

CTBS SPECIAL GUEST

For those of you registered or are interested in registering for the Courage To Be Safe class, we have some exciting news. The instructor has special guest, Kim Lightely, joining him.

The South Canyon Fire on Storm King Mountain claimed the lives of fourteen wildland firefighters in Glenwood Springs, Colorado in 1994. Kim Lightley is a surviving crew member of the U.S. Forest Service Prineville Interagency Hotshot Crew from the July 6th, 1994 tragedy. A future dedicated to advocacy for firefighter safety and well-being ensued. Kimberly will enhance the Courage To Be Safe presentation by sharing her experiences and delivering mechanisms of coping, pre-incident planning, and peer support for the stress associated with the firefighting occupation.

Firefighter Life Safety Initiative #13 states that firefighters and their families must have access to counseling and psychological support. The National Fallen Firefighters Foundation has developed "Stress First Aid for Fire and EMS Personnel" to address this initiative. Stress First Aid was adapted from the Navy/Marine Corps' Combat Operational Stress First Aid. Stress First Aid offers a flexible and practical approach to behavioral health that can be customized for the individual and the event. There are four key objectives to this conference session. First, attendees will learn how Stress First Aid reduces the risk for stress reactions by offering a spectrum of interventions to aide individuals reacting to a stress event. Second, attendees will learn the core set of principles of Stress First Aid including the importance of leadership and peer support teams. Third, attendees will be introduced to the Stress Continuum Model which is an effective tool for determining an individual's stress response. Fourth, attendees will be presented with the Seven Core Actions of Stress First Aid which can be useful to leaders, peer support teams and individuals.

Registration for this class is still open. Please visit <https://tiwa.tamu.edu/> for registration or contact the academy registrar at 979-458-7330.