



Colorado State Fire Fighters Association
Is rolling out it's classes for the
June 104th Fire College
At South Metro Training Grounds (Parker)

Working Minds.

Suicide Prevention and Mental Wellness in the Fire Service.



Assistant Chief, Manuel Almaguer, has been a Denver Firefighter for 22 years. Chief Almaguer has served in many roles in the Denver Fire Department. This includes Division Chief of Fire Prevention, Assistant Chief in both Training and Operations, Hazardous Materials Captain and Lieutenant in Administration.

He is a national champion of mental health and resiliency. He has spoken at the local and national level, including The White House and Pentagon on suicide prevention, grief and loss for first responders and has worked with non-profits in developing content on mental wellness for the Latino community.

The class will provide an overview of the impact of suicide in the fire service and the risk factors involved. Models and strategies for resiliency and wellness will be presented and discussed along with exercises for identifying risk factors and intervention techniques for those experiencing a behavioral health crisis.

Workplace Suicide Prevention models will also be presented. Upstream, Mid-stream and Downstream approaches for sustainable programs in fire service organizations.

The impact of COVID-19 on first responders will also be discussed as the pandemic challenged the resiliency and mental health of firefighters across the country.

Class is Thursday June 23, 2022 - 8:00 am to Noon.

This class is a classroom only

Class Fee is \$ 75.00 per student

No PPE needed

Go to csffa.org for more information and registration