



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **Oct 8, 2021**

This Edition:

The Chief's DeskPage 2
I'll Sleep When I'm DeadPage 3
How To Face & Overcome Challenges In Life With ConfidencePage 3
September Run ReportPage 5

"It's not the will to win, but the will to prepare to win that makes the difference."

– Bear Bryant

Central Arizona Fire and Medical Authority Board of Directors

8603 E. Eastridge Dr., Prescott Valley, AZ 86314
Monday - Thursday
7:00 a.m. - 5:00 p.m.
928.772.7711

For emergencies or crimes in progress, call 9-1-1

For non-emergencies, call 928.445.5357

HOME | JOIN US | ABOUT | ADMINISTRATION | TRAINING | OPERATIONS | PREVENTION | PLANNING & LOGISTICS

Level Zero: No Ambulances Available

Home | Level Zero: No Ambulances Available

365 # of days there were no ambulances available between July 1 and September 30, 2020	LEVEL ZERO: NO AMBULANCES AVAILABLE
8 month-old	
156,000 # of emergency medical calls in the Prescott Valley area that were not answered by ambulances	1 # of emergency medical calls in the Prescott Valley area that were answered by ambulances
WHAT YOU CAN DO VISIT WWW.CAZFIRE.ORG FOR MORE INFORMATION INCLUDING HELPER GUIDES ON WHO TO CONTACT.	12 # of heavy ambulances in the Prescott Valley area that were not available for emergency medical services

FOR MORE INFORMATION, VISIT WWW.CAZFIRE.ORG

The Central Arizona Fire and Medical Authority Board of Directors and leadership have been working for years to effect change relating to AMR/Lifeline's ambulance response times in our region. We have gone through the "right" channels, maintained open lines of communication, attacked it legislatively, deployed Rescues, and requested an emergency Certificate of Necessity (CON - Agreement with the State to operate an ambulance transport service), to name a few, but the Department of Health Services (DHS) and the State legislature have failed to act.

We need your help. Please find below a brief history of CAFMA's fight to improve ambulance response times in the Quad Cities and beyond, source documents, and helpful telephone, email, and social media talking points guides for contacting DHS, state legislators, and the Governor's office.

LEVEL ZERO !!
CLICK FOR A PRINTABLE PDF VERSION

4:44 PM 10/7/2021

Please visit and share.....

<https://www.cazfire.org/rescue-response/>

The Chief's Desk

Our webpage regarding the ambulance transport issues plaguing our area, as well as many other areas in the state, is now live! There are two important call to action items included on the page. First, we ask that people share the site on social media, with friends, at parties and BBQs, etc. Second, we ask that folks pick up the phone or send an email to DHS, the Governor's office, and our state elected officials. Let them know your concerns and ask that they act now to start addressing the problem. After all, it has been six years and the situation has only become more dire.

Establishing a webpage dedicated to ambulance transport issues may seem extreme, and I would not disagree. However, we have tried every other way to spur action without result. I'm not saying we've been ignored completely, because people have certainly been willing to listen; however, listening and acting are two completely different things.

Director Mills reached out through the Governor's office regarding this issue a couple of months ago. He did receive a call back a few weeks later attempting to "address" or allay his concerns. I think his description of that conversation paints a very clear picture of what we have been through as an Agency, i.e. they were trying to placate the unhappy customer.

We ran legislation last year trying to make changes in the CON statute to address the issues described by the AZ Auditor General in a scathing 1999 report regarding the Bureau of EMS and CONs. AMR was able to convince the committee chair to shut it down in advance of the meeting. In short, we sat on Zoom for three hours only to find out they would hear the bill and a couple arguments, but would then adjourn with no discussion. What we've been told is that the legislature does not have the "appetite" to tackle CON reform.

So, how do you move elected officials to a place where they have an appetite to address a problem? You get the public involved by sending emails, making phone calls, or tagging their legislators on their social media accounts. We are fortunate in LD 1 because our elected officials have shown support, but it takes more than just people in the Quad Cities to move a mountain.

