

Our Mission

Our nation's firefighters and emergency service personnel are faced with emotional needs that are very unique to their occupation. The percentage of Firefighters/EMS struggling with career related stress is very high. It manifest its itself through Post Traumatic Stress, higher divorce rates and/or addictions such as alcohol, drugs and/or gambling. Another major concern is the rapidly increasing rates of firefighter/EMT suicides.

FBHA's goal is to provide behavioral health workshops to fire departments and EMS organizations across the globe, focusing on behavioral health awareness with a strong drive towards suicide prevention and promoting resources available to firefighters/EMS and their families.

We are also focused on training for EAP organizations, Professional Clinicians, Psychologists, Psychiatrists, Doctors, Social Workers, Marriage Counselors, Chaplains and those dedicated to helping firefighters.

With the funds received though our workshops & donations we host an annual retreat for the families of firefighter/EMS suicides. We also have an educational scholarship program for children, spouses, and partners of firefighter and EMS suicide victims.

Firefighter Behavioral Health Alliance is an IRS approved 501(c)(3) charitable organization

Jeff Dill, Founder



In 2009, founder Jeff Dill, organized Counseling Services for Fire Fighters. CSFF was established based on the tragic events that surrounded Hurricane Katrina. When speaking with firefighters who returned after serving the community of New Orleans, Jeff heard the pleas of firefighters who had a difficult time talking with counselors who did not have any firefighting experience. They became frustrated and never did seek the help they needed.

In 2011, Jeff organized Firefighter Behavioral Health Alliance based on his research into the staggering number of firefighter/EMT suicides. FBHA was established to directly educate firefighters/Emergency Medical Services personnel and their families about behavioral health issues and warning signs as they relate to the rising suicides. Also included is an overview of how to cope after retirement.

Jeff holds a Master's Degree in Counseling and is a retired Captain from the Palatine Rural Fire Protection District in Inverness, Illinois. Jeff also is a member of the National Board for Certified Counselors, American Counseling Association, International Associations of Fire Chiefs, and is an alumni member of the International Association of Fire Fighters.

Jeff is dedicated to educating firefighters and EMS personnel on the importance of behavioral health, suicide awareness and what happens after you retire.

CSFF was closed on December 31, 2014, and all intellectual property was transferred to FBHA.



WORKSHOP OFFERINGS

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**FIREFIGHTER
BEHAVIORAL
HEALTH
ALLIANCE**

847-209-8208
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OUR WORKSHOPS

SAVING THOSE WHO SAVE OTHERS

An in-depth FF/EMT suicide prevention/awareness course designed to educate attendees on warning signs/symptoms, communications, emotional and physical behaviors.

Available:
2 hour Workshop

4 hour workshop — Includes scenarios and role play.

Max 35 Attendees

4 hour Open Enrollment Workshop — Includes scenarios and role play.

Minimum 15 Attendees

SAVING THOSE WHO SAVE OTHERS - FAMILY EDITION

A course designed to assist fire department and EMS spouses and partners to understand the life they live and why their spouse/partner acts the way they do. This course addresses signs/symptoms, behaviors, cultural brainwashing, addictions, PTS and suicide among the ranks.

2 hour Workshop
Instructor: Jeff Dill (only)

AN INTERNAL SIZE-UP

An in-depth FF/EMT behavioral health workshop dedicated to educating attendees on the awareness of stress, anxiety, PTSD, addictions, depression, anger and addresses suicide and retirement.

Available:
2 hour Workshop

4 hour workshop—Includes scenarios and role play.

Max 35 Attendees

4 hour Open Enrollment Workshop—Includes scenarios and role play.

Minimum 15 Attendees

SAYING GOODBYE: AN EMOTIONAL DETACHMENT

This course is designed to prepare fire and EMS personnel about the emotional aspects of retirement. This includes loss of identity, loss of belonging and lack of purpose.

2 hour workshop
Instructor: Jeff Dill (only)

BEHAVIORAL HEALTH PROGRAM DEVELOPMENT

A course designed to assist fire departments and EMS organizations in creating procedures to develop a behavioral health program.

2 hour workshop
Instructor: Jeff Dill (only)

A FIREFIGHTER'S LIFE

Presented to Professional Clinicians, Psychologists, Psychiatrists, Doctors, Social Workers, Marriage Counselors, Chaplains and those dedicated to helping firefighters. This course is designed to educate about the culture of firefighters, myths and beliefs of behavioral health and the mentality of being a firefighter. An emphasis of the workshop is placed on the education of basic terminology, understanding emotional and physical stressors, addictions, suicide information, role-play, group discussion, search & rescue exercise and question/answer session with the instructor. Includes Scenarios, role play and a search & rescue exercise.

Available:
4 hour workshop
Max 20 Attendees

4 hour Open Enrollment Workshop—Includes scenarios and role play.
Minimum 15 Attendees