



Building Healthy Workplaces Training **How to promote mental health in first responder organizations**

WRHSAC is happy to announce the first phase of its First Responder Mental Health Resiliency Project - a training focused on supporting first responder leadership to foster positive mental health work environments in their organizations.

The training includes two parts: an online, self-paced introduction followed by a comprehensive, interactive, virtual four-session series.

The **Introduction to Building Healthy Workplaces** provides the basis to support informed dialogue and participation during the in-depth virtual, four-session series. The Introduction is available via WRHSAC's new online learning management system at learning.wrhsac.org/courses.

The training is free and accessible after a simple registration process. While the introduction is designed as a prerequisite for the virtual sessions, all first responders will find the information and understanding provided helpful. The training is self-paced and may be accessed at any time.

[Click here for the Introduction Course](#)

The second part of the training **Building Healthy Workplaces** offers deeper discussion and planning to support first responder leadership towards promoting positive mental wellbeing within their organizations.

Building Healthy Workplaces will cover key aspects and provide a tool kit of recommended practices and resources for leaders to support mental health in the workplace. Participants will explore the recommended practices as they pertain to their individual organizations, apply the framework and principles outlined in the guide, and develop strategies that can be used to promote positive mental health in their respective workplaces.

Participation in Building Healthy Workplaces is prioritized for first responder leadership in Western Massachusetts. **Submitted applications** will be reviewed to ensure participants are in a leadership role.

This is an interactive training and access to audio and visual capabilities are required and provide an opportunity to learn about the recommended practices from representatives of first responder groups and others involved in the movement to increase mental health awareness.

Delivered as a four-session series, the training will be conducted over four consecutive weeks via Zoom 'live' online on the following dates in 2021: January 22, 29, February 5, 12 (all sessions 10 a.m. to noon.).

Attendance at all four sessions is highly recommended.

[Click here to submit an application for the virtual sessions](#)

The training is developed and facilitated by Lillian Lennox LMHC, MA, C-iRest, E-RYT 500 and Calla Harrington LCSW, MSW, MPH. Lillian and Calla are members of the Western Mass Critical Incident Stress Management (CISM) team.

Questions and concerns can be addressed to Raine Brown, Homeland Security Program Manager at raine@frcog.org.