15. First Priority: First Responder Wellness

Facilitator: Teresa Roberts

Join us for a "NON Death by Power point" interactive class that is designed by First Responders for First Responders. Community collaborators will guide a "whole person" approach to help participants ask meaningful questions and strategically plan for good days and bad days.

About the Instructors:

Teresa Roberts, Hancock County Alcohol and Substance Abuse Policy Community Liaison will facilitate a fast-moving afternoon of discussion and activities. While she serves in many roles she will help connect resources and encourage participation.

River Valley Certified Community Behavioral Health Clinic is the first choice in the Green River Region for whole person care. RVBH's **Ursula Mabrey** has over 20 years of experience in behavioral health and social work. She currently provides "trauma-informed" services to Veterans and military connected clients. She will help us identify those calls that break us and fuel us at the same time.

The Regional Prevention Center is housed within River Valley and focuses on healthy communities by preventing substance use disorder and the chain reaction that it causes. **Brooke Arnold** and **Heidi Wilson** will help us create a specific plan for our worst days while assisting us to use the dinner table for stronger communication with our families and peers about our struggles during and after the shift. Thus, strengthening our firehouses and our communities

Hollimere Health offers "personalized psychiatric care for ages 6y+ & adults through two care model options: Concierge Psychiatry or Insurance-Based Care." **Holy Pate**, CEO of Hollimere Health, will help us practice calming activities and sleep strategies to help our overall physical health.

KY Federation of Fire Chaplains are dedicated to being a constant source of spiritual and emotional support for fire and rescue personnel. Regional Director, **Nathan Miller**, Chaplain and Critical Incident Stress Management instructor from Hopkinsville Fire will help us to lean into our peers and personal beliefs for support and peace.