



# List of Resiliency Trainings & Programs to choose from:

Program Name	Organization	Population	Link for more information	Notes
<b>True Grit: Building Resilience in Corrections Professionals</b>	Desert Waters	Correctional Officers	<a href="http://www.desertwaters.com/">www.desertwaters.com/</a>	8-hour training designed to provide skills to promote resilience in correctional workers
<b>Resilient Leadership for Emergency Services and Healthcare Professions</b>	International Critical Incident Stress Foundation	EMS	<a href="https://icisf.org/resilient-leadership-for-emergency-services-and-health-care/">https://icisf.org/resilient-leadership-for-emergency-services-and-health-care/</a>	1 day course to help enable participants to understand what resilience, resilient leadership and a resilient organizational culture is and how to achieve it
<b>Mental Health Resilience Officer Course</b>	National Association of Emergency Medical Technicians	EMS	<a href="https://naemt.org/education/mhro">https://naemt.org/education/mhro</a>	Course will start in January 2022
<b>Understanding, Building and Maintaining Resilience</b>	Understanding, Building and Maintaining Resilience	EMS	<a href="mailto:qolconsultingllc@gmail.com">qolconsultingllc@gmail.com</a>	This four hour training is based on proven psychological principles and strategies to improve resilience and build the capacity to handle stress. Participants will learn practical ways to manage stress and distress in the short term, and to build the capacity over time to become more resilient and resistant to negative life circumstances both on and off the job.
<b>First Responder Resiliency Training</b>	Illinois Fire Service Institute	Firefighters	<a href="https://www.fsi.illinois.edu/content/courses/programs/resiliency/">https://www.fsi.illinois.edu/content/courses/programs/resiliency/</a>	30-, 60- and 90- minute trainings
<b>Resiliency Training Program</b>	International Association of Firefighters	Firefighters	<a href="https://www.iaff.org/resiliency-training/">https://www.iaff.org/resiliency-training/</a>	16-hour training with a 1-hour video pre-requisite
<b>Stress First Aid for Firefighters</b>	National Fallen Firefighters Foundation	Firefighters	<a href="https://www.researchgate.net/publication/275335459_Stress_First_Aid_for_Firefighters_and_Emergency_Medical_Services_Personnel">https://www.researchgate.net/publication/275335459_Stress_First_Aid_for_Firefighters_and_Emergency_Medical_Services_Personnel</a>	

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<b>Psychological Body Armor</b>	International Critical Incident Stress Foundation	First responders-Corrections, EMS, Firefighters, Law Enforcement*	<a href="https://icisf.org/the-secrets-of-psychological-body-armor-tm/">https://icisf.org/the-secrets-of-psychological-body-armor-tm/</a>	1 day course to help enable participants to describe the nature of Psychological Body Armor™ (PBA), recognize resilient attitudes, use physical exercise, nutrition and rest to restore PBA, understand how spirituality relates to PBA, understand how to use interpersonal support, and develop their own PBA plan
<b>Mindfulness-based Wellness and Resiliency</b>	The Center for Mindfulness in Public Safety	First Responders-Corrections, Law Enforcement	<a href="https://www.mindfulpublicsafety.org/mbwr">https://www.mindfulpublicsafety.org/mbwr</a>	10-week wellness and professional development training focused on stress management, health enhancement, and resiliency building skills
<b>Resilience Immersion Training</b>	Mindful Badge Initiative	First Responders-EMS, Firefighters, Law Enforcement	<a href="https://www.mindfulbadge.com/immersion">https://www.mindfulbadge.com/immersion</a>	Three- and five-day retreat models with a focus on mindfulness skill building to enhance self-awareness, attunement to others, compassion, wisdom, and peak performance
<b>Resiliency Class</b>	Code Green Campaign	First Responders-EMS, Firefighters, Law Enforcement	<a href="https://codegreencampaign.org/education/">https://codegreencampaign.org/education/</a>	2-hour class that covers what resiliency is, why it is important for first responders, and what happens when we lack it. The class also covers the different resiliency factors and how they can be developed, including a section on mindfulness.
<b>Resiliency Training Program</b>	First Responders Resiliency, Inc.	First Responders-EMS, Firefighters, Law Enforcement	<a href="https://www.resiliency1st.org/mission-statement-goals/">https://www.resiliency1st.org/mission-statement-goals/</a>	16-hour training that addresses the psychological, neurological, physical, emotional, and relational impacts of stress and trauma exposure affecting first responders
<b>Work Place Connect</b>	University of Rochester	First responders-Corrections, EMS, Firefighters, Law Enforcement	<i>Under development-Ask your CARES UP Project Manager</i>	Connect Training engages participants through personally meaningful and interactive group training using research-validated training strategies that strengthen social bonds and individual skills for managing challenges of high stress/tempo occupations. This program was originally developed through collaboration between the University of Rochester and the Dept. of Defense and was validated in a gold-standard randomized controlled trial with 1500 Service Members that proved Connect Training reduced serious depression symptoms, suicide risk, and job-related problems. Additionally, as Connect Training is delivered within organizational working units, trained groups also increased their social connections, morale, and group cohesion, with the greatest benefits shown for those at elevated risk of social isolation and other negative health outcomes at baseline.

