

# Firefighter Behavioral Health Alliance



All stats as of July 9 2015

All Materials are Property of FBHA. SM 2012

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## Objectives

- What & Who is FBHA
- Fire service – Cultural Brainwashing
- Employee Assistance Programs
- The “Stats”
- Warning Signs
- Communications
- Retirement

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## CULTURAL BRAINWASHING

Fire Behavior

Color of Smoke

Search & Rescue




Fire Attack

Tools

Ladders

Fire Academy




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### Employee Assistance Programs/Counselors



Who are we sending our people to?



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### Post Traumatic Stress



Artist: Paul Combs



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PTS – The “Job” is not the only Cause



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Lily and Brady



Bentley




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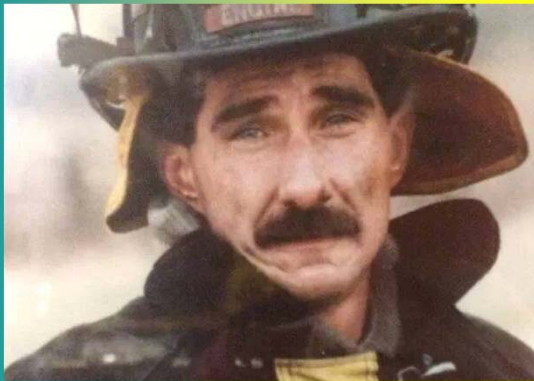
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Jeff – Ohio FF

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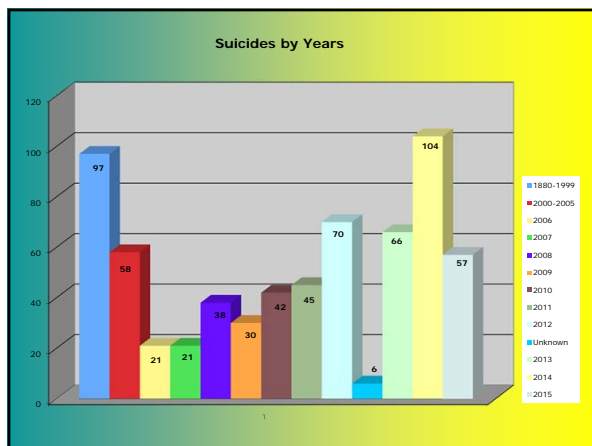
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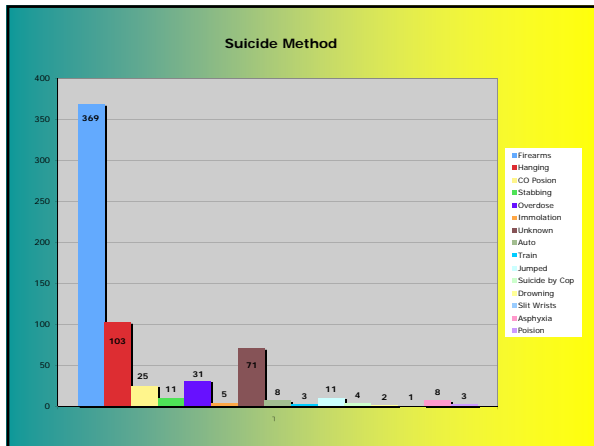
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**Firefighter Behavioral Health Alliance**

**FBHA 5 Top Signs**

**Depression/Suicide Signs**

**Thinks "RAILS"**

- **Recklessness/Impulsive:** Change in Actions
- **Anger:** Displacement
- **Isolation:** Becoming distant
- **Loss of Confidence:** Skills/Abilities
- **Sleep Deprivation:** Beyond the Station

*"Lost their Sense of Humor"*

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How do we communicate with each other?



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**Listening Skills- (Practice, Practice)**

- Listen first- Difficult to do
- Allow them to talk
- Avoid “jumping in” with responses
- Avoid perfect solutions - Offer Options – Let them choose
- Focus on skills of communications- listening and responding

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Training



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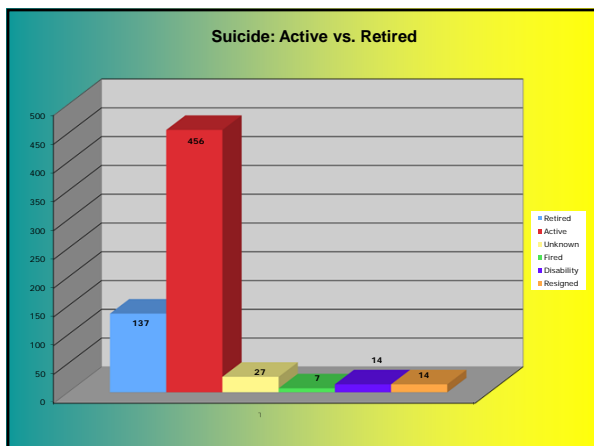
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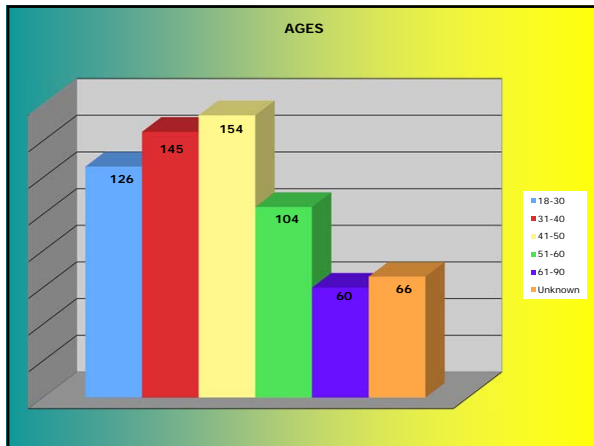
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### Creating a Behavioral Health Program

- Develop or strengthen your EAP/Chaplain/Counselors relationship
- Develop, then educate members on behavioral health policies
- Develop a Peer Support Team
- Annual training on behavioral. Knowledge is power. Communication skills.
- Develop programs to educate about behavioral health for fire academies/officer courses.
- Develop a course to assist family members, those approaching retirement or retirees.

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## SUMMARY

### FBHA - Non for Profit

To educate FF/EMT's about suicide awareness/  
prevention and retirement preparation.

Scholarship program for children/spouses/partners  
of FF's who took their lives.

Spouse & children networking – Create “Those Left  
Behind” retreat



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### “We Remember”

- ◆ 9:00 PM on May 22, 2015
- ◆ Place a rig on the Apron – run lights for 1 minute to  
remember our lost brothers and sisters
- ◆ If your department has suffered a suicide then we ask  
you hold a candle to honor them. Invite their family.
- ◆ Send photos or short video to [info@ffbha.org](mailto:info@ffbha.org)

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## Questions

Website address  
[www.ffbha.org](http://www.ffbha.org)

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Join us on Facebook, Linked-In &  
Twitter.....



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**References/Credit**

Communications Picture

<http://www.breakingthroughwithyou.com>

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