

# mResilience™

POWERED BY TIAG

Develop, Maintain, & Rebuild Personal Resilience

"We see things in this profession that we cannot unsee and I know that **this app will save lives** and **help those public servants** that are struggling get the help they need to cope."

— MIKE NIELSEN, BOONE COUNTY SHERIFF

## FIRST RESPONDERS AND RESILIENCE

First responders put resilience to the test every day. The ability to “bounce back” is critical to do the work of protecting and saving lives. But the challenges of first responder work hit at the core. **Strengthening** and **maintaining resilience** can be the cornerstone of any prevention program.

## DEPARTMENT CHALLENGES

- Impact of stress on productivity, performance & retention
- Cost-effective ways to address the mental challenges of the job
- The stigma against seeking psychological help

## EFFECTS OF STRESS AND TRAUMA\*

- ⚠️ POOR CARDIAC HEALTH
- ⚠️ OBESITY
- ⚠️ SUBSTANCE ABUSE
- ⚠️ BURNOUT
- ⚠️ DEPRESSION
- ⚠️ PTSD
- ⚠️ SUICIDE

\*Hartley, et al, 2011, 2013; University of Buffalo, 2008; Violanti, et al, 2009, 2011.



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# mResilience™

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## OUR VISION

To provide first responders with a preventative, prehab approach to developing, maintaining, and rebuilding personal resilience.

## mRESILIENCE IS

- Customizable
- Confidential
- Accessible 24/7
- Research-focused



## INTRODUCING THE mRES MOBILE APP

- A customizable toolkit available 24/7 in responders' back pocket
- Direct and confidential access to department peer support team
- Self-regulation tools to improve the stress response
- Goal-setting to build attainable achievements
- Easy access to department, local and national resources

## mRESILIENCE OFFERS

- Customizable, resilience-building mobile app
- In-person resilience training tailored to department's needs
- Department-managed app content system
- Effective stress management and performance-enhancing tools
- Ways to connect to supportive networks in and beyond the department

“ ”

The mRes mobile app gives the Boone County Sheriff's Office a **set of evidence-based stress management tools** paired with our specific content that is **delivered in a secure and confidential mobile app**. The TIAG team worked with us to configure the application exactly the way we wanted and **supported our training needs with superb training** focusing on the science of how stress impacts the body. My team did our research and **this was the right answer for us.**

— MIKE NIELSEN, BOONE COUNTY SHERIFF



## mRESILIENCE TRAINING

mResilience Training is optional and offered in-person directly to staff or through a train-the-trainer model. The training boosts adoption rates and provides hands-on practice with resilience-building tools and strategies. By integrating mResilience training with existing resources, departments can customize the training to fit their needs. Participants leave the course with the mobile app on their phones and ready to implement a variety of resilience-focused activities.

- Hands-on practice with the mRes mobile app
- Practical, actionable strategies to build resilience
- Focus on the science behind the mRes tools
- Access to additional resources and references

**CONTACT US TODAY AT:** [mResInfo@tiag.net](mailto:mResInfo@tiag.net)



## mRES PORTAL

### UPDATE YOUR APP CONTENT IN MINUTES!

The mRes Portal is a web application that syncs with the mRes mobile app. Departments can take control by customizing various app content anytime and anywhere. Content changes in the Portal will immediately update to the app at the click of a button.

### DEPARTMENT ADMINISTRATORS CAN:

- Update their Peer Support roster including team member bios and contact information
- Configure department, local, and national resources to fit department needs
- Keep officer wellness resources up-to-date

VISIT US ONLINE AT: [mResilience.net](http://mResilience.net)





# *m*Resilience™

We are a team of innovators. With 20 years' worth of experience TIAG has developed a leading reputation in researching, designing and developing resilience-based technology products for the military, government and most recently, the first responder communities. Our staff are experts comprising program and project managers, subject matter experts, researchers, designers and developers. Collectively, we bring a comprehensive approach to advising and creating relevant resilience-based technology services, programs and products.

Optimized for AWS Cloud to support scalability and security. Organizational content is maintained in AWS GovCloud environment. Mobile app "pulls" content, no personally identifiable information is collected or stored on a personal device.



**For more information  
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