

# Fire/EMS Behavioral Health: THE PRICE WE PAY



**FREE Three-Hour Workshop with  
Past Chief Mike Healy (Central Nyack Fire Department)  
& Chief Jared Meeker (Lake Shore Fire District)**



## 2020 SCHEDULE:

Chautauqua County: 9/30

Clinton County: 9/14

Fulton County: 11/10

Herkimer County: 12/1

Monroe County: 9/15

Nassau County: 9/21

Ulster County: 12/2

Westchester County: 11/5

Pre-Registration and On-Site  
Registration Available!

**This workshop** will deal with the behavioral health issues faced by firefighters and emergency medical services personnel. The mounting number of suicides, an increase in alcoholism and drug addiction, and post-traumatic stress all need immediate attention. The workshop will provide an overview of the behavioral health problems that fire/EMS personnel experience. Students will learn about the skills necessary to recognize and help others who are struggling with mental health issues. Participants will gain an understanding of how to monitor the health of fellow firefighters and EMS providers in order to prevent the negative results that could have a long-lasting impact on their agencies, ultimately increasing retention and reducing burnout in first responders. As leaders, our number one responsibility is to keep our members safe, which also includes keeping them safe from the effects of emotional trauma from the events we respond to.

**Mike Healy** has years of experience in this field and has assisted thousands of firefighters and EMS providers in getting the necessary help to lead a normal life of a first responder.

**Jared Meeker** experienced a tragic event that triggered a landslide of emotions from many previous traumatic events. He is now able to share many lessons learned to help others.

**Sponsored by:**



**PERMA**<sup>SM</sup>



# Fire/EMS Behavioral Health: The Price We Pay Registration Form

## Registrant's Information

Use one form per person. There is no registration fee for this workshop.

Name: \_\_\_\_\_

Title: \_\_\_\_\_ Fire/EMS Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_ Cell Phone: (        ) \_\_\_\_\_

## Workshop Dates / Locations (as of September 16)

Three-hour workshop begins at 7:00 p.m. at all sites. Select a date/site below.

**September 14, 2020 • Clinton County**

Clinton County Mental Health & Addiction Services • 130 Arizona Avenue • Plattsburgh, NY 12903

**September 15, 2020 • Monroe County**

Gates Fire District • 2355 Chili Avenue • Rochester, NY 12624

**September 21, 2020 • Nassau County**

Uniondale Fire Department • Van Ness Fire Station • 88 Uniondale Avenue • Uniondale, NY 11553

**September 30, 2020 • Chautauqua County *CANCELED***

~~Stockton Fire Company • 7243 Route 380 • Stockton, NY 14784~~

**November 5, 2020 • Westchester County**

Westchester County Department of Emergency Services • 4 Dana Road • Valhalla, NY 10595

**November 10, 2020 • Fulton County**

Berkshire Fire Department • 320 Steele Avenue Ext. • Gloversville, NY 12078

**December 1, 2020 • Herkimer County**

Herkimer College • 100 Reservoir Road • Room 288 Amphitheater • Herkimer, NY 13350

**December 2, 2020 • Ulster County *NEW SITE!***

SUNY Ulster • 491 Cottekill Road • Vanderlyn Hall Auditorium • Stone Ridge, NY 12484

**\* Regretfully, the Schenectady and Chautauqua County workshops have been canceled.**

## Submit Registration Form To:

New York State Association of Fire Chiefs • P.O. Box 328 • East Schodack, NY 12063

Fax: (518) 477-4430 • Email: [education@nysfirechiefs.com](mailto:education@nysfirechiefs.com) • Phone: (800) 676-FIRE • [www.nysfirechiefs.com](http://www.nysfirechiefs.com)