NEW JERSEY: Stress Management and Active Listening Training Now Available for Rescue Squads

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TAP into New Providence [1]

Caring Contact, a crisis hotline and listening community that serves Central and Northern New Jersey, has begun to provide training in stress management and active listening to first responder groups in the community. A recent two-hour training session held with rescue squad volunteers included instruction in listening versus advice-giving, empathy, suicide intervention, and self-care for first responders. "Our new training for rescue squads is designed to provide hands-on skills for first responders to help individuals in emotional distress," said Caring Contact Training Director Arlene Klemow. "They already have the medical skills to treat someone's injury but they may not be equipped to help someone emotionally. This training provides them with those skills." Training sessions can be tailored to the needs of trainee groups, including fire and police departments.

Spark Extra! To find out more about Caring Contact, visit their website [2].

Links within this resource