



THE
UNIVERSITY OF
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Wounded Warriors Canada First Responder Resiliency Program (WWC FRRP)

Program Description

The First Responder Resiliency Program (“FRRP”) is a peer-based program that helps First Responders maintain or regain their resilience and well-being during the routine exposure to operational stressors in their work. The 3.5 day residential program brings together 8 to 10 First Responder participants, with professional facilitators and team lead First Responders who have completed the program, in an intensive exploration and skill development opportunity for those looking to strengthen their operational stress competence and capacity at any stage of their career. The objectives of the FRRP are to:

- Assist serving first responders to understand the mechanisms and effects of single incident or cumulative operational stress on the body, the brain, on behaviour, and on relationships;
- Provide a peer-based learning experience that focuses on developing capacity to support their peers, and strengthening knowledge and skills to maintain personal resilience and well-being;
- Explore the impact of personal first response experiences with other peers in a systematic and professionally facilitated environment;
- Develop a personal resiliency toolkit and a strategic plan for maintaining resiliency and well-being under operational load;
- Develop skills to improve relationships with peers, partners and family members.
- Connect participants with services, supports and resources that can assist them in maintaining their own resiliency and support the needs of their peers.

The FRRP is an evidence-based model developed out of a collaboration between First Responder participants, the BC Professional Fire Fighters Association, Wounded Warriors Canada, and Dr. Duncan Shields and Dr. David Kuhl from The Men’s Initiative at the UBC Faculty of Medicine. It is designed as an introductory program that will complement existing workplace and private programs for First Responders.