



# FORTRESS RESILIENCE GROUP

STRENGTHEN THE MIND | PROTECT THE MISSION | PERFORM UNDER PRESSURE

## BUILT FOR FIRST RESPONDERS. PROVEN IN HIGH-RISK ENVIRONMENTS.

### WHY OPERATIONAL RESILIENCE MATTERS

**30%** of first responders develop behavioral health conditions.







 Law enforcement suicides exceed line-of-duty deaths. -Blue H.E.L.P.

 **1 in 4** dispatchers show PTSD symptoms.

 **46.8%** of EMS personnel exhibit suicide ideation

 Firefighter suicides have exceeded line-of-duty deaths in recent years.

### WHAT YOUR TEAM WILL GAIN

-  Understand how operational stress accumulates
-  Recognize early warning signs of burnout
-  Improve decision making under pressure
-  Learn immediate stress regulation techniques
-  Improve focus, clarity, and performance under pressure
-  Build long term resilience on and off duty

### BUILT FROM REAL-WORLD EXPERIENCE

  
U.S. Marine Corp  
Combat Veteran

  
Fortune 50  
Security Instructor

 Creator of Enterprise-Level  
Resilience Program

  
Former Law  
Enforcement

## THE FOUR PILLARS FRAMEWORK



**Mind | Body | Social | Spiritual**

### BRING THIS TRAINING TO YOUR DEPARTMENT

# HOW IT WORKS



## 60-90 MINUTE TRAINING SESSIONS

Designed specifically for first responders.



## DELIVERED ACROSS SHIFTS

Sessions scheduled around your operations to ensure full department coverage without staffing disruptions



## SCALABLE SOLUTIONS

Flexible delivery model to fit departments of any size.

## TYPICAL DELIVERY MODEL



### SMALL AGENCIES

1-3 sessions



### MID-SIZE AGENCIES

4-6 sessions



### LARGE AGENCIES

Custom delivery

## PROGRAM INVESTMENT



\$4,000 - \$12,000

Most departments investments are based on size and number of sessions.

## MULTI-SESSION PACKAGES AVAILABLE



## DIRECTOR OF TRAINING CAMERON BETUSH

Cameron Betush is a U.S. Marine combat veteran, former law enforcement officer, and security professional with over two decades of experience operating in high-stress environments.

He deployed to combat in Afghanistan and was awarded the Purple Heart and Combat Action Ribbon. After military service he worked in law enforcement conducting high-risk operations.

Today he works in security operations for a Fortune 50 company where he also serves as an instructor delivering resilience training for security professionals.

- ★ U.S. Marine Combat Veteran
- ★ Combat Action Ribbon Recipient
- ★ Security Operations Professional & Instructor - Fortune 50
- ★ Graduate Certificate in Military Resilience - Liberty University
- ★ Purple Heart Recipient
- ★ Former Law Enforcement Officer

