



SULLIVAN COUNTY EMERGENCY SERVICES TRAINING CENTER  
615 OLD WHITE LAKE TURNPIKE, SWAN LAKE, NY 12783  
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# TRAINING ANNOUNCEMENT

## COURSE TITLE:

**RESPONDERSTRONG**

## DESCRIPTION:

Emergency Response work has always presented unique mental, emotional, and physical challenges. Over the past few years, stress levels among those who protect and support our communities have skyrocketed. ResponderStrong's Mental Health Curriculum is here to meet the demand for effective solutions. Created by Responders, for Responders, this nationally implemented program is designed to:

- Bolster Resiliency
- Erode Stigma
- Reduce Stress Injuries: Including burnout, compassion fatigue, anxiety, depression, and suicidality

Topics Covered: Understanding Stress Injuries: Research and data reveal the prevalence of stress injuries in emergency response communities

- Stress Injury Model & Cumulative Stress: Identifying and managing the build-up of stress over time
- Addressing Suicidality: Learn how it develops and implement effective interventions
- Supporting Families: Understand job impacts on families and strategies to mitigate these effects
- Building Resilience: Proven practices for better stress management and long-term mental well-being
- Expanding Support: Access additional resources and solutions tailored to your community

Transform your approach to mental health and stress management while safeguarding the well-being of those who stand by you.

DESIGNED FOR: All Emergency First Responders

PREREQUISITE: None

DATE: May 27, 2025

TIME: 7pm – 9pm

LOCATION: Sullivan County Emergency Services Training Center  
615 Old White Lake Turnpike, Swan Lake, NY 12783

REGISTRATION: [Firefighter Online Registration Form | Sullivan County NY](#)  
(select proper class name from the drop-down menu)