



THE REVIEW



Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – June 29, 2018

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Quote of the Week

"It has been said, 'time heals all wounds.' I do not agree. The wounds remain. In time, the mind, protecting its sanity, covers them with scar tissue and the pain lessens. But it is never gone."

Rose Fitzgerald Kennedy



The Chief's Desk



As I write this on the eve of one of the greatest national tragedies of our lifetime, I'm asking myself how to properly pay respect to the memory of the Granite Mountain Hot Shots. I didn't live here until a few months after the incident, which means I didn't have the opportunity to develop relationships with these men like so many of you.

To that end, I'm not sure I have the ability to truly pay them the respect they deserve. However, I do believe I can articulate some points for us to remember that will honor their lives and their sacrifice.

- **Train:** Train the way you play. Train to be a master of your craft, but remember personal mastery is a journey not a destination. Train for excellence, not perfection – perfection is an unattainable goal.
- **Honor:** Honor those that came before you. Honor those you serve with today. Honor your family. Honor your community. Honor your commitment to our profession.
- **Respect:** Respect tradition. Respect change. Respect yourself. Respect each other. Respect the time you have on this earth and live your life to the fullest.
- **Pride:** Take pride in yourself. Take pride in your profession. Take pride in both your fire family and your family. Take pride in your community. Take pride in serving and protecting others, including each other.
- **Professionalism:** Build each other up. Do not refer to this as a job, it is a profession and you are a professional. Always act as if you are in uniform. Keep learning, mentoring and coaching. Hold your head high and act as if you are in the position to which you aspire.
- **Passion:** Have a passion for what we do, if not, please do something else.
- **Remember:** Remember those we have lost doing what they loved. Remember their commitment to training, their passion, their respect, and their honor. Remember their pride in the uniform as well as the profession. Finally, remember to ask for help when you need it.

On this fifth anniversary, take a moment to hug your family. Take some time at the fire station dinner table to remember, and to embrace the fellowship we have as firefighters. Live your life to the fullest, and train like your life depends on it – because it does. Honor the memory of the 19 Granite Mountain Hot Shots that died together doing what they loved, and remember those recently lost: Long Beach Fire Captain David Rosa. If you truly want to honor them and our profession, repeat the above every day. Never forget what it means to don a fire service uniform, and the commitment you made when raised your right hand. You came in with a dream – live it.

With my sincerest regards.....

Upcoming Events:

July 2 – Out of the Office
July 3 – Labor/Management, Senior Staff Meeting
July 4 – Office closed for holiday
June 5 – We shall see.....

Board Meeting:

July 23rd Administration
CVFD – 1600-1630
CAFMA – 1630 -1730
CYFD – 1730 – 1800



3-Step Process for Mitigating Firefighter Suicides

By: Ken Shuck, June 20, 2018, Firehouse.com

I answered the battalion chief's extension in my office and listened as the shift captain from a neighboring fire department informed me that one of his members had just taken his own life while off duty. The jurisdictional engine company and paramedic crews were still at his home, trying to come to grips with what they had found, while at the same time assisting a grieving family. Thus began a tough road for the deceased firefighter's family, his coworkers, and the local fire service in general. Yet another seemingly happy and well-adjusted firefighter had succumbed to ... what?



Exposure to tragedy has more than a physical impact

Growing problem

Suicide is a growing problem within the fire and EMS community, where risk factors often go undetected or ignored until the actual event occurs. A proactive education program for first responder agencies and employees can be effective in preventing or reducing this silent killer.

Research indicates that death by suicide among firefighters and EMS providers is three times that of line-of-duty deaths (LODDs).¹ The U.S. Fire Administration has been tracking LODDs for the past 36 years. With the exception of the World Trade Center terrorist attack and the 343 firefighters killed on September 11, 2001, LODDs have averaged around 100 fatalities per year. By contrast, there are, at a minimum, 300 suicides per year within the fire and EMS profession. This is profound and demands a national response.

More

Stuff That's Happening

The board passed the budget on Monday without change. This means that the wage scale adjustments to get most positions into the 50th percentile will move forward as planned. We will have a conversation on Tuesday in Labor/Management to ensure everyone is on the same page as far as process and timing.

I attended the first phase in the roll out of the revised Statewide Mutual Aid Plan on Tuesday in Phoenix. Our work was presented to Regional Coordinators and Zone Dispatch Centers so we could solicit feedback. Overall, things went very well so we'll be making just some minor adjustments at this point. Originally we divided the State into 8 "Regions" and identified a regional dispatch center for each.

Unfortunately, most centers today have regional in their names which creates some level of confusion. To that end, we have renamed them Zones and Zone Dispatch Centers.

In an effort to have back-up in our region, and prep someone to take Chief Devendorf's coordinator spot when he retires, we elected Chief Feddema to some sort of position of authority doing something – he was not present or aware he was up for election. Still, congratulations sir! We will let you know what it is very soon.....

We are still working on contracts with a company out of the Valley to build our IT back up system, as well as with an outside consultant to draft some needed policies/SOG's. Getting a backup system is critical, so we hope to have an agreement and start moving forward within a week or two. Additionally, we have engaged a recruiting firm so we can begin the process of hiring a new Tech Services Manager ASAP. Another area of concern from the IT audit is that no plan existed for replacement of computer's. Chief Bliss has identified 24 that need to be replaced in the next fiscal year. Getting our IT systems and processes where they should be will take some time. We ask for your patience as we work on developing our path forward.

I met with some folks on Wednesday in Phoenix about the next legislative session discussing what challenges and/or opportunities may exist. These conversations will be on-going. Anything decided will be in concert with PFFA, AFDA and AFCA. We are looking at PSPRS, legislation related to assisted living facilities as well as REPLICA – and interstate recognition of EMS licensing. Colorado just passed legislation requiring care facilities to staff CPR and First Aid trained personnel and to handle their own patient lifts along with some other requirements. We think this might be a good model for Arizona as well given that these facilities seem to use us as their resource so they don't have to staff properly.

I took the Executive Director of the PV Chamber, Marnie Uhl, and Gloria Grose on a field trip to fleet to see the new Truck Company. The Chamber is a huge advocate as well as a great partner and we work closely with them on the Flying High Turkey Drive. Figured Marnie should visit her new ride for the drive. Neither Marnie nor Gloria had ever been to our fleet facility, so this was also a good time to show off our folks and their multitude of talents. I'd like to thank Domenic and company for their hospitality.

