



Monthly Newsletter September 2013

**Fire Rescue Support exists to support fire rescue personnel
before, during and after the call**

Before the Call

FFCA magazine



The Florida Fire Chiefs' Association publishes a monthly magazine called *Fire Service*. Starting with the October 2013 edition, I will have the opportunity to write a monthly Chaplain's Column. I'm looking forward to being able to share with the wider fire service community about issues such as stress management, dealing with grief and serving with compassion.

Ladder 21 push in



Continuing a tradition that dates back to the days when departments used horse-drawn equipment, crews from Marion County Fire Rescue Station 21 recently pushed the new Ladder 21 into the station for its first shift.

Honor the Family



Fire Rescue Support has recently become a founding partner of Honor the Family of Marion County. Honor the Family is a consortium of individuals, organizations & ministries that have come together in order to better serve the needs of families in our community.

Honor the Family is hosting a fundraising banquet on Friday, September 27 at the Ocala Hilton. Businesses and individuals are being asked to sponsor a table for \$450 and then invite people to join them to be made aware of the issues we are facing and the resources that are working together to assist our community.

Let me know if this is something of interest and I'd be happy to speak more about it.



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During the Call

My accident



Here's something you don't see everyday. On August 12th I was involved in a very minor traffic crash. No injuries – little damage. By the way, I passed all the post-accident tests!

Rollover



The type of damage a vehicle receives during a crash isn't always a good indication of the injuries passengers sustain. The driver walked away from this rollover on an I-75 exit ramp.

What happened?

Here is a breakdown of the hours I spent with the Florida State Fire College, Marion County Fire Rescue, Ocala Fire Rescue and Fire Rescue Support last month...

August	
Accidents	3.5
Ceremonies	2.5
CISD	2.0
Counseling	3.0
Fires	7.0
Follow up	3.0
Funeral related	0.0
Hospital visits	1.5
Office	4.0
Incidents	1.5
Meetings	5.0
Special Events	0.0
Station Visits	10.5
Training	2.0
Wedding related	1.5
Monthly total	47.0



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After the Call

Critical Incident Stress Management (CISM) is a comprehensive, integrative, multicomponent crisis intervention system. In simple terms, CISM is psychological first aid, the goal of which is to prevent any further harm from coming to those dealing with a traumatic incident. I have had the privilege of being trained in CISM through the International Critical Incident Stress Foundation (ICISF). In fact, I am one class away from becoming an approved instructor with the ICISF.

I am also part of the Ocala-Marion County Critical Incident Stress Management team. Made up of members of the law enforcement and fire rescue communities, as well as mental health professionals, this group stands ready to assist when needed.

I say all of this to show that I firmly believe in the CISM process.

I also firmly believe that the crews that serve together day-to-day are in the best position to help each other navigate the issues that arise from traumatic calls. These crews have shared the traumatic experience and are able to tell when someone is having a tough time.

But even crews that have been together for years can get stuck in trying to help each other out of a tough spot. During these times, the presence of the chaplain can be very helpful.

Don't ever hesitate to call if I can be of assistance. Just put on a pot of coffee and I'll drop in for a visit.

Thank you!

Thanks for your interest in and partnership with Fire Rescue Support. We exist to support fire rescue personnel before, during and after the call.

Visit www.firerescuesupport.com for more information or find us on Facebook. You can simply click on the images below.

