



# STRUGGLE WELL



*We are meant to thrive, not just survive.*

## STRUGGLE WELL 2-DAY TRAINING SPONSORED BY THE FLORIDA PUBLIC SAFETY INSTITUTE

**DATE:** September 24-25, 2024

**TIME/DURATION:** 8am-4pm (8 Hours)

**LOCATION:** FPSI 75 College Drive, Havana, FL 32333

### THE OBJECTIVE

The objective of Struggle Well Training is to enable participants to prepare, practice, and implement an individualized plan for personal growth by transforming struggle into strength, enabling them to be of continued service to themselves, their family, their work, their community, and their country.

### THE APPROACH

Struggle Well training is based on the proven framework of Posttraumatic Growth, which feature five phases, built on an environment of trust and connection

### THE IMPACT

Struggle can serve as a catalyst for growth and transformation, if used properly. The purpose of Struggle Well training is to enable you to grow, which occurs in five areas:

- **New Possibilities**
- **Deeper Relationships**
- **Personal Strength**
- **Appreciation for Life**
- **Spiritual and Existential Change**

### LEARN MORE

To RSVP for the training or to learn more, contact Laurick Ingram at  
[laurick.ingram@bouldercrest.org](mailto:laurick.ingram@bouldercrest.org) / (954) 607-9255



Struggle Well trainings are developed and delivered by the Boulder Crest Foundation, a national nonprofit organization dedicated to ensuring the first responders, service members, veterans, and their families can live great lives – filled with passion, purpose service, connection and growth.

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## The Struggle Well First Responder Initiative

### Our Vision

Boulder Crest Foundation is a national nonprofit organization dedicated to ensuring that our nation's first responders, service members, veterans, and family members can thrive in the midst of lives filled with stress, struggle, hardship, and trauma. To make this possible, Boulder Crest has pioneered the development, delivery, research, and scale of transformative training programs based on the proven framework of Posttraumatic Growth.

### Our Challenge

Our nation's first responders are struggling. Every year we lose more first responders to suicide than in the line of duty, and it is estimated that more than 30 percent of active first responders are battling a range of mental health challenges. For far too many of these remarkable public servants, the cost of service to their community is the quality of their lives. We can and must do better.

### Our Approach

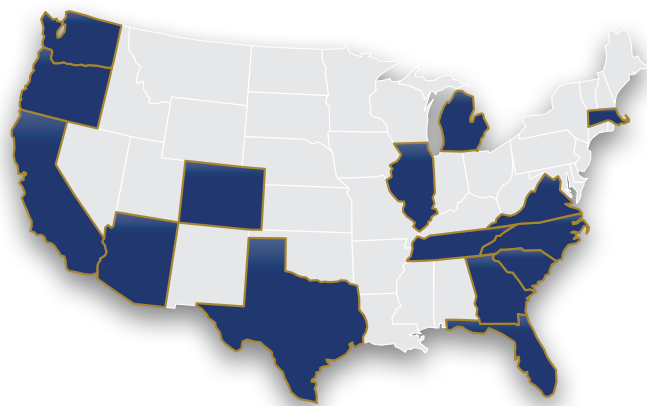
Boulder Crest continues to expand its Struggle Well First Responder Initiative (FRI), the first comprehensive training effort designed to embed the practices and principles of Posttraumatic Growth (PTG) into the first responder culture. Our focus is on cultural transformation through the implementation and institutionalization of a new way of operating, one in which struggle is normalized and the ability to struggle well democratized. The key elements of our approach include 1-hour to 1-day awareness sessions and formal training (intensive 16-hour and 40-hour training programs). The Struggle Well program is supported by ongoing training, community, and resources through our Struggle Well mobile application, Struggle Well newsletters, and PTG micro-trainings. The integration of Struggle Well concepts and ideas into training will impact a first responder's entire career. The core of the Struggle Well training philosophy is a focus on normalizing struggle as part of every human life and democratizing the capacity to struggle well.

### Our Impact

In 2023, Boulder Crest Foundation provided one-, two-, or five-day Struggle Well training to 15,286 individuals. Since opening our gates in 2013, Boulder Crest Foundation has served over 100,000 service members, veterans, first responders, and their families. The tremendous impact of the First Responder Initiative is evidenced by quantitative, qualitative, and anecdotal feedback that demonstrates the effort is facilitating fundamental cultural transformation. In 2023, Struggle Well participants experienced 43% improvement across the five domains of Posttraumatic Growth (New Possibilities, Deeper Relationships, Personal Strength, Appreciation for Life, and Spiritual-Existential Change). Training participants consistently call the Struggle Well program

"the best training I have ever experienced in the course of my professional and personal life." Senior leadership report that the training is

significantly improving morale, retention, performance, and the way first responders view the communities they serve.



### Contact Us

To learn more about the First Responder Initiative, and how we might be able to partner to bring it to your agency or geographic region, contact: [strugglewell@bouldercrest.org](mailto:strugglewell@bouldercrest.org).

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★ FOUNDATION ★