

**KALAMAZOO COUNTY FIRE CHIEFS  
TRAINING COMMITTEE**  
**LEADERSHIP & RESILIENCY BY SILOUAN GREEN**

**MARCH 14, 2020  
0900-1700**

**CLASS LOCATION**  
**PORTAGE STATION #12-1**  
**7830 SHAVER RD**  
**PORTAGE MI 49024**

**LUNCH ON YOUR OWN**

**NO COST TO ATTEND**  
**PREREGISTRATION REQUESTED**

**(YOUR DEPARTMENT MUST BE NFIRS COMPLIANT—  
FEBRUARY 2019—JANUARY 2020 FOR YOU TO ATTEND)**

**REGISTER AT THE LINK BELOW & IN SMOKE**

**[GOOGLE REGISTRATION FORM](#)**  
**SMOKE: 2020-2-39-Q61K-0334**

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## **Course Syllabus: Leadership and Resiliency**, led by Silouan Green

### **Class Overview:**

This seven-hour training module is taught by author, speaker, and former Marine, Silouan Green. He has worked with first responders for over fifteen years on issues of resiliency, peer support, suicide prevention and mental fitness. A survivor of a tragic jet crash as a US Marine and someone who overcame severe PTSD, he understands personally what it takes to overcome the trials and traumas of life. As a mentor and teacher to many law enforcement and fire departments across the country, he is committed to helping all our heroes "come home". From volunteers to large departments, rural to urban agencies, Silouan has worked across the spectrum of first responder experiences.

Our firefighters face a host of pressures and their struggle to "come home" can be as challenging as that of a military veteran. Leadership and fellow firefighters can make a difference if they are trained and equipped with the right tools. This course is also designed to empower volunteers with limited resources the skills to make a difference in their firefighters.

This class will increase the resiliency of those who serve, increase their leadership skills, and equip them to train and respond to their fellow firefighters and EMS personnel. A resilient, pro-active department focused on mental fitness increases performance, morale, retention, and recruitment.

### **Learning Objectives:** Upon Completion, Students Will Be Able To:

- Investigate the connection between suicide, PTSD, and the traumas of service
- Address the impact of service on family and personal issues and how to find balance at work and at home
- Understand how resilient leadership can impact the mental health and well being of their followers
- Learn tools for making a healthy transitions from conditions of trauma
- Create a culture of resiliency and pro-active community awareness for first responder issues
- Learn and use simple peer support tools that can be used in your department and your community
- Promote a culture of mental fitness that makes your officers stronger and more resilient
- Better respond to moral injury
- Respond quicker to decrease the risks of self-medication, family troubles, and suicide