



Monthly Newsletter December 2016

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CEUs for Mental Health Professionals



Fire Rescue Support is excited to announce that we have become an Approved Education Provider through the Florida Certification Board. This means that we can grant CEU credits to mental health professionals for our crisis intervention training.

The mental health community is an integral part of the continuum of care that must be available to fire rescue personnel. Unfortunately, fire rescue personnel often tell us that mental health professionals do not understand them very well.

When mental health professionals are trained in critical incident stress management they become aware of interventions that work very well with first responders. In addition, when they take this training alongside of those serving in law enforcement, 911 communications, and fire rescue they interact with people they may not know much about. This gives mental health professionals the distinction of being “trauma informed” which allows them to better connect with those in need.

CISM Training



It has been a very exciting year as I have had the opportunity to teach crisis intervention across Florida and into Georgia. Nearly 250 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.

Training sessions are already scheduled for 2017. [Click here](#) for more information and to register. Contact us if your agency is interested in hosting this training.

Ocoee – February 21-23
Ocala – March 14-16
Davie – April 4-6
Tavares – June 6-8



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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.

Ocala Fire Rescue Adds Chaplain



Paul Daniel moved to Florida after twenty-five years of military service. He served in the U.S. Army as a UH-60 Blackhawk helicopter pilot, instructor pilot, instrument examiner, as well as a maintenance test pilot, serving in multiple assignments within the continental United States, Europe, and deployments to Southeast Asia. The Daniel's have four children, one son-in-law and two grandchildren and one on the way.

Paul has been serving as the Pastor of Woodside Baptist Church since 2011. He continually teaches sound doctrine and encourages the flock as they grow in their faith and strive to spiritually encourage one another and minister to the Ocala community. They aim to serve the community in ministering at the Arnette House and Good News Club each week. In addition, Woodside has had a growing passion to pray for and support fire rescue knowing the sacrifices these men and women make to serve our community. Pastor Paul recognizes that one of the highest privileges given is to serve the fire rescue community as a chaplain.



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Year-end Giving

I am often asked how Fire Rescue Support is able to do the work it does. I serve as a volunteer with Marion County Fire Rescue and Ocala Fire Rescue. While both agencies have been very generous in providing resources for my training, I receive no salary from them for the chaplaincy.

The bottom line is that we are a faith-based ministry depending on God's provision. He has used foundations, businesses, churches and individuals to meet our needs.

Perhaps God wants to use you to support fire rescue personnel and the people they serve. Here's how your support can help:

- A gift of \$25 keeps the Dunkin' Donuts card charged for a month ready to buy a cup of coffee for a firefighter that needs to talk.
- A gift of \$100 helps a fire victim get the basic items they need so they can start their road to recovery.
- A gift of \$200 provides the resources needed to stay on the road with fire rescue personnel one more day.

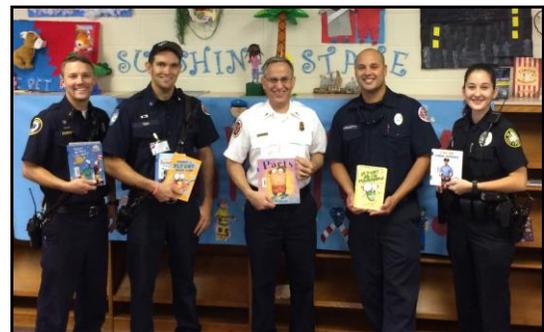
Feel free to contact me to discuss becoming part of our financial support team, or [click here](#) to begin giving today.



Fire Chaplain in Action



The world's largest Shepherd's Pie was recently served for dinner at MCFR Station 31



MCFR Station 30 and Belleview PD participate in Reading Day at Harbour View Elementary School



On scene of train wreck in Citra



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CISM Monthly Training



Each month, in an effort to continue to promote the conversation about critical incident stress management, 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.

Peer support is a great philosophy. That is, the idea of peers supporting peers is strong. Who better than a firefighter to know the struggles and concerns of another firefighter? Who better than a firefighter to know how to cope with the challenges of the job? But a peer support program seems limited to identifying those with challenges and making sure they get the help they need. I believe Critical Incident Stress Management (CISM) goes further.

CISM goes beyond by providing real solutions to help mitigate the acute stressor most concerning the member. Here are some differences between CISM and Peer Support...

- Peer Support identifies; CISM assists.
- Peer Support is the bridge to other resources; CISM is one of those resources.
- Peer Support is limited to working with individuals; CISM is useful for individuals and groups.

Unfortunately, CISM is viewed as a narrowly-focused, single resource for a group dealing with a major incident. This is only one of the CISM tools called the Critical Incident Stress Debriefing. There are four other tools that are part of the CISM umbrella. The tool most frequently used is the individual intervention using the SAFER model. CISM has gotten a bad rap over the years because of this limited understanding and poor implementation.

The CISM SAFER model allows the interventionist to provide specific help to those in need. While referring someone who needs additional assistance is one outcome of the SAFER model, it is also possible that person in need is found to be okay and able to move forward on their own.

Finally, CISM training provides more insight into “why” we do what we do. CISM does more teaching, gives more background, and presents underlying research and rationale.

I believe local-based CISM is the best of both: CISM skills and peer support relationships. I don't see any conflict between the two.



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Ron Pearce is part of a photography club in The Villages. He came upon a structure fire along the interstate on Saturday, October 29 and captured then retouched these amazing photos.





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Peace on Earth

Peace – it seems like a worthwhile goal. But truly achieving peace doesn't seem to be possible in the midst of the struggles in our world. War and terrorism seem to be everywhere. The idea of peace seems old-fashioned at best and impossible at worst.

Peace – it seems like a wonderful idea. But truly realizing peace doesn't seem to fit into the direction of our Nation. We are deeply divided as we struggle to identify who we are as a country.

Peace – it seems like a worthy pursuit. But truly finding peace doesn't seem to coincide with the reality of my day. There are bills to pay, children to raise, careers to develop. Peace? Maybe there will be time for that someday.

Peace has always been elusive. According to the Chris Hedges' 2003 book What Every Person Should Know About War, "Of the past 3,400 years, humans have been entirely at peace for 268 of them, or just 8 percent of recorded history." The world has been without peace for most of its existence.

But into this sad story of human history, another story was introduced. An announcement was proclaimed that would forever change the world. "Glory to God in the highest, and on earth peace, good will toward men." 2,000 years ago the world was without peace. And into that world news of peace was spoken.

While there are indeed many obstacles to peace, the holidays remind us that true Peace has been brought into the world. In John 16:33, Jesus said, "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."





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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.

