



HELPING MEMBERS IN RECOVERY

DESIGNED BY FIRE FIGHTERS IN RECOVERY FOR
THOSE WHO WANT TO HELP

Helping Members in Recovery is an awareness-level training for fire service personnel who want to support a colleague that is currently engaged in or has recently completed treatment for a mental health or substance use disorder. The course provides a comprehensive overview of common behavioral health problems in the fire service, levels of behavioral health treatment, specific strategies to support a member in their recovery journey, and best practices for affiliate leaders.

FORMAT

This is a self-paced, two-hour online course, comprised of six modules that will take approximately two hours to complete. Modules can be completed in any order.

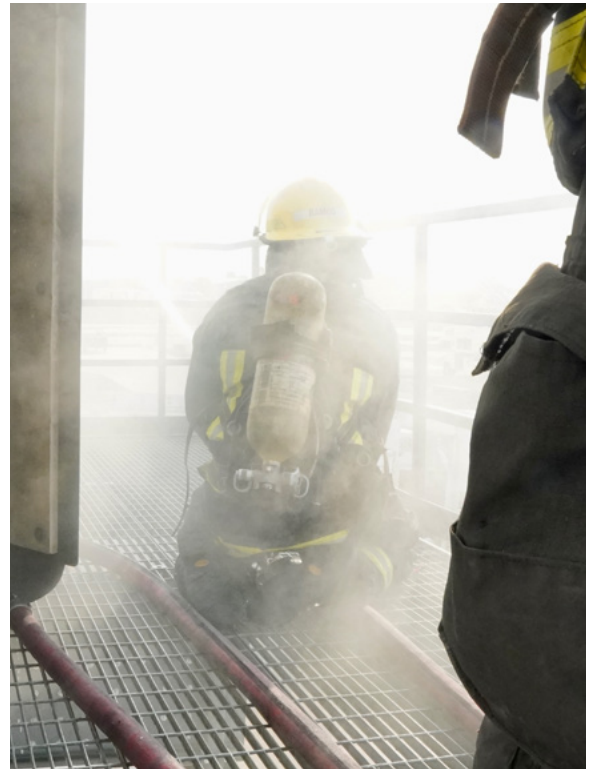
DEVELOPED BY THE IAFF

The International Association of Fire Fighters (IAFF) is one of the largest and most influential labor unions in North America, representing more than 350,000 professional fire fighters and emergency medical workers. This training was designed in collaboration with IAFF members who are personally in recovery, IAFF trained peers, and licensed mental health clinicians who work closely with fire service members.

COURSE OBJECTIVES

After completing the course, you will be able to:

- Identify common behavioral health problems in the fire service
- Describe different levels of behavioral health treatment
- List the Stages of Change recovery model
- Utilize strategies for individuals to support members in recovery
- Describe the importance of personal boundaries when supporting a member in recovery
- Discuss strategies for affiliate leaders to support members in recovery



HOW TO ACCESS THE COURSE

- Visit the [Course Home Page](#)
- Login or create an account
- Click "Register Myself"



WHO SHOULD COMPLETE THIS COURSE?

The course was designed for IAFF members, but it is open to anyone.

- Any fire service member who wants to better understand the process of behavioral health treatment and recovery
- Any fire service member who wants to support a colleague seeking help for addiction or mental health problems
- Labor and management leaders who want to create a work environment that fosters recovery
- Any fire department personnel interested in helping others, including peer support team members, chaplains, human resources staff, and health/wellness program staff