

FAST Team Training

Instructor: Patti Graham

Day One will begin with a presentation on the F.A.S.T. "Reaching Out" program and our mission. That will be followed by our "Behavioral Health Awareness" program and the National Fallen Firefighter Foundation's new Behavioral Health programs, "Curbside Manner" and "Stress First Aid". The completion of these three segments will be followed by a roundtable discussion with participants to address questions concerning the subject matter covered. The interactive approach to this training will allow our participants the opportunity to discuss the use of the techniques and information prior to implementation within their departments or organizations. Day Two will include a comprehensive look at "Peer Team Development, Organization and Operations". Subjects will include developing trust and overcoming stigma within your organization, qualifications and selection of Peer Team members, standard operating guidelines for Peer Team operation, tracking peer contacts and the use of other available resources in your communities. That will be followed by "Listening Skills for Peer Counselors" an important and necessary part of being an effective peer counselor. Presentations will follow by Team members on subjects such as "Grief and Bereavement Issues", "Suicide Awareness", "When to Refer to a Clinician", "The Role of a Chaplain on a Peer Team", and "Working with an Employee Assistance Program". The afternoon of Day Two will include another roundtable discussion regarding subjects such as "The Use of Social Media", "Spiritual and Faith Based Issues", "Generational Differences" and "The Importance of Confidentiality". The F.A.S.T. Team's presentation of "Finding Balance", a most important and necessary component of the program, will conclude our two-day seminar. This two-day program promises to prepare participants with the basics to serve as Peer Counselors within their own organizations as well as the State F.A.S.T. Team, if they so choose. Please don't miss the opportunity to be a part of this two-day program as your participation and your shared experiences will be of great importance to all in attendance.