



# FIRE RESCUE SUPPORT

BEFORE... DURING... AFTER...

The following  
firefighters died in  
the line of duty  
during the month of  
May

5/1

Thelonious Adams  
Las Vegas, NV

5/9

Mark A. Graziano  
Hudson, NY

5/12

William F. Brinza III  
Grove, OK

5/14

Thomas A. Cannon  
Attleboro, MA

5/28

Juan J. Bucio  
Chicago, IL

39 firefighters have  
died in the line of duty  
this year

## Your First Family

The fire department is like another family! How many times have you heard or said something like that?

Connection and commitment to one another are hallmarks of the fire service. Support, encouragement, and care are ways of life inside the world of fire rescue. In many ways we are indeed like another family. But we're your second family. You have a first family. It's the family you go home to at the end of every shift. It's the family who will be there for you when you're no longer in the fire service.

So how do you balance being part of two families? How do you keep jealousy

from developing between your two loves? How do you give your all on the job and still have your best available for home?

Ellen Kirschman, a psychologist who works with first responders, wrote a book that I highly recommend called [I Love a Firefighter](#).

This book is written to help support your first family while you work alongside your fire family. Here's what Dr. Kirschman says about her book. "I write about fire fighters as I know them: complex men and women doing one of the world's toughest jobs and trying to fit comfortably into two families — the one at the firehouse and the one at home."

In her book, Dr. Kirschman addresses the occupational health and safety issues as well as domestic concerns including unpredictable schedules, lack of communication, and anxiety. Using vivid anecdotes from her years as a public safety psychologist, she shows families how they can pull together when job stress threatens to spill over onto home turf. [I Love a Firefighter](#) is filled with practical tips to shed light on what spouses and partners can do to help themselves, their mates, and their children live with the "best job in the world."

*(Continued on page 2)*

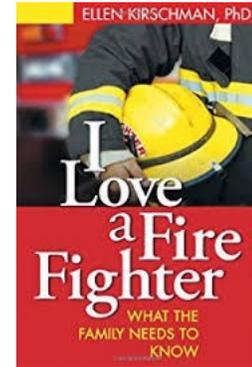
This newsletter sponsored by

**AutoMax**  
Ocala

(Continued from page 1)

Being part of the fire service gives us access to all the best parts of family life – support, care, encouragement. But never allow the fire family to overshadow your first

family. After all, your first family is the family that will be there long after this season of firefighting has come to a end.



## Behind the Shield Podcast

James Geering is a firefighter/paramedic in Central Florida with a passion to help us take better care of ourselves. As a result of his personal journey, he has come in contact with a variety of professionals who have tremendous insight into the work we do and the way it impacts us. Here's how James says it...

This Podcast will bring some of the greatest minds on the planet to you, the men and women who protect our communities. The topics will range from exercise and nutrition to PTSD and sleep deprivation. I aim to smash the mold that has imprisoned us for so long and take you on the journey with these men and women that will change your lives as they have mine. We will challenge every aspect of our job and heal our peers along the way. As Bruce Lee said, "absorb what is useful, discard what is useless." We are all built differently and each and every one of you will have your own experience on this path. I hope you enjoy the wealth of knowledge and I look forward to hearing the success stories from around the globe.



I had the privilege of sitting down with James and talking about the chaplaincy and its role in helping the world of fire rescue. [Click here](#) to listen to the podcast.

# CISM Monthly Training

## Controlled Breathing

*Each month we'll discuss a topic related to crisis intervention. We hope this will serve as a refresher for those who have been trained, as well as something to create interest for those who have not.*

The ICISF model of critical incident stress management is based upon the philosophy that the crisis interventionist can offer direct assistance to the person in crisis. Some of these tools fall under the category of stress management techniques including mindfulness, controlled breathing, and muscle relaxation.

Controlled breathing is a rather simple concept that allows your focus to be moved away from the stressful issue before you. Try this...

- 1) inhale for 2 seconds
- 2) Hold for 1 second
- 3) Exhale for 2 seconds
- 4) Hold for 1 second

[Click here](#) for other controlled breathing techniques.



## CISM Training

Assisting Individuals in Crisis AND  
Group Crisis Intervention

**Clearwater**  
**July 10-12**

**Winter Garden**  
**October 23-25**

For more information and to register visit  
[www.firerescuesupport.com](http://www.firerescuesupport.com)

Want to host CISM training at your agency?  
Contact Joe at 352-425-1643 or  
[joe@firerescuesupport.com](mailto:joe@firerescuesupport.com)

## Amazon Donates to Charity



For eligible purchases at Amazon Smile, the Amazon Smile Foundation will donate 0.5% of the purchase price to the customer's selected charitable organization. You can make Fire Rescue Support your organization by [clicking here](#). Then every time you order through the Amazon Smile website you'll be helping Fire Rescue Support continue its mission of supporting fire rescue personnel before, during and after the call.

---

## Thank You!

Thanks for your partnership with Fire Rescue Support. Because of you, we have the opportunity to support fire rescue personnel before, during and after the call. Visit [www.firerescuesupport.com](http://www.firerescuesupport.com) for more information or to donate. You can also find us on Facebook and Instagram. And please don't hesitate to contact me if I can be of assistance personally or professionally. You can reach me at



---

## Connect with Fire Rescue Support





12647 SE 102nd Avenue  
Bellevue, FL 34420

352-425-1643

info@firerescuesupport.com

www.firerescuesupport.com



Every day the men and women who serve as fire rescue personnel put their lives on the line for their communities. The work they do is full of unique challenges like dealing with extreme physical conditions and coping first hand with human tragedy. Often these challenges take a toll on their well-being and put incredible strain on their relationships. In addition, the people that fire rescue personnel serve are many times experiencing the worst day of their lives. As they struggle through their personal tragedies, they are faced with the task of rebuilding their lives and going forward.

Imagine an organization committed to one task – supporting fire rescue personnel. From their work in the field to their lives at home, picture an organization working to equip these first responders to be more successful on the job and in life. Envision an organization that extends the support of those serving in fire rescue by offering care and comfort to the people they serve. Finally, picture an organization that would impact emergency services workers all across the country. That organization is Fire Rescue Support – supporting fire rescue personnel before, during and after the call.

