Welcome to the NVFC’s Train Strong Webinar Series.

Today’s webinar is “Reset and Recharge: Taking Care of Our Mental Health in Uncertain Times.”
The National Volunteer Fire Council (NVFC) is the leading nonprofit membership association representing the interests of the volunteer fire, EMS, and rescue services. The NVFC serves as the voice of the volunteer in the national arena and provides invaluable resources, programs, education, and advocacy for first responders across the nation.

NOT A MEMBER? Visit [nvfc.org/join-nvfc](http://nvfc.org/join-nvfc) today and you will be eligible for a wide range of benefits including insurance, training, special member promotions, and more!
Our Presenter – Ali Rothrock

CEO & Lead Instructor
Mental Health and Firefighters
1 in 5 people have mental illness

but

5 in 5 have mental health

@ynf.designs
Dealing With Stress as a First Responder During a Global Pandemic
What has changed? What is continuing to change?
What has changed? What is continuing to change?

What is stress?

“a state of mental or emotional strain or tension resulting from very demanding circumstances”
Mental Health Challenges - Depression & Anxiety

Forced self-isolation can trigger depression

A global pandemic can trigger anxiety
What is the #1 cause of suicide?

untreated depression

(not weakness, not a character flaw)
There is always hope, even now.
Mental Health Challenges - Eating Disorders

Our relationship with food can be challenged.

https://www.instagram.com/glennondoyle/
Mental Health Challenges – Staying Sober

As stress levels increase and as we crave control over this uncontrollable situation, it makes sense that you might be struggling with old negative coping skills.


Home is not a safe place for everyone
-Domestic Violence During Quarantine

Domestic violence rates are skyrocketing right now

There is still help, especially now

Get help safety planning

https://www.futureswithoutviolence.org/get-updates-information-covid-19/
Our time at home is not “free time”

Release expectations of normalcy, routine, productivity

Be gentle with yourself

Recognize news oversaturation

(Healthy) distraction is perfectly okay
Keeping Perspective

Helping others makes you feel not so helpless

This will not last forever

Make your plan for after

Take note of the good news:
https://www.instagram.com/johnkrasinski/
F.I.R.E.S
Stress Management

First acknowledge
Initiate resources
Respond to what you need
Expend stressful energy
Spend time away
We have partnered with Banyan Treatment Centers. They provide adults with mental health treatment, substance use treatment or both through inpatient and outpatient services. They have 11 locations nationwide.

Their C.R.E.W. program was created for first responders and military personnel. We will be certifying the C.R.E.W. Clinicians to ensure that anyone who treats first responders is culturally competent and understands the emotional impact of the job.

We have a unique phone number for first responders to call for ease of admission.

888-926-4174
Q&A Session
Post-webinar thoughts or questions?

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Or contact Caroline Stachowiak at: caroline@nvfc.org