



Monthly Newsletter
November 2016

**Fire Rescue Support exists to support fire rescue personnel
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The Human Side of the Fire Service

Chaplain Joe LaCognata will present “The Human Side of the Fire Service”
Wednesday, December 7 at 3:00pm at the 2016 Safety and Health Conference



You have probably had the experience of being helped by someone who knew their job well, but they just were not very nice as they did it. That is, they were proficient in completing the task assigned to them, but they did so in a manner that was not very personal. Think of a highly competent doctor who gets a bad rap for having poor bedside manners.

Ability, competency and proficiency are all sought after qualities of those in the fire rescue profession. Your work is comprised of intricate technical skills based on a strong educational foundation. On-going training makes sure skills such as hose line deployments, medical procedures and extrication techniques stay sharp.

However, beyond the skills, training, and experience is the reality that everything you do is done in the context of others. Think of the people you serve, as well as the people you serve with. Consider the way you take care of your family and the way you take care of yourself.

This spirit of caring for others is what defines the fire service. That’s why you are called public servants. It’s your willingness to selflessly serve those in need that makes you who you are. Beyond your tools and techniques, it’s the person-to-person nature of your work that really matters. That is, it’s the human side of the fire service that makes a difference.

During “The Human Side of the Fire Service” presentation at the 2016 Safety and Health Conference, Chaplain Joe LaCognata will help you maximize your relationship with the people around you. Specifically, he will address how to better provide care for the victims you serve, the peers you work alongside of, your family at home, and one of the toughest people to care for – yourself. Chaplain Joe will communicate four simple truths that will completely impact the way you interact with these groups.



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“The most important person is the person right in front of you.” While this will be taught in the context of providing care for victims, this concept will revolutionize all your relationships. You will be encouraged to slow down in the course of your everyday life and truly engage with the people you come in contact with. Giving people your attention, your time, and your compassion will allow them to feel greatly valued. This is a critical skill to have as you interact with the people you serve on the job, as well as all those you encounter in life. And while giving that kind of focus to every person might sound overwhelming, you will see this you can do that one person at a time.



“You are your brother’s and sister’s keeper.” The Brotherhood is talked about, but what does it look like? Chaplain Joe will make a strong case that you have an opportunity, even a responsibility to one another in the fire service. Camaraderie, connection, cohesion – all these words describe the manner in which you relate to one another. This allows you to know one another and understand one another. Who better than a firefighter to know the joys and frustrations you face every day? Who better than a firefighter to help you navigate the struggles of the job? In fact, since the fire service forms a circle that is closed to outsiders, if a firefighter isn’t going to be there for a fellow firefighter, who is?



“Your family doesn’t need to know what you did, but they will always want to know how you’re doing.” While communication is a key feature in any relationship, it is critical in the life of a fire rescue family. With the additional stresses of the job, it is imperative that firefighters and their families keep the lines of communication open. The biggest issue that families face is that fire rescue personnel tend to withhold the challenges they face from their families in an effort to keep them safe. The biggest issue firefighters face is knowing how much to share of what they experience with their family. Chaplain Joe will help you better understand how to help stay connected with your family.



“It’s ok to not be ok.” For most of you, the hardest person to care for is yourself. And that’s understandable when you consider that you have to provide care for the victims you serve, the peers you serve with, and the families you love. However, the actual reason it’s hard for you to care for yourself is that the culture of the fire service doesn’t allow you to have a hard time. You’re supposed to have everything together, handle every situation, and deal with every tragedy. Chaplain Joe will help you see that the road to dealing with the challenges you face begins with your willingness to admit you’re not okay.



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CISM Training



It has been a very exciting year as I have had the opportunity to teach crisis intervention across Florida and into Georgia. Over 225 students have attended 13 sessions of “Assisting Individual in Crisis” and “Group Crisis Intervention.” This is evidence of the changing culture of the fire service. Gone are the days where fire rescue personnel were expected to just bury their emotions in response to the tragic events they faced. Now we know there are things we can do to help people process and navigate the stress of the job.

There is still one training session left this year. I’ll be in St. Augustine, FL – November 28-30. [Click here](#) for more information and to register.

Please contact me if you are interested in hosting this training in 2017.



Firefighter Suicide

The following is a letter sent to the men and women of Marion County Fire Rescue and Ocala Fire Rescue following the death of Indian River County Fire Rescue Battalion Chief David Dangerfield. Chief Dangerfield’s death is a reminder of the challenges fire rescue personnel face every day.

