

# Casualty Assistance Program

## FY23 CAP Academy

### FY22 CAP Training Course Descriptions

#### You Will Not Stand Alone (YWNSA)

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**Purpose:** to introduce resources available within and external to the Forest Service before, during, and after a casualty

**Duration:** 5 days (in person)

**Audience:** Line Officers, Agency Administrators, Fire Directors, and Fire Management Officers, LE&I

**Objectives:** provide tangible resources for reference; provide an opportunity to build a support network; participate in incident-based scenarios to build familiarity with possible real-life events

**Outcomes:** students will gain knowledge, resources, and a support system to better prepare themselves and their home unit for a response to a critical incident; participants will identify home unit strengths, weaknesses, and opportunities and make a plan to adjust as needed to prepare for critical incidents; participants will gain knowledge, resources, and a support system to make proactive changes on their home unit

#### Hospital & Family Liaison

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**Purpose:** to train employees to bridge support between an injured employee, deceased employee's, the employee's family, and the Agency

**Duration:** 2 day

**Audience:** employees with a vested interest in supporting fellow employees and their families following an injury

**Objectives:** provide accurate and consistent information regarding resources and support available to employees and their families following an injury; provide a toolkit, resources, and a support network to liaisons; provide tools for self-care and protecting boundaries; provide incident based scenarios to allow for practice and questions; provide a 'day in the life' perspective to give liaisons an example of what they may experience

**Outcomes:** liaisons will provide consistent information and support to employees and their families following an injury; students will understand the necessities and realities of acting as a hospital liaison

## **Basic CISM Peer Support: Assisting Individuals in Crisis and Group Crisis**

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**Purpose:** to provide the fundamentals and specific protocols for group and individual crisis intervention techniques

**Duration:** 4 days

**Audience:** employees with a vested interest in supporting peers

**Objectives:** provide information, resources, and support network; discuss desirable traits of a peer supporter; participate in scenarios to gain experience acting as a peer supporter; learn about self-care resources

**Outcomes:** students will have the tools needed to provide support to fellow employees following a casualty or critical incident

## **Advanced Critical Incident Peer Support**

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**Purpose:** to build on the fundamentals provided in Basic CISM Peer Support by utilizing the SAFER-R model, along with advanced topics such as psychological triage, suicide intervention, the challenges in follow-up and referral and self-care

**Duration:** 4 days

**Audience:** employees who have completed basic CISM who have a desire to build on their knowledge and skillsets to provide support to peers

**Objectives:** provide information, resources, and support network; participate in scenarios to gain experience acting as a peer supporter; learn about self-care resources

**Outcomes:** students will have the tools needed to provide support to fellow employees following a casualty or critical incident

## **Death Notification Training**

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**Purpose:** Death notification is difficult, and emotional laden communication for those tasked to deliver this news with compassion

**Duration:** 4 hours

**Audience:** Line Officers, Agency Administrators, Fire Management Officers, LE&I

**Objectives:** This course teaches communication skills and methods for delivery of this very difficult news

**Outcomes:** this four-hour seminar provides defined educational interventions focused on the GRIEV\_ING mnemonic which can improve confidence and competence in death notification

## **Stress First Aid**

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**Purpose:** to provide employees with a self-care and peer support model that was developed to identify and address early signs of stress reactions

**Duration:** 4 hours

**Audience:** peer supporters

**Objectives:** peer supporters will learn how to weave the core principles of the model into a Crisis Management Briefing (CMB)

**Outcomes:** peer supporters will utilize / provide / teach Stress First Aid as an additional tool / support resource to affected employees during a CMB

### **The Secrets of Psychological Body Armor – Holistic Wellness for Emergency Services**

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**Purpose:** course is designed to aid first responders in building a personal culture of resilience and holistic health.

**Duration:** 8 hours

**Audience:** peer supporters, liaisons, emergency responders

**Objectives:** this course contains facts and specific suggestions for actions you can take to enhance your personal resilience, all based upon the latest and most credible science.

**Outcomes:** potential for happiness, success and even create a competitive advantage through the creation of what is called Psychological Body Armor.

### **Resilience and Self-Care**

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**Purpose:** to provide employees with resilience and self-care

**Duration:** 4 hours

**Audience:** peer supporters and emergency responders

**Objectives:** Identify available resources and practice strategies focused on responder wellness.

**Outcomes:** peer supporters will utilize resilience and self-care to maintain a healthy balance of serving others and taking care of themselves.

### **Suicide Awareness: An Introduction for Crisis Responders**

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**Purpose:** This course is recommended for those without formal mental health training, to recognize and respond and intervene with suicidal individuals.

**Duration:** 7 hours

**Audience:** peer supporters, line officers, agency administrators, emergency responders

**Objectives:** increase awareness, provide information and basic skills to respond to a person considering suicide.

**Outcomes:** provide an initial overview of how to recognize and effectively intervene with suicidal individuals.

### **Holding the Line**

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**Purpose:** Maintaining your mental health is just as important as your physical health.

**Duration:** 7 hours

**Audience:** peer supporters, line officers, agency administrators, emergency responders

**Objectives:** The goal is to learn strategies on how to care for one's mental health to be able to stay in a position for the long term, while managing to stay healthy both mentally and physically.

**Outcomes:** You'll learn how to cultivate your own mental health, while holding the line and advocating for yourself.