralhealth.