

## **First Responder Mental Health**

This class will focus on awareness of mental health needs that may be especially relative to first responders. This class will create awareness of mental health stressors that are related to first responders. It is often recognized that first responders are negatively impacted by certain incidents or by cumulative experiences that occur over time. At times, first responders experience Post Traumatic Stress Disorder (PTSD) and other mental disorders that result in suffering and/or termination of career. The presenter will use research data and personal and observed experiences to inform attendees of the negative impact of unaddressed traumatic experiences. There will be a focus on recognizing mental health issues originating from traumatic incidents. In addition to discussion or positive coping skills, attendees will be provided a list or resource that they, family members, or colleagues may find helpful.

### **Instructor – Curtis McGehee**

Curtis McGehee resides in Greenville, KY. He has been involved in community service as an elected official, chaplain, and pastor. His children are also involved in public service. His daughter, Robbie, works for the Cabinet of Human Services; his son, Jon, works for Kentucky State Police; and his son, Caleb, works for the Madisonville Fire Department. In 2012, Curtis was selected by the Kentucky Sheriff's Association as Sheriff of the Year. He presently serves as pastor of Mount Pisgah Baptist Church in Bremen, KY. He is a graduate of University of the Cumberlands with a major in Human Services (concentration in mental health counseling). He has spoken about first responders and trauma at the Kentucky Police Chiefs Annual Meeting, Kentucky Emergency Services Conference, Kentucky Post Critical Incident Seminars, Kentucky Fire Commission trainings, and at local departments. He is a member of the Kentucky Community Crisis Response Team.