

PEARLS, PITFALLS, & PRACTICALITIES:

30 YEARS OF MENTAL WELLBEING FOR RURAL FIRST RESPONDERS

Leigh Blaney, PhD, RN

leigh.blaney@viu.ca

<https://goldenbamboo.ca/>

OVERVIEW

- **Historical context**
- **Pearls**
- **Pitfalls**
- **Practicalities**
- **Questions/discussion**

3 THEMES

- **PERSEVERANCE**
- **COLLABORATION**
- **EVIDENCE**





PEARLS

1. TRANSITION

- SUCK IT UP BUTTERCUP
- REACT, REACT, REACT
- CISD/CISM
- LEGISLATION: PRESUMPTION
- HEALTH PROMOTION



PEARLS

2. PEER SUPPORT

- ALBERTA CRITICAL INCIDENT PEER NETWORK (ICISF – CANADA)
- SASKATCHEWAN CISM
- BC SAR CISM



PEARLS

3. HEALTH PROMOTION

- EDUCATION
- ROLE OF RESILIENCE
- STRENGTHS & CAPACITIES

VOICES OF FIREFIGHTERS

I'M NOT BROKEN

STOP TRYING TO FIX ME

FIREFIGHTER STRESS



MULTI - SECTOR





PITFALLS

- **STIGMA**
- **FUNDING**
- **SUPPORT**
- **TERRITORIALITY**



PRACTICALITIES

1. PERSEVERANCE

– COMPLEXITY

2. COLLABORATION

– ACROSS SECTORS

3. EVIDENCE-BASED

– OTHER FACTORS

PRACTICALITIES

4. STRATEGIC HEALTH & WELLBING

- ORGANIZATIONAL
- FAMILY
- HEALTH EDUCATION

5. EDUCATION

- TECHNOLOGY

EDUCATION RESOURCES

- **FIREFIGHTER EDGE**

<https://firefighteredge.com/>

- **PEER-ON-CALL**

<https://www.oncallapp.ca/>

- **SOUND THE SIREN**

<https://www.soundthesiren.ca/>



THANK YOU!