



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

Fire Rescue Family Luncheon

While their loved ones were busy getting ready for their graduation ceremony, the families of Class 716 met for a special time together. In fact, this was the first time that Marion County Fire Rescue has gathered together the families of our newest employees.

The Fire Rescue Family Luncheon was hosted by Marion County Fire Rescue Chaplains, sponsored by Fire Rescue Support, and held at Church @ The Springs. This event gave MCFR the opportunity to connect the families of those starting their careers here and to share some information about the impact of this career on families.

After enjoying a wonderful catered lunch, families heard from current firefighters and their spouses regarding some of the unique issues that fire families face. This interactive discussion highlighted some of the joys and challenges that impact not only firefighters, but also those they love. Among the items discussed were the impact of shift work, the issue of worry, and comments regarding communication.



MCFR Class 716

CISM Training



2016 was 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.

- Delray Beach – January 10-12
- Brooksville – February 7-9
- Ocoee – February 21-23
- Ocala – March 14-16
- Davie – April 4-6
- Tavares – June 6-8



Monthly Newsletter January 2017

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

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 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.

The words catharsis and cathartic both trace to the Greek word "kathairein" meaning "to cleanse, purge." Catharsis entered English as a medical term having to do with purging the body of unwanted material. It didn't take long for people to start using these words figuratively in reference to emotional release and spiritual cleansing. (www.merriam-webster.com)

In the world of crisis intervention, we refer to catharsis as the opportunity for people to "vent" or get their emotions out in the open. It's also someone's opportunity to tell their story. This process is a significant part of a person's journey through crisis. Therefore, as a crisis interventionist, your willingness to be there and listen is a tremendous gift to those who are struggling. Never underestimate the value of just being there for someone.



Monthly Newsletter
January 2017

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

Keep Moving Forward

Disney's "Meet the Robinsons" is a fun animated movie about a young orphan boy that is trying to find a family. However, after 124 adoption interviews, Lewis decides he has had enough rejection. He sets out, instead, to find his birth mother.

Now, Lewis is no ordinary 12 year old. He is a genius who invents all sorts of gadgets. He begins working on the Memory Scanner to search his brain to find some glimpse of the past where he will hopefully find a clue about his mother. However, his attempt to find his past is interrupted by a visit from the future.

If you haven't watched this movie, I won't spoil the ending. Let me just say that Lewis doesn't find what he is looking for by going back in time, but rather by moving forward. In fact, "keep moving forward" becomes the motto that he carries into the future.

The motto "keep moving forward" certainly applies to our lives as well. It will not be in your past that you find the life God has for you. In fact, your past will keep you from moving forward. That's why Paul said he was going to forget what was behind him. (See Philippians 3:13-14)

More than this, Paul wrote that he would keep moving forward toward the goal that was placed before him. But his steps into the future would not be a casual walk. He wasn't going to be strolling along the path of life. Rather, Paul uses the language "strain" and "press on." This indicates stretching out ahead; a swift pursuit toward all that God has made available.

The beginning of 2017 is a perfect time to learn from where you've been; it's also a perfect time to make plans for the future. In fact, the New Year is a perfect time to renew your commitment to keep moving forward.





Monthly Newsletter
January 2017

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

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.

