

# 2023 ISFCA Training Classes by Everon LLC

## Class Description:

### **All-day training resiliency and mental health training:**

This training will increase the understanding of PTSD and resiliency of those who serve, and better equip them to train and respond to their fellow firefighters and EMS personnel. We will provide tools leaders can use to create an environment of resiliency. A resilient, pro-active department focused on mental fitness increases performance, morale, retention, and recruitment. Training will focus on current issues of suicide prevention, covid and opioid crisis.

### **Learning Objectives:**

Upon Completion, Students Will Be Able To:

- Understand the development of PTSD
- Investigate the connection between suicide, PTSD, and the traumas of service
- Understand the signs of covid and opioid crisis on firefighters
- Understand the cumulative impact of the increase of opioid calls
- Address the impact of service on family and personal issues and how to find balance at work and at home
- Understand how resilient leadership can impact the mental health and well-being of their followers
- Better make a healthy transition from the conditions of trauma
- Create a culture of resiliency and pro-active community awareness for first responder issues
- Developing an effective and practical peer support protocol.
- Learn and use simple peer support tools that can be used in your department and your community
- Promote a culture of mental fitness that makes your officers stronger and more resilient

### **Three-hour resiliency and mental health training:**

This training will increase the understanding of PTSD and resiliency of those who serve, and better equip them to train and respond to their fellow firefighters and EMS personnel. A resilient, pro-active department focused on mental fitness increases performance, morale, retention, and recruitment. Training will focus on current issues of suicide prevention, covid and opioid crisis.

**Learning Objectives:** Upon Completion, Students Will Be Able To:

- Understand the development of PTSD
- Investigate the connection between suicide, PTSD, and the traumas of service

- Understand the impact of covid and opioid crisis on firefighters
- Understand the cumulative impact of the increase of opioid calls
- Address the impact of service on family and personal issues and how to find balance at work and at home
- Learn tools for making a healthy transition from conditions of trauma
- Create a culture of resiliency and pro-active community awareness for first responder issues
- Promote a culture of mental fitness that makes your officers stronger and more resilient

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**Mission Statement:**

To raise awareness of mental health issues, to equip others to live well after adversity, to be an advocate for veterans and first responders, to change the soul of America on suicide.

**Education:**

BS Mathematics – Vanderbilt University, 1991

**Work:**

US Marine Corps – Captain  
1991-1996

Bearfoot Magazine Journal of Northern California Outdoors  
1998-2000

Publisher, Outdoors Magazine based in San Francisco, CA. Won best start-up magazine award. Distributed worldwide by Borders, Barnes & Nobles, Tower Records and Virgin.

SG Creative Group  
2001-2012

Advertising and Marketing Agency  
Founder and President

Full-service ad agency with primarily regional clients. Left business to focus on work with The Ladder UPP and speaking.

Everon/The Ladder UPP  
2006 to present

Speaking, publishing of The Ladder UPP

Focused on helping people overcome life trauma and PTSD, depression and suicide. Published three books on resiliency, mental health, and suicide prevention.

Public Agency Training Council

2012 to present

Lecturer on PTSD, Suicide Prevention, and Leadership for the largest public training agency in the world, PATC.

**Bio**

Silouan Green graduated from Vanderbilt University in 1991 with a BS degree in Mathematics and then accepted a commission in the United States Marine Corps. While serving in the Marines, Silouan was involved in a jet training accident. In the ejection,

Silouan's back was broken and his co-pilot tragically killed. This horrible event and the complications that followed left Silouan a shell of a man and he descended into the hell of Post Traumatic Stress Disorder, PTSD. His life in pieces, he was disability discharged and then hit the road on the back of a motorcycle for two years to look for a new beginning.

Since that journey began, Silouan has published an internationally distributed outdoors magazine, Bearfoot Magazine- Journal of Northern California Outdoors, started a successful advertising and marketing business, Silouan Green, LLC, but more importantly, has developed The Ladder UPP life skills program. The Ladder UPP has been used by thousands of troops, police, fire, EMTS, people in recovery, and many others. It has also been utilized the loved ones, friends, colleagues and teachers of those suffering from depression and mental trauma in order to better engage and respond to them.

Silouan has taught The Ladder UPP and spoken on PTSD, depression and suicide across the country with a variety of organizations and groups including the following:

New York Police Department, California Highway Patrol, Pentagon Police and HRT, Walter Reed Medical Center, Fort Bragg, Fort Campbell, Camp LeJeune, Department of Homeland Security, The American Red Cross, Willow Creek Community Church, Indiana Department of Mental Health, Indiana Department of Child Services, Purdue's Military Family Research Institute, Mental Health America, National Association of Mental Illness, Veterans Administration, many police and sheriff's departments.

**Skills:**

Expert and lecturer on PTSD, Leadership and Suicide Prevention

Web and social media

Advertising and marketing

Public speaking