



RESILIENCY FOR FIRST RESPONDERS

BUILDING A CULTURE OF RESILIENCY

Resiliency is the ability to recover from significant challenges. Immerse full-scale resiliency into your workforce with tools and tactics promoting resistance to stress, burnout, and trauma. With dedicated training from Readiness Group, this free three-part course is exclusively designed to improve resiliency strategies for agency's first responders.

RESILIENCY FOR FIRST RESPONDERS - PERSONAL

Improve the well-being of your workforce with resources and tactics designed to help build a resiliency strategy.

Upstream Resiliency Tactics

Learn the keys to identifying the why, navigating emotion, and knowing your person, along with secrets in strength recognition, nervous system hacking, and building battle rhythm.

Downstream Resiliency Tactics

Criteria for downstream resiliency: critical incident response, echelons of care, outreach times, and peer recognition.

A Combined Strategy

Tie every tactic together into a singular, full-scale personal resiliency strategy.

RESILIENCY FOR FIRST RESPONDERS - LEADING WITH RESILIENCY

Unlock the strategies and resources needed to execute resiliency from the highest level.

Envisioning the Culture

Envisioning a resilient culture helps manifest a resilient organization. Learn how to bring this vision to fruition.

Living Resiliently

As a leader, it's important to live out a resilient lifestyle while promoting it from the top down.

Leading a Resilient Culture

This module teaches the mechanics of minimizing chronic stress, addressing critical stress, aiding leadership with peer support, and chronic/critical stress management.

RESILIENCY FOR FIRST RESPONDERS - PEERS

Four lesson plans demonstrating the importance of universal resiliency for peers across multiple departments.

Upstream Resiliency

Tactics to help align the why (personal + organization), counter cynicism, and encourage “knowing your person,” plus elements like strength spotting, battle rhythm, and people assessment/empowerment.

Downstream Resiliency

This program includes optimal critical incident response, optimized echelons of care, and referral sign recognition, while encouraging a system of peers.

Partner Strategies

Properly support your team in their resiliency journey from all angles.

Peer Support for Peer Supporters

Access essential resources to building a resiliency support plan.

HOW DO I REGISTER FOR ONLINE COURSES AND VIDEOS?

1. Log into [the MEL Safety Institute \(MSI\) Learning Management System \(LMS\)](#).
2. If you have previously taken MSI classes, enter your username and password.
3. If you do not know your username/password, ask your Training Administrator to send an LMS activation email or call the MSI Helpline.
4. Once logged into the LMS, go to the [Request Training](#) button for a list of online courses and videos.
5. Select the course or video you wish to complete and submit it at the bottom of the screen.
6. Your course will now show in the [Assigned](#) section of your dashboard. Click the title to launch the course or video.
7. Learning Transcripts are automatically updated in the MEL Safety Institute’s Learning Management System and show in the Completed section of your homepage.

QUESTIONS?

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