



TRAINING ANNOUNCEMENT

Stress First Aid and Peer Support for Firefighters and Emergency Services Personnel Train the Trainer

Wednesday, November 28 – Thursday, November 29, 2018
Howard County Maryland Department of Fire & Rescue Services



WHAT: Stress First Aid (SFA) is a set of supportive actions designed to help emergency responders take care of themselves and assist each other in reducing the negative impacts of stress. SFA was designed specifically to support firefighters, EMS, and rescue personnel. This method of assisting a co-worker undergoing stress is practical, flexible, and can be tailored to the specific need of the individual. Instructed by Patricia Watson, PhD, CAPT Frank Leto, FDNY and Chief John Oates, East Hartford Fire Department.

OBJECTIVES: This training will provide participants with an opportunity to learn about the SFA model, and to be able to deliver the 15 minute, 90 minute or four hour versions of stress first aid trainings. Following this presentation, participants will be able to:

- Have a better understanding of the needs of individuals affected by stress in fire and EMS jobs
- Better manage stress
- Engage in more helpful peer support
- Be better able to create peer support and behavioral health programs
- Deliver 15 minute, 90 minute, or 4 hour versions of the SFA trainings

WHEN: Wednesday, November 28 – Thursday, November 29, 8:00am – 4:30pm

WHERE: Howard County Maryland Department of Fire & Rescue Services Training Center
2200 Scott Wheeler Drive, Marriottsville, Maryland 21104

PREREQUISITE: Students must currently possess NFPA Instructor I or equivalent.

HOW TO APPLY & REGISTER: Go to www.firstrespondercenter.org/events or www.cvent.com/d/cbqpnh

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About the First Responder Center for Excellence

The First Responder Center for Excellence for Reducing Occupational Illness, Injuries and Deaths, Inc., a National Fallen Firefighters Foundation affiliate, was created in 2016. Our mission is to promote quality educational awareness and research to reduce physical and psychological health and wellness issues for first responders. For more information visit firstrespondercenter.org or contact Kelly Casillo, Programs Specialist at kcasillo@frcmail.org or 443-302-2917.



Dr. Patricia Watson, Ph.D. has been a senior educational specialist for the National Center for PTSD since 1998. Prior to joining the National Center for PTSD in 1998, Dr. Watson was an active duty Navy psychologist for eight years, working with adults for four years, and children and families for four years. Her education includes a doctoral degree in clinical psychology from Catholic University, and a postgraduate fellowship in pediatric psychology at Harvard Medical School. Dr. Watson serves as Vice President and Secretary of Mobility Without Barriers Foundation (MBWF). She is co-chair of the Early Intervention special interest group of the International Society for Traumatic Stress Studies. She served as assistant director of terrorism and disaster programs for the National Center for Child Traumatic Stress from 2007 to 2010, and as an assistant professor of psychiatry at Dartmouth Medical School from 1999 to 2010.



Chief John Oates was appointed in October 2008 to lead the East Hartford Fire Department. He is responsible for overall strategic leadership to ensure the department is well positioned to provide the best service to the citizens and visitors of the community. To accomplish this the Chief leads 130 members providing a broad range of fire and emergency services to the community. Prior to East Hartford, Chief Oates attained a broad base of experience while working as a Battalion Chief in West Hartford, Connecticut, as the Fire Marshal in Granby, Connecticut, and as an Adjunct Instructor for the Connecticut Fire Academy. He is currently one of two Commanders for the Capital Region Incident Management. Chief Oates has spent a considerable portion of his career focused on improving health, wellness, and safety within the fire service community. Through his work with the National Fallen Firefighters Foundation (NFFF) and First Responder Center for Excellence (FRCE), he has brought an increased focus on wellness, fitness, behavioral health, and overall safety to the department. His participation in these areas lead to the overhaul of the department's wellness effort and the creation of a behavioral health program that includes the Peer Support Team. Chief Oates has a BS from Franklin Pierce University, a MS from Oklahoma State University, is a graduate of the National Fire Academy Executive Fire Officer Program and holds numerous professional certifications.

Captain Frank Leto is a 35-year veteran of the FDNY and the Deputy Director of its Counseling Service Unit (CSU). His association with the CSU began over 20 years ago as a Crisis Counselor for incidents such as line of duty deaths and mass casualty events. On September 11th, 2001 he responded to the World Trade Center as an officer in charge of a rescue team. Since 9/11, Captain Leto has developed innovative outreach, counseling and education programs for firefighters and their families who have experienced potentially traumatic events. In addition to his work as Deputy Director of the CSU and its staff of ninety, he has worked closely with the International Association of Fire Fighters (IAFF) and the National Fallen Firefighters Foundation (NFFF) to develop behavioral health protocols and to aid departments nationwide after major incidents. Captain Leto has also traveled internationally to share his experiences with fire departments in Northern Ireland, the Netherlands and to Okinawa Japan to aid Military Fire Fighters. He has assisted the London Fire Brigade after the transit bombings in 2005, and the Urban Search and Rescue Teams following the devastating earthquake in Haiti in 2010. Through his work with the IAFF and NFFF, he has supported numerous departments including those on the Gulf Coast after Katrina, Charleston, SC and Aurora, Colorado after the theater shooting and more recently Boston following the Marathon Bombing. Frank was one the first graduates of the West Point - FDNY Terrorism and Counterterrorism Program and also is a Certified Employees Assistance Professional.