



THE WORKING MIND FIRST RESPONDERS (TWMFR)

FAMILY SESSION

COURSE DESCRIPTION

The Family Session is an evidence-based program designed for adults who are connected to a first responder that has already attended The Working Mind First Responder program.

The Working Mind First Responders Family session draws on current evidence in the areas of neuroscience, sports psychology, and resilience

COURSE OBJECTIVES

- Understand the main concepts of the First Responder program.
- Identify how workplace culture and stigma impact family mental health.
- Use the Mental Health Continuum Tool
- Use the Mental Health Continuum Tool to open a constructive dialogue about mental health with family members.

COURSE FORMAT

Virtual or in person

Time 2.5 hours

Module 1: TWMFR and The Big 4

- What is mental health
- Why TWMFR is important and the Big 4 overview

Module 2: Workplace stigma and family health

- Risk factors
- Stigma
- Barriers to care

Module 3: The Mental Health Continuum

- What is the mental health continuum
- Wellness plan
- How to normalize talking about mental health issues

PROGRAM BENEFITS

Research shows that operational stress in the workplace can overflow and affect families. This program is intended to improve awareness, support, and communication in first responder families.

CENTRAL COMPONENTS

The Mental Health Continuum Tool categorizes one's mental health along a continuum:



"Big 4" - a set of cognitive behavioural therapy-based techniques that help individuals cope with stress and improve their mental health and resiliency

Scenario-based practical applications and custom videos of people with lived experience of mental illness

Dispelling the myths of mental health problems and illnesses, to reduce associated stigma

FOR MORE INFORMATION

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