



2020 BRYANT STILES OFFICERS SCHOOL

Green River Firefighters Association

February 21 – 23, 2020

Owensboro Convention Center - Owensboro, KY



7. Performing an Initial Size-up: Understanding Mental Wellness

As individuals we carry the weight of everyday stresses around each day: work, family, financial status, having more time to enjoy life. Couple that with the mental stresses of firefighting: witness to life and property loss, sleep deprivation, poor nutrition, and we are equal to a ticking time bomb. Come learn how to identify the signs of stress and how to combat stress in order to maintain mental wellness.

This class will be offered Friday morning

David Lewis is an active member of the Odenton Volunteer Fire Company (Maryland) with over 47 years as a firefighter/EMT, Chief Officer, and Company President. David is an active instructor for the National Fire Academy, the Maryland Fire and Rescue Institute and the University of Maryland. He has delivered training programs and conference presentations across more than 20 different states. David has been active with the FEMA grant programs and responsible for acquiring over \$1,000,000 in grants to his fire company and has assisted countless other departments in successful grant applications. Mr. Lewis is able to apply his life experiences in an environment that shares with others and builds future leadership across the emergency services communities.