



# FORTRESS

## RESILIENCE GROUP

STRENGTHEN THE MIND | PROTECT THE MISSION | **PERFORM UNDER PRESSURE**

**Operational resilience training designed for first responders and high-stress professionals**

### WHY OPERATIONAL RESILIENCE MATTERS

First responders operate in environments of constant vigilance, critical decision making, and repeated exposure to stress.

**30% of first responders develop PTSD, depression, or other behavioral health conditions.**  
- SAMHSA



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



1 in 4 emergency dispatchers show PTSD symptoms from repeated traumatic calls.  
-International Journal of Emergency Mental Health



15-22% of EMS clinicians experience PTSD.  
-NAEMT / JEMS



Firefighter suicides have exceeded line-of-duty deaths in multiple recent years.  
-Firefighter Behavioral Health Alliance

### WHAT PARTICIPANTS LEARN

This training provides practical tools first responders can use immediately on shift.

- ✓ How operational stress accumulates
- ✓ Stress and performance relationship
- ✓ Early warning signs of burnout
- ✓ Practical regulation techniques
- ✓ Building long-term resilience



Mind | Body | Social | Spiritual

### The Four Pillars Framework

Training sessions are scheduled based on department size and shift structure.

REQUEST TRAINING FOR YOUR DEPARTMENT

Email: [Cameron@FortressResilienceGroup.com](mailto:Cameron@FortressResilienceGroup.com)

Phone: 724.816.0952

Website: [FortressResilienceGroup.com](http://FortressResilienceGroup.com)



## Program Delivery

- 1-3 sessions by for smaller agencies
- 4-6 sessions for mid-size departments
- Additional sessions available for large departments

### PROGRAM INVESTMENT

Most departments invest

\$4,000 – \$12,000

depending on agency size.

## DEPARTMENT RESILIENCE TRAINING

60-90 minute operational resilience training designed specifically for first responders.

Delivered across shifts so the entire department can attend without affecting staffing.

Training sessions are scheduled based on department size and shift structure.

### REQUEST TRAINING FOR YOUR DEPARTMENT

Email: [Cameron@FortressResilienceGroup.com](mailto:Cameron@FortressResilienceGroup.com)

Phone: 724.816.0952

Website: [FortressResilienceGroup.com](http://FortressResilienceGroup.com)

## Director of Training/Instructor



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 100 company where he also serves as an instructor delivering resilience training for security professionals.

- U.S. Marine Combat Veteran
- Purple Heart Recipient
- Combat Action Ribbon Recipient
- Former Law Enforcement Officer
- Security Operations Professional & Resilience Instructor – Fortune 100
- **Graduate Certificate in Military Resilience – Liberty University**