



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **Oct 16, 2020**

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“Two things are infinite, the universe and human stupidity, and I’m not sure about the universe.”

Albert Einstein



The Chief's Desk

I have been mentioning our new Podcast for a while now and yet it's still not up. So, you may be wondering what gives? We have been practicing. It's not the audio that's a challenge, it's the "talent" in front of the camera. We are currently looking for stunt doubles, but we have not had any luck. That said, we are closer. After the Career Survival program on Wednesday, we recorded our first full length Podcast with Eric Rosoff, owner of the Career Survival Group. It was the first time we've recorded a full length show, however it will actually be episode two. Chief Feddema and I will record episode one in a couple weeks once the Battalion Chiefs Academy is finished. The first episode will be an introduction to the who, what, when, where, and why of what we are doing with the concept.

We would like to have at least five full-length episodes recorded before releasing the first one. Our intent is to use outside guests exclusively for the first several episodes, with the exception of episode one, in an effort to grab everyone's attention. If it's just us, our guess is that you won't listen. We have several ideas and will be reaching out to perspective guests in the next few weeks. Practice sessions have focused on the concept of an overview of *The Review*. Those sessions have lasted between 10 and 11 minutes. I think we are at the point that we can start recording and go live with those, but I am not the producer or the person who can get them where they need to go. The full-length episodes will likely be between 30 minutes and one hour depending on the topic and guest. In regard to time frame, I would guess we may be live in a couple months.

We had the opportunity to sit with the President/CEO of Dignity Health, Linda Hunt, this week. She was seeking our input regarding health care needs in our area in advance of them finalizing their deal with YRMC. Chief Niemynski, HR Manager Patty Brookins, Chief's Rose, Tharp, and I all took part in the meeting. We focused on several areas of importance to emergency services. The first recommendation we had was that they should work towards a Trauma 2 rating, with a short stop at Trauma 3 to get things kick started. We are an outdoor community to include horseback riding, hiking, biking, kayaking, camping, rock climbing, etc. Couple that with the increased traffic in our area, we end up seeing a lot of trauma – all of which are flown to a Trauma 1 in Phoenix, or the Trauma 2 in Flagstaff. Our area is growing and our trauma call volume will only increase in the coming years.

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Upcoming Events:

Oct 19 – AFCA Fire Chiefs Academy Development Meeting, AFCA Leadership Conference Education Committee, Meet Town of Chino Valley Officials
Oct 20 – PRCC Liaison Meeting, Meet with YCCA
Oct 21 – Coyote Crisis Board Meeting, PVEDF Board Meeting
Oct 22 – State Fire Service Mutual Aid Meeting, Speak at BC Academy

Board Meetings:

October 26
CAFMA – 1700-1830

Building Better Mental Health

By: Melinda Smith, M.A., Robert Segal, M.A., Lawrence Robinson, and Jeanne Segal, Ph.D

Your mental health influences how you think, feel, and behave in daily life. It also affects your ability to cope with stress, overcome challenges, build relationships, and recover from life's setbacks and hardships.

Strong mental health isn't just the absence of mental health problems. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues. Rather than the absence of mental illness, mental health refers to the presence of positive characteristics.

Whether you're looking to cope with a specific mental health problem, handle your emotions better, or simply to feel more positive and energetic, there are plenty of ways to take control of your mental health—starting today.

Anyone can suffer from mental or emotional health problems—and over a lifetime most of us will. This year alone, about one in five of us will suffer from a diagnosable mental disorder. Yet, despite how common mental health problems are, many of us make no effort to improve our situation.

We ignore the emotional messages that tell us something is wrong and try toughing it out by distracting ourselves or self-medicating with alcohol, drugs, or self-destructive behaviors. We bottle up our problems in the hope that others won't notice. We hope that our situation will eventually improve on its own. Or we simply give up—telling ourselves this is “just the way we are.”

helpguide.org

How to deliver strong initial on-scene size-up reports

By: Keith Padgett

Many National Institute for Occupational Safety and Health (NIOSH) Firefighter Fatality reports list the following recommendation as a critical factor that can influence line-of-duty deaths (LODDs) on the fireground and many other emergency events: “Ensure that an initial size-up of the incident scene is conducted before beginning interior firefighting operations.”

