

NH DEPT. OF SAFETY, Div. of Fire Standards
and Training & Emergency Medical Services
announces...

My Brother's Keeper:

Stress Disorders in Fire & Emergency Services

September 24, 2015

North Country Training Facility

660 Trudeau Rd. Bethlehem, NH 03574

TIME: Thursday, September 24, 2015
6:00PM to 9:00PM

COST: NO CHARGE!

PREREQUISITES: NONE!

HOW TO REGISTER:

CREF NUMBER: [2316SM124](#)

- Click on the CREF number listed above to register on the NHOODLE website. **OR...**
- Please complete the [NHFSTEMS General Admission Application](#).
- Only complete applications will be accepted in person, by mail, or by fax. Scanned and emailed applications should be sent to: nhfaadmissions@dos.nh.gov.
- Applications will be accepted on a first-come, first-serve basis.

APPLICATION WINDOW:

NOW ...

through Wednesday, September 23, 2015.



Course Description:

In today's fast-paced, 24/7 way of life, we tend to encounter more stress. We sleep less, eat faster, and have less time for fitness and exercise and we spend less time relaxing. On top of every day stress, add the occupational stress that we encounter as fire and emergency medical responders. We often suffer from sleep deprivation, and are exposed to prolonged and loud noises. We also encounter organizational stress, and other physical stress such as exposure to toxic substances and biohazards. Finally, most firefighters and EMTs have experienced some degree of critical incident stress or full blown PTSD. More firefighters die from suicide than any other cause including cardiac issues. It is a well-known fact that chronic stress also increases our chances of falling victim to a myriad of cancers. We will discuss stress and how we cope, or do not cope with the effects

Instructor Biography:

Deborah Pendergast (Director of NH Fire Standards and Training and EMS) has been a member of the NH fire service for over 23 years and for the last two years has been serving as the Director of the NH Fire and EMS Academy. She has a Bachelor's Degree in Psychology and extensive training in behavioral health, crisis intervention, critical incident stress management and safety and wellness, as well as Labor/Management background and training. She is currently pursuing her Master's Degree in Public Administration.

Deborah is the New England Trustee for the International Association of Women in Fire and Emergency Services and the President and co-founder of NH United Fire Service Women. Other professional organizations she is involved in include the Police Fire and EMS Foundation and the Granite State Critical Incident Stress Management Team, and she is currently the Vice President of the Board of Directors of the State Community Mental Health organization, Genesis Behavioral Health.