

# **Wildland Firefighter Health: Current Knowledge for Body, Mind, and Well-Being**

Brief Talks and Discussions  
Tues-Thurs May 31-June 2, 2022

Event webpage: <https://www.nrfirescience.org/event/wildland-firefighter-health-series-current-knowledge-body-mind-and-well-being>

Times listed are Mountain Daylight Time

## **Day 1, Tuesday, May 31: Wildland Firefighter Physical Health Overview**

- 11:00-11:05 *Welcome and Logistics* - Vita Wright, PI, Northern Rockies Fire Science Network and Rocky Mountain Research Station, USDA FS
- 11:05-11:10 *Introduction* - Joe Domitrovich, Project Leader, Exercise Physiologist, National Technology and Development Program, USDA FS
- 11:10-11:30 *Smoke Exposure and Health Effects for Wildland Firefighters* –Kathleen Navarro, Research Industrial Hygienist, National Institute for Occupational Safety and Health
- 11:35-11:55 *Female Firefighters and Reproductive Health: What We Know and Where We Are Going* – Alesia Jung, College of Public Health, University of Arizona
- 12:00-12:20 *Sleep Matters: How it Affects Mental and Physical Health* – Randy Brooks, Professor of Forestry, Department of Forest, Rangeland and Fire Sciences, University of Idaho
- 12:25-12:30 Break
- 12:30-12:50 *Wildland Firefighter Physiological Health and Job Demands* – Joe Sol, Exercise Physiologist, National Technology and Development Program, USDA FS
- 12:55-1:15 *Fitness and Wellness for Forest Service Employees* - Luis Gomez, Assistant Forest Fire Management Officer, Mendocino National Forest and Chair of the Region 5 Human Performance committee
- 1:15-1:30 Q&A with panel

## **Day 2, Wednesday, June 1: Wildland Firefighter Mental Health Overview**

- 11:00-11:05 *Welcome and Logistics* - Vita Wright, PI, Northern Rockies Fire Science Network and Rocky Mountain Research Station, USDA FS
- 11:05-11:10 *Introduction* - Moderator: Ben Iverson, Fire Training Specialist, Innovation and Organizational Learning RD&A, USDA FS
- 11:10-11:30 *Wildland Firefighter Mental Health* - Patty O’Brien, Clinical Psychologist
- 11:35-11:55 *PTSD: Finding a Way Home* – Marc Titus, M.S., Consultant and Wellness Coach

- 12:00-12:20 *Taming Fire Dragons* - Suzanne Connolly, LCSW, LMFT, LISAC, Adjunct Professor, therapist and licensed clinical social worker
- 12:25-12:30 Break
- 12:30-12:50 *Identification and Integration of Moral Injury* - Rebecca Morris, Outpatient Mental Health Chaplain, Portland VA Medical Center and Patty O'Brien, Clinical Psychologist
- 12:55-1:15 *Stress First Aid for Wildland Firefighters* – Kimberly Lightley, USDA FS WO-FAM Risk Management Specialist
- 1:15-1:30 Q&A with panel

**Day 3, Thursday, June 2: Supporting a Healthy Workforce**

- 11:00-11:05 *Welcome and Logistics* - Vita Wright, PI, Northern Rockies Fire Science Network and Rocky Mountain Research Station, USDA FS
- 11:05-11:10 *Introduction* - Moderator Jim Gumm, Director, Innovation and Organizational Learning Research, Development & Application (IOL RD&A), USDA FS
- 11:10-11:30 *Recognizing Risk Factors in the Workplace* – Matt Carroll, Learning Ambassador, Innovation and Organizational Learning RD&A, USDA FS
- 11:35-11:55 *Active Bystander and Preparedness Training* – Ty Gilbert, Training Technician, The Ember Alliance
- 12:00-12:20 *Building Resilience* – Ben Iverson, Fire Training Specialist, Innovation and Organizational Learning RD&A, USDA FS
- 12:25-12:30 Break
- 12:30-12:50 *Overview and Practical Application of Incident Kits* – K.C. Briggs, Acting Branch Chief, Behavioral Health and Employee Wellbeing, USDA FS Work Environment & Performance Office
- 12:55-1:15 *NWCG Efforts for Wildland Firefighter Health* - Miranda Stuart, Fire Management Specialist, National Park Service and Chair, National Wildfire Coordinating Group (NWCG) Mental Health Subcommittee
- 1:15-1:30 Q&A with panel