Conducting that initial scene size-up and establishing an effective incident command structure early in the event not only helps the incident run smoothly, but can also save firefighter lives. And with that comes training to ensure this practice is conducted repeatedly at every event to which we respond.

ESTABLISHING COMMAND – AND A PLAN OF ACTION

Firefighters and company officers too often gravitate to operating at the task level – that operational level that includes operating a nozzle on a hoseline, laddering a building on a structure fire, operating an extrication tool at a motor vehicle crash, and related duties.

All of these actions are very important in the mitigation of the incident. However, there first must be some form leadership to provide an overall direction for the event – and this comes from the incident commander (IC). One department member to step away from the task-level duties and step up to the tactical/mid-level management so there is a vision for scene management. In other words, someone must be in charge.

firerescue1.com

Chief's Desk Continued

We spoke at length concerning occupational health and orthopedics. CAFMA wants a strong partnership with the local hospital system regarding our occupational health needs. Based on the injuries you all tend to sustain, we need access to a more robust orthopedic care system. We did point out that the orthopedic doctors we work with in our area send us to Cottonwood or Anthem for MRI's because the current MRI equipment at YRMC is antiquated. I have firsthand experience regarding the issues with their imaging equipment.

Patty spoke to a lack of quality cancer care in the Quad Cities. As a cancer survivor, and someone who sought care locally, I will defer to her on this issue. She had some detailed concerns that she relayed concerning the challenges she faced. As an agency, we are actively seeking an increased level of cancer screenings for our personnel. Currently, our only option for these types of intensive screenings is in the Phoenix metro area which is logistically and financially a challenge. Our goal is to have access to these types of services in our area.

Finally, we talked to her about the community paramedic program. Dignity is well versed in this area and was an early partner with the Mesa Fire Department for their community paramedic and behavioral health units. Ms. Hunt acknowledged that Dignity was very interested in the programs and would like to further explore the idea of a partnership to include some level of community based behavioral health care.

Overall, the meeting was well received by both parties. She asked what our two top priorities would be, if given a choice. We responded that the community paramedic program, and occupational health were priorities for our agency. In our view, the topic of occupational health includes cardiac, cancer, and orthopedic services. We will see where it goes, but I personally feel that the fact they reached out is a positive for us as well as our area.

Chief's Tharp, Parra, Captain Merrill, and I met this week to discuss CAFMA's new leadership program. Our hope is to roll it out in late winter or early spring of 2021. The program will be open to CAFMA employees only and will be CAFMA centric. We will use the Compass as our foundation and will build from there to include a deep dive into our funding, and the budgeting process. Our intent is that the

program will span four days with a month long group project. At the end of the group project, there will be one additional day for group presentations. Our intended target audience will be future captains, battalion chiefs, non-ops level positions, and non-ops manager positions.

Human Resources is working on our one day immersion program for all future new employees. The intent of the program is to introduce new folks to our culture based on The CAFMA Compass. The only way for us to continue our upward trajectory is to continually reinforce our culture and expectations.

While we have not discussed it in detail, I would like to see us develop a two to three day program that is specific for firefighters and engineers. The program would focus on our culture, leadership, conflict resolution, expectations, etc. Again, the program would be CAFMA specific and will clearly articulate our expectations.

Our wage study appears on schedule. We have some of the raw data and expect to have the actual report in the next week or so. Once we have the report, we will schedule a wage and benefit meeting to discuss the results and start formulating a plan for moving forward. We will have the consulting firm present to our boards in December.

We really appreciate the work that Union VP Mike Kontz and the E-board has done to work with us as we seek to develop a sustainable and fiscally responsible plan. Pounding on desks, arguing, and demanding make for a great show sometimes, but that method is highly unproductive. In fact, more often than not it is counterproductive and only serves to damage credibility. Collaborating and working to ensure that we are responsible and develop a sustainable plan is a much different and far more productive process that pays long-term dividends.

That should cover the major goings on for the week. I am in St. George, Utah with the Jeep and friends for a weekend of exploration and wheeling in Sand Hollow. I hope you all take some time to enjoy life this weekend and ignore the absolute craziness that is our world right now.