



Comprehensive Fitness for Wildland Fire 2.0

Enhancing Physical and Psychological Performance ©

Areas of Focus

- “Secondary Dangers” of working in wildland fire
- Psychology of wildland fire
- Psychological and physiological reactions to stress and trauma.
- Behavioral health and wildland fire
- Tools for self-care
- Pre-seasons and post-season considerations
- Family, friends and work-life balance
- Access to mental health support resources and referral services



responder populations.

Comprehensive Fitness for Wildland Fire was developed exclusively for the wildland fire and aviation culture and teaches thinking and coping skills that individuals can employ on the job, at home, and in other circumstances. Our strategy and direction are to develop a resilience training program that fosters an environment of comprehensive fitness and also considers the wildland fire culture.

Background

While doing their jobs, firefighters unavoidably experience stressful and traumatic situations that can lead to emotional and behavioral health problems, including anxiety, depression, substance abuse, post-traumatic stress-related illnesses, and suicide. Current approaches to addressing these problems tend to focus on assistance and treatment that takes place following traumatic events or after symptoms emerge.

The Concepts of Comprehensive Fitness

The science of positive psychology supports that resilient individuals and organizations tend to cope better with stress and trauma. A more proactive approach emphasizing developing resilience skills included in an overall comprehensive fitness program is essential.

Firefighter Course Outline 6 Hours

Section One: The Psychology of “The Job.”

Section Two: Over the Years: A mental journey through a wildland fire career.

Section Three: Secondary Dangers: Cultural Beliefs, Attitudes, and Behavioral Health.

Section Four: Separation from Service and Your Legacy. “There is no Hall of Fame.”

Section Five: Behavioral Health and the Brain: Reactions to Stress and Trauma. Tools for self-care.

Section Six: Critical Incident Stress Management.

Section Seven: Suicide Prevention and Intervention.

Section Eight: You, Your Family, and Work-Life Balance.

Management and Agency Administrator Course Outline 4 Hours

Section One: Overview of the BIA CISM Program: Protocols, Training, and Services

Section Two: Psychology of the Job, Attitudes, Culture, and Behavioral Health.

Section Three: Identifying Stress, Reactions to Stress, Trauma, and Tools for Self-Care.

Section Four: Separation from Service and Your Legacy. “There is no Hall of Fame.”

Section Seven: Suicide Prevention and Intervention.

Section Eight: Leadership in Crisis.

Everyone will receive a workbook, packet with references, self-care tools, and strategies,



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