

ALABAMA FIRE COLLEGE

AND PERSONNEL STANDARDS & EDUCATION COMMISSION



COURSE SYLLABUS

Peer Support Member

AFC 701

16 Hours

PREREQUISITES PEER SUPPORT

- 18 years of age
- High School Diploma/GED
- Emergency Responder or Chaplain of an emergency services agency
- Training in Critical Stress Management or Peer Support by a recognized training agency (1-hour online Alabama Fire College Peer Support Awareness Class)
- Designation in writing by an approved department/agency head to provide peer support services to an emergency responder or the spouse of an emergency responder

REQUIRED COURSE MATERIALS

- Course Materials will be provided

DESCRIPTION

The Peer Support Member Training is a 2-day in-person course that will train students to become a peer support team member. Students will learn policies and procedures to follow as a peer; active listening and communication skills; general mental health knowledge; suicide awareness; crisis intervention; grief; substance abuse; skills building and self-care as it pertains to the fire service. Successful completion of the class requirements and the prerequisite documentation can lead to a State of Alabama Certified Peer Support Member certification.

STUDENT LEARNING OBJECTIVES

- Understand the policies and procedures used in the process of peer support
- Understand basic communication and listening skills
- Demonstrate the ability to recognize a responder in distress and assist them with help or resources
- Understand how to provide self-care and the importance of your own mental health
- Understand general mental health conditions, substance abuse conditions and suicide awareness

CERTIFICATION REQUIREMENTS

To be issued certification, the candidate will: provide documentation of prerequisites, complete required training hours including skills training, successfully complete the cognitive written exam, and successfully complete the practical exam.

ACCREDITATION

Successful completion of the class requirements and the prerequisite documentation can lead to a State of Alabama Certified Peer Support Member certification.

COURSE SCHEDULE (SUBJECT TO CHANGE)

Day One:	<ul style="list-style-type: none">• Welcome / Introductions• Firestrong Review• Peer Support Team Overview / Policies and Procedures• Suicide Awareness• Crisis Intervention• Case Studies / Skill Building• Grief
Day Two:	<ul style="list-style-type: none">• Testimonial• Substance Abuse• Mental Health Review• Motivational Interviewing• High Stress Incident Protocol• Building BH Programs• Self-Care• Wrap-Up

GRADE ASSESSMENT

WRITTEN EXAMINATION – COMPLETED DURING THE COURSE

Perform to a minimum 70% competency on the examination,
(One retest is allowed after 30 days but within one year of course end date.)

PRACTICAL EXAMINATION – COMPLETED DURING THE COURSE

Successfully complete a skills/project evaluation to a minimum of 70% competency and successful completion of all critical points. Evaluators will test at least 25% of the skills for each. Skill sheets to be tested will be randomly selected by AFC Certification Unit for the practical examination. (One retest is allowed after 30 days but within one year of course end date.)