

# THE ROAD TO MENTAL READINESS (R2MR)

## Train the Trainer Course

### Help reduce stigma and increase resiliency by becoming an R2MR Trainer

If identified and treated early, mental health concerns in first responders can be temporary and reversible. Employees and leaders who understand normal reactions to stress and how to manage these reactions are more resilient. They have the ability to recover from stress, traumatic events, and adverse situations. It is possible to train people to recognize changes in their own mental health and become more resilient.

Set over a five-day period, the *R2MR - Train the Trainer* course prepares and certifies participants to provide ongoing R2MR courses to first responders, enabling a meaningful and cost-effective way to deliver in-house training and education with a specific focus on mental health.

#### As an R2MR Trainer, you can help first responders:

- ▶ improve short-term performance and long-term mental health outcomes;
- ▶ reduce barriers to care and encourage early access to care;
- ▶ provide the tools and resources required to manage and support employees who may be experiencing a mental illness; and
- ▶ assist supervisors in maintaining their own mental health as well as promoting positive mental health in their employees.

#### Taught by Mental Health Commission of Canada Master Trainers, the course includes:

- ▶ an overview of the key concepts of mental health in the workplace. Participants learn about each concept and are given the opportunity to practice teaching the material to each other;
- ▶ additional learnings of each concept and the continuum model with an opportunity to practice teaching the course material to each other;
- ▶ an in-depth understanding of the background on which R2MR is based, enabling a solid grounding to answer questions participants may encounter during delivery of the course;
- ▶ structured presentation practice time; and
- ▶ evaluation of presentation skills by MHCC Master Trainers who have been with you all week.

### CONSIDER THIS...

First responders, whose jobs commit them to persistent, repeated exposure to potentially triggering incidents, are at ongoing risk of developing mental health problems.

Work stress, workloads, and work-life issues have a negative impact on the physical and mental health of a substantive portion of Canada's first responder personnel.

Stigma is a major barrier preventing people from seeking help for mental health problems or mental illness.

The fear of stigma often delays diagnosis and treatment.

To become an R2MR trainer, email: [R2MR@mentalhealthcommission.ca](mailto:R2MR@mentalhealthcommission.ca)



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