



All Clear Foundation (ACF), a national non-profit focused on improving the overall wellbeing and longevity of Emergency Responders and their families, recently received a grant to combat burnout and stress among Emergency Responders and Healthcare Workers. Created by Responders for Responders, ACF offers no-cost tools and resources designed specifically for Responders.

We know small, rural, and tribal agencies are often under-resourced and must make difficult decisions with meager budgets. Many times, wellness programs lose out to other valid competing priorities. To help provide these essential supports at no cost over the next 3 years, ACF will provide 150 small, rural, and/or medically underserved agencies with approximately 30 or fewer personnel the following:

- **ResponderStrong Mental Health Curriculum Train the Trainer workshop:** Our [ResponderStrong Mental Health Curriculum](#), written by responders for responders, has been adopted by many organizations, including the Colorado Peace Officer Standards and Training Board who named it the minimum, mandatory mental health training for LEO in Colorado. Agencies, peer support programs, community colleges and universities across the country have also integrated it into their public safety education. To better disseminate this training, we have adopted a Train the Trainer model in the form of a one-day class. The format for each event is hybrid, allowing in-person and virtual attendance. We are particularly interested in supporting volunteer and rural agencies who might not have access or funds to obtain this type of training or create in-house facilitators. To date, we have trained more than 1000 facilitators across the U.S. These personnel can then reteach the content as they choose within their agencies or communities. The content focuses on the stress injury model, stress injury statistics among emergency responders, suicidality recognition and prevention, and resilience. With the increasing need for informed discussion around stress injury, burnout, suicidality, and resilience, we are very pleased to be able to offer this content at no cost to agencies, eliminating budget barriers and preventing re-invention of the wheel.
- A one-year membership to the [National Emergency Responder and Public Safety Center](#) (NERPSC) Responder and Family Educational and Wellness video content. NERPSC understands that budgets have been reduced, retirements have been overwhelming, morale has taken a hit, and recruitment and retention has been an uphill battle. We have re-envisioned wellness and lengthy trainings, developing a cost-effective, online toolkit of powerful interventions to address all levels of mental health and wellness. Our engaging training and resources are easily accessible online and broken down into manageable increments for both responder and agency efficiency. Our courses have valuable utilization for in-service trainings and continuing education, as well as addressing all levels of mental health and wellbeing, including peer support. NERPSC is also facing the tough topics head-on, providing specialized training to enhance responders' work within our communities.

- Additionally, for each agency selected, a local mental health clinician will be offered a full scholarship to the NERPSC [Emergency Responder and Public Safety Clinician Certification](#), enhancing this professional's cultural competency and trauma-informed status to better serve the long-term mental health needs of the agency's personnel and families.
- 24/7 access to our digital [YOU|ResponderStrong Wellness Tool](#). This is available free to all Emergency Responders, HealthCare Workers, and their family members to help build and sustain resiliency, minimizing burnout and compassion fatigue. This tool is constantly evolving with fresh content and resources. It also includes a growing series of self-coaching modules that empower users to address issues commonly faced by Responders including anxiety, stress management, substance use to numb, burnout, healthy leadership during prolonged crisis, nutrition to sustain high performance and other topics.

If your Public Safety or Healthcare agency is interested in participating, please send an email to [Team@AllClearFoundation.org](mailto:Team@AllClearFoundation.org).