By now, most of you have heard about the death of Battalion Chief David Dangerfield of Indian River County Fire Rescue. Chief Dangerfield took his life after posting about the stresses of the job on Facebook.

“PTSD for firefighters is real. 27 years of deaths and babies dying in your hands is a memory that you will never get rid of. It haunted me daily until now.”

Earlier this year, I had the privilege of connecting with you through a training session called the Human Side of the Fire Service. During our time together, we talked about the challenges that we face every day. We also talked about the danger that exists when those challenges are left unresolved.

“It’s ok to not be ok” must become a way of life in the fire service. That is, we have to give ourselves and each other permission to have a hard time with the job. We have to get past the “suck it up buttercup” mentality and truly begin to deal with the issues we face. We can’t afford to lose one more life. We have an opportunity and responsibility to one another in the fire service. We are our brother’s and sister’s keeper!

As your Chaplain, I stand ready to assist you in any way that I can. There’s no reason to go through any struggle alone.



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CISM Monthly Training

In an effort to continue to promote the conversation about critical incident stress management, I'm excited to introduce you to a new part of this newsletter. Each month I'll discuss a topic relative to crisis intervention. I hope this will be helpful as a refresher to those who have already been trained, as well as something to create interest among those who have not.

Let's start with the International Critical Incident Stress Foundation (ICISF). The mission of the ICISF is to provide leadership, education, training, consultation and support services in comprehensive crisis intervention and disaster behavioral health services to the emergency response professions, and other organizations and communities worldwide.

The ICISF is recognized throughout the world as the leading provider of crisis intervention training and support. This training is delivered in two main ways.

First are Regional Trainings where ICISF faculty and staff travel around the country. A variety of courses are taught by ICISF faculty during a four- or five-day training. You have the opportunity to attend several courses, network with CISM practitioners from around the world, and discuss CISM team issues with ICISF faculty and staff.

Closer to home, the ICISF provides training through Approved Instructors. I am one of over 1,000 field instructors who teach the basic CISM courses locally. This local training makes it possible to receive nationally certified courses in a flexible and cost-effective manner for your entire agency.

You can find out more about the ICISF at www.icisf.org.

MCFR New Hires



Marion County Fire Rescue welcomes the 18 members of Class 616

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Marion County Fires: Week of October 24, 2016



Large residence in 16s zone



Woodside Apartments in 18s zone



Mobile home near I75 in 24s zone



Mobile home in 20s zone





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I've Had Enough!

Soon, holiday preparations will be in full swing, but not until we observe two uniquely American traditions. First, is Thanksgiving. This is the day we gather with family and friends to express our gratefulness for all that we have. Then, only hours later, we observe Black Friday. This is the day we start getting all the things we couldn't mention the day before. How quickly we go from being grateful to being selfish.

Thanksgiving is meant to be more than a day of life; it should be a way of life. So what changes in a day? It's a lack of contentment. Beyond being grateful for what we have, we have to become content with what we have. While Thanksgiving is looking around with eyes that are grateful, contentment is looking around with eyes that are satisfied.

Learning to be content can be challenging, especially in our materialistic, market-driven culture. Everywhere you look you are reminded of what you don't have. Bigger, faster, fancier items promise to fill in the gap between what you have and what you want. However, Socrates pointed out the problem with this years ago when he said, "He who is not contented with what he has, would not be contented with what he would like to have."

Chasing things is a race that has no end. Sadly, you'll never get to the point where you have everything you want. That is, until you learn to say one word: "Enough!"

Not "good enough" as in accepting a lower standard, but "that's enough" as a limiter of quantity, size and speed. It's been said, "Contentment is not the fulfillment of what you want, but the realization of how much you already have."

The Apostle Paul wrote about it this way in Philippians 4:11-13.

I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

Contentment is living independent of circumstances. You cannot base your happiness or level of satisfaction with life on the situations around you. You must live independent of circumstances because circumstances are always changing. It's not that you're not impacted by them; you just don't let them define you.

Ultimately, contentment is not being self-sufficient, but rather being God-sufficient. We can be satisfied and have a rich, full life no matter what our circumstances because we find our sufficiency in our relationship with God.



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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 interest in and 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 for more information or to donate. You can also find us on Facebook. And please don't hesitate to contact me if I can be of assistance personally or professionally. You can reach me at 352-425-1643 or joe@firerescuesupport.com.

