



BSS FIFO Preparedness Program

Working FIFO can have numerous benefits for the employee and their immediate family (e.g., greater income, length of time off with the family on R&R). However, working away also brings its unique challenges and can place considerable strain in the worker and their family.

What is the FIFO Preparedness program?

The FIFO Preparedness Program has been created to support individuals and their families considering taking on FIFO work (or already embarked on it) so they can make the most of FIFO work & lifestyle.

The program assists employees and their families in preparing for FIFO lifestyle in two ways: 1) by identifying any personal, emotional and family challenges that require special planning or intervention; and 2) by preparing employees and their families for the normal emotional adjustment that working FIFO involves.

What type of support is offered?

Upon booking your first session you will be allocated a dedicated clinician (registered psychologist or social worker) specially trained in delivering this service. The program includes an initial 2-hour assessment to identify possible risks to successful FIFO work, followed by sessions aiming to resolve/mitigate those risks and to provide psychoeducation about common FIFO challenges.

The number of sessions following the initial 2-hour assessment, the frequency of these sessions and the

delivered method (face to face or telehealth) will be negotiated with you at your first session. This program does not involve therapy but referrals to counselling will be considered when appropriate.

If the employee is in a stable relationship, we recommend the employee and their partner do this program together. We acknowledge the importance of the partner's perspective in the FIFO lifestyle. However, if this is not possible, we can still provide guidance to the employee individually and they can share findings and recommendations with their partners.

How can I access the program?

This program is self-referred, so employees just need to contact the BSS office to book an appointment. This program falls under the EAP services and as such is voluntary and confidential.

Confidentiality

Your employer will not be provided identifying information about who uses the program. The only time confidence may be broken is when "duty of care" legally overrides the "duty of confidentiality" held by the clinician.



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