Did You Know?

The effects of your job do not stop at the door of your home.

Your family is affected by secondary stress and can result in behavioral issues for kids and teens that may manifest in ways like depression, anxiety, and substance abuse. There are resources for your family—reach out to the Wellness Coordinator.

FAQ

Q: Why would I call the Responder Wellness Coordinator?
A: If you aren’t interested in utilizing your designated EAP but would like assistance finding a provider for yourself or a family member

#FollowUs

The Responder Wellness Coordinator has a new Instagram account. Get the latest on available services and events by following @vegasresponderwellness

Sleep Recovery Training

This is a customized course for responders and other professionals and support staff working in emergency response. This class teaches techniques and strategies verifiably proven to combat sleep disorders, PTS (post-traumatic stress), and to improve overall physiological and psychological rest and recovery. Registration:

www.firstrespondersleeprecovery.com/clarkcountysleeprecovery
Password: sleeprecovery

New Web Page

Responders in Southern Nevada have a new page at www.vegasresponder.org. Visit the site to find out when and where the latest training classes will be held and see upcoming community and responder activities.

5-Year Remembrance Events

- 10/2 – Vegas Strong 5K Run
- 10/2 – Responder donut social event after 5k
- 9/22 – Aviators Responder Appreciation Game
- 9/28 – Responder-exclusive family skate night
- NEW community 5-year remembrance T-shirts approved for CCFD and LVFR duty, available for purchase at https://heroic.supply

For additional details, visit www.vegasresponder.org