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<b>Purposeful Peer Program</b>	Readiness Group	First Responders**	<a href="https://www.responderresiliency.com/peer-program-1">https://www.responderresiliency.com/peer-program-1</a>	6-week online course to assist peers in building a resiliency program
<b>Penn Resilience Program (PRP) and PERMA™ Workshops</b>	University of Pennsylvania - Penn Positive Psychology Center	First Responders**	<a href="https://ppc.sas.upenn.edu/services/penn-resilience-training">https://ppc.sas.upenn.edu/services/penn-resilience-training</a>	Numerous options for length, size of class and focus
<b>SMART Program</b>	Heart 9/11	First Responders**	<a href="https://www.heart911.org/programs/smart-program">https://www.heart911.org/programs/smart-program</a>	Endorsed as a program by the National Fraternal Order of Police based on security, confidentiality, content, user experience and the quality and quantity of information offered
<b>Warr;or 21</b>	Warr;or21	First Responders**	<a href="https://www.warrior21.com/">https://www.warrior21.com/</a>	21-day program to enhance first responder resilience and mental health
<b>PRO Training (Performance and Recovery Optimization) Training</b>	San Antonio Police Department (TX)	Law Enforcement	<a href="https://cops.usdoj.gov/html/dispatch/12-2017/Performance_and_Recovery_Optimization.html">https://cops.usdoj.gov/html/dispatch/12-2017/Performance_and_Recovery_Optimization.html</a>	8-hour training for cadets; 5-hour in-service training and a newer 3-day training available as a professional development option. Topics covered include stress management, combat breathing, nutrition, exercise, performance self-talk, how to recharge and critical incident response.
	FrontLine Service & Cleveland Police Department	Law Enforcement	<a href="https://www.policechiefmagazine.org/focus-on-officer-wellness-shifting-the-culture/">https://www.policechiefmagazine.org/focus-on-officer-wellness-shifting-the-culture/</a>	3-hour training incorporating resiliency and vicarious trauma
<b>Awe Project</b>	Department of Psychiatry, Columbia University Medical Center (CUMC) with the New York City Police Department (NYPD).	Law Enforcement	<a href="https://www.resiliencysymposium.org/5daysofawe">https://www.resiliencysymposium.org/5daysofawe</a>	<a href="#">Current pilot program</a>
<b>Comprehensive Officer Resilience Program</b>	FBI National Academy Associates	Law Enforcement	<a href="https://www.fbinaa.org/FBINAA/OSW/Officer_Resiliency/FBINAA/OSW/Officer_Resiliency.aspx">https://www.fbinaa.org/FBINAA/OSW/Officer_Resiliency/FBINAA/OSW/Officer_Resiliency.aspx</a>	Provides training in all aspects of resiliency. Also offers a train-the-trainer program
<b>Helping Every Responder Overcome Resilience (HERO-R)</b>	Ulster County Sheriff's Office (NY)	Law Enforcement	<a href="https://www.preventsuicideny.org/wp-content/uploads/2021/03/HERO-R-Program-NYS-Presentation.pdf">https://www.preventsuicideny.org/wp-content/uploads/2021/03/HERO-R-Program-NYS-Presentation.pdf</a>	Academy and in-service training including a focus on suicide prevention, resilience, and peer support

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<b>Law Enforcement RESilience Training</b>	City University of New York - John Jay College of Criminal Justice	Law Enforcement	<a href="https://www.jjay.cuny.edu/academics/academic-departments/departments-psychology/investigative-psychology-research-unit/training-professionals/resilience-training-program">https://www.jjay.cuny.edu/academics/academic-departments/departments-psychology/investigative-psychology-research-unit/training-professionals/resilience-training-program</a>	Training options range from a half day - 5 days and covers four domains of resilience
<b>Resiliency, Wellness and Development: Personal and Career Survival</b>	Fraternal Order of Police	Law Enforcement	<a href="https://fop.net/officer-wellness/training/">https://fop.net/officer-wellness/training/</a>	2-hour training course focusing on individual and family resiliency
<b>Stress First Aid for Law Enforcement</b>	National Center for PTSD	Law Enforcement	<a href="https://www.ptsd.va.gov/professional/treat/care/toolkits/police/managing-StrategiesPolice.asp">https://www.ptsd.va.gov/professional/treat/care/toolkits/police/managing-StrategiesPolice.asp</a>	
<b>The Law Enforcement Agency and Officer Resilience Training Program</b>	International Association of Chiefs of Police	Law Enforcement	<a href="https://www.theiacp.org/projects/law-enforcement-agency-and-officer-resilience-training-program">https://www.theiacp.org/projects/law-enforcement-agency-and-officer-resilience-training-program</a>	3-day training focused on learned optimism, real-time resilience, signature character strengths, deliberate breathing, and managing difficult conversations. There is also a 3-or-4 day train-the-trainer program.
<b>Resilient Warrior</b>	Homebase Foundation	Veterans	<a href="https://homebase.org/wellness-fitness/mind-body-medicine/resilient-warrior/">https://homebase.org/wellness-fitness/mind-body-medicine/resilient-warrior/</a>	

## Notes:

**a.** The term “first responder” is not applied with a standard definition in the field and describes different populations between different organizations. Where possible, we indicated the specific first responder group(s) that an organization serves specific to the groups focused in this environmental scan.

\*- In addition to the listed groups, this organization lists additional “first responders” in their target audience that are not included within this environmental scan.

\*\* - This organization/program is described as being for first responders but the term first responder is not further defined in the available program materials.

**b.** For ease of use, we have divided programs into the categories defined below:

- Mental health training/program- designed with the primary stated purpose of educating about mental health distress or mental health disorders, including identifying mental health challenges. May include suicide prevention materials, but is not expressly or specifically for suicide prevention.
- Resilience training/program- designed with the primary stated purpose of teaching or developing skills for managing challenging or stressful circumstances.
- Suicide prevention training/program- designed with the primary stated purpose of educating about suicide and providing strategies and skills for suicide prevention.
- Wellness training/program- designed with the primary stated purpose of encouraging/enhancing emotional wellbeing in the stated group or population. May include resilience programming, but is not limited to resilience programming.