



MEDIA RELEASE

To: All Media Contacts

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RE: First Responder Mental Health Awareness Week

Fountain, Colorado - During the week of May 7th - 11th, The City of Fountain's Public Safety Division will be dedicating time, for its employees, to focus on the topic of First Responder Mental Health.

Throughout the week, various activities and trainings will commence with the ultimate goal of training our first responders, and their families, to use their experiences on the job to become better officers, firefighters, and family members. We want to give our team the necessary tools to be able to cope with the negative and traumatic aspects they have and/or will encounter throughout their career, ultimately turning those experiences into opportunities for positive thinking and growth. In addition to Resiliency Training, the week will include open forums for discussion, De-Escalation Training, and on Wednesday evening, we will host a spouses night providing insight and education for family members regarding PTSD and Stressors for First Responders.

We are thankful to the many instructors that will be coming in especially Status Code 4 Inc. It is our hope to make this an annual event where we can set aside time to focus on caring for our people and their minds.

Members of the media who are interested in obtaining interviews and camera footage should be at the Fountain Fire Department on Monday, May 7th by 10:00 a.m.

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