

# 2 THE RESCUE

## LIFE SAVING TRAINING



Fire Police EMS Dispatch Corrections



**FREE** For All Berrien County Sheriff's Department & Corrections Personnel & Area Law Enforcement, 1<sup>st</sup> Responders, Fire, EMS, Dispatchers & Their Loved Ones!

**Zero To 60: Career Survival & Emotional Wellness\***

*\*3 MI C.E. credits available for:*

*MFFTC C.E., EMS C.E., MCOLES CPE & State 9-1-1 (SNC) Approved Program*

on

**Wednesday, August 20, 2025 @ 6:00 p.m. to 9:00 p.m.\*\***

***\*\*Sponsored dinner to be served @ 5:30 p.m.***

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**Corewell Health South Upton Auditorum @ 1234 Napier Ave., St. Joseph, MI 49085**

**Questions contact Nicole Smith @ [nsmith@berriencounty.org](mailto:nsmith@berriencounty.org)**

***Grant funding for training and dinner provided by Frontline Strong Together!***

This seminar will educate through “boots on the ground” experiences and will provide the law enforcement professional, 1<sup>st</sup> responders and their loved ones with a clear picture on why this profession leads to destructive and unhealthy lifestyle habits. This **husband and wife team** will demonstrate how a responder's inability to manage the cumulative stress from daily exposures to adrenaline and trauma negatively affects their safety, decision-making and ability to remain ethically solid.

You, your work family and your loved ones will be armed with tools to manage the everyday unique stressors and will be able to recognize the warning signs for chronic and post-traumatic stress and suicidal behavior. Learn from a **fellow police officer/1<sup>st</sup> responder and their spouse first responder and their spouse** realistic, simple and successful methods to keep you safe at work and your relationships at home intact!

- Stepping off the adrenaline roller coaster
- The “Triangle of Success”
- Suicidal tendencies awareness
- Post-traumatic stress symptoms
- Managing critical incident stress
- Identifying cumulative acute stress
- Core values & situational values
- Lifestyle habits warning signs
- Support keys & phrases
- 4 C's for survival



***“Your class, Your Message, I could have honestly sat and listen to it over and over again. I truly know in my heart that my wife and I would still be married if we could have attended your class.”***

***“I wish I would have brought my spouse!”***

- ***“You and Mike are saving lives, saving relationships and preventing substance abuse with every presentation. Every public safety employee should attend this valuable training”***
- ***“It helped me understand why my dad acts the way he does sometimes. I realize now how I can help instead of getting upset.”***
- ***“The only thing that goes faster than the Zero to 60 is the 3-hours that you teach! No dull moments and packed with facts and truth to survive!”***