

# SIZE-UP

FOR

FIREFIGHTER/EMS

# BEHAVIORAL HEALTH

LESSONS OF SURVIVAL FROM CHIEF JARED MEEKER



**“As leaders, we are sworn to keep our members safe – including protecting them from the harmful effects of emotional trauma.”**

While behavioral health continues to gain heightened attention there is so much more work to be done to truly bring the issue into focus in fire and emergency services. It is killing us at an alarming rate.

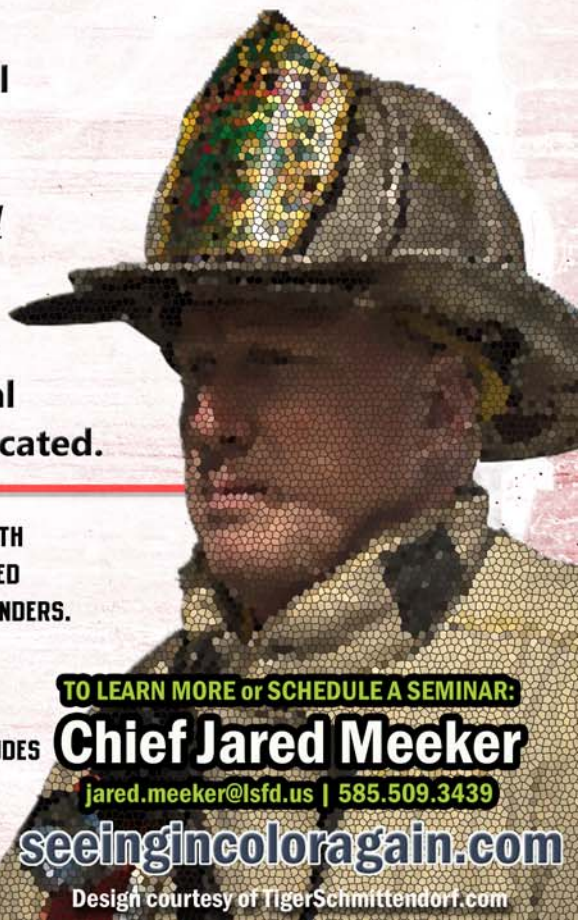
This program provides an insightful overview of behavioral health problems that first responders experience and offers the skills necessary to size-up and help others who are struggling with their mental well-being:

- \*Understand how to monitor the health of your fellow responders to prevent the negative and long lasting effects of PTSD on your people and your organization
- \*Learn proven ways to manage PTSD and how to help your members cope with the stress of traumatic events
- \*Gain the tools necessary to create an effective Behavioral Health Program that can be adapted for your agency

For those responders suffering in silence: ***THERE IS HOPE!***

For those who care about someone suffering from PTSD symptoms: direction, guidance and support are available.

For those who haven't been affected by PTSD yet: Survival requires each of us to speak out, to reach out, and be educated.



HEAR THE STORY OF A FIREFIGHTER WHO EXPERIENCED A VERY TRAGIC EVENT, WAS DIAGNOSED WITH POST TRAUMATIC STRESS DISORDER, AND WHO ONLY NOW IS ABLE TO SHARE THE LESSONS LEARNED TO PREPARE OTHERS TO DEAL WITH PTSD WITHIN THEMSELVES AND IN THEIR FELLOW FIRST RESPONDERS. LEARN FROM SOMEONE WHO REACHED OUT AND NOW SHARES THE LOAD FOR OTHERS.

JARED MEEKER IS A 30+ YEAR FIRE SERVICE VETERAN CURRENTLY SERVING AS A FIRE CHIEF IN A COMBINATION FIRE DEPARTMENT IN UPSTATE NEW YORK. HIS PASSION FOR THE FIRE SERVICE INCLUDES TEACHING INCIDENT COMMAND AND CAREER SURVIVAL SKILLS TO ASPIRING FIRE OFFICERS.

**TO LEARN MORE or SCHEDULE A SEMINAR:**

**Chief Jared Meeker**

[jared.meeker@lsfd.us](mailto:jared.meeker@lsfd.us) | 585.509.3439

[seeingincoloragain.com](http://seeingincoloragain.com)

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**“If only my mind could forget what my eyes have seen.”**