Our hope is that the webpage, as well as some of the other things we have planned in the coming weeks, motivates people from around the state to reach out to their elected officials as well. As we've discussed, the challenges we face are not ours alone. Kingman Fire Chief Jake Rhoades shared with me on Wednesday that at 0630 in the morning one of his engines responded to a medical call for which their AMR ambulance was responding from an hour away in Havasu. There were no other calls in the system which begs the question, how do you have zero units covering the City of Kingman, Northern Arizona Fire District, and Golden Valley? In August, he had an instance where three of his engines were on medical calls waiting for three units to respond from Havasu. **Cont. Page 4**

Upcoming Events:

Oct 11: Chief off – Jeep Stuff
Oct 12: Cybersecurity Meeting, Interview with someone, State Mutual Aid Meeting, Special board meeting
Oct 13-17: Rocktoberfest Jeep Event in Kingman

Board Meetings:

Oct 12 Administration – Special Meeting – CAMFA – 1700-1600

Oct 25 Administration
CAFMA – 1700-1830

I'll Sleep When I'm Dead

By: Jacqueline Toomey

The culture of “I’ll sleep when I’m dead” is killing firefighters.

The burgeoning discussion within the fire service regarding mental health and wellness needs to stop making claims about causes behind mental health problems and wake up to the dark, concrete truth beneath it: sleep loss is taking firefighter lives. Through mourning the loss of my husband’s partner on the job, my family learned firsthand the reality of this topic.

At a roundtable discussion with firefighters involved in peer support for a major metro fire department, we examined the matter that is gaining national attention within the fire service: suicide as seen through the lens of sleep deprivation. One member from across the room replied cautiously: “You’re going to have a hard time to get guys to buy in to the idea that sleep loss causes suicide.” But nothing in me has interest or concern for the art of persuasion; this is not a speculation or feeling. These are facts. Stone cold. Sleep loss is killing fire fighters, period.

Suicide is the line of duty death that isn’t considered as such. It’s time to face this type of line-of-duty death that no one wants to talk about with a scientifically new understanding. Sadly, those who fall victim to it also fall short of the hero’s honors and recognition the profession extends to any other death in the fire service. There is now research that lends evidence to suicide as a complex result of physiological processes resulting from the impact of chronic sleep disruption over a career.

Researchers from the Stanford University School of Medicine published a 10-year study that found a relationship between suicide in adults and sleep disruption. Of 420 participants, 20 individuals with chronic sleep disturbances committed suicide during the study. This is just a small window into the dark underworld of firefighting: sleep deprivation. Let’s take a closer look at what happens physiologically and psychologically when you regularly experience interrupted sleep. Here are three reasons why sleep loss contributes to suicidal ideation and completion.

fireengineering.com

How To Face & Overcome Challenges In Life With Confidence

By: Leo Carver

Life is full of challenges. Some people seem to meet every challenge with confidence, while others struggle to overcome them. Pittas especially get a sense of satisfaction from facing challenges head on—it brings a sense of accomplishment and can be very fulfilling. On some level, you actually seek challenges. Your highest self wants you to learn and grow, and life’s most effective tool toward growth is experience.

The problem is that all too often you might find yourself faced with the same challenges over and over again, and that's when you start to lose motivation to face the issue and lose sight of the potential lesson. At that point, challenges can become problems that can spiral you into despair and frustration.

As a co-creator of your own reality, you have the ability to overcome these challenges. It is with this sense of responsibility and awareness that you can begin your journey into a higher state of consciousness where challenges are no longer challenges, but opportunities to get a glimpse of your highest self.

Here are some ways to better accept and meet your personal challenges, whatever they may be.

Face the Challenge

In many cases this is the most important step, the most obvious step, yet it is also the most often missed. People spend time looking for a way around the issue, or wallowing in despair at the enormity of the challenge, instead of facing it. Even mundane things, like a pileup of laundry or work, get ignored. Putting a challenge off doesn't make it go away. This is true of big challenges, as well as the small ones. The most important thing you can do is face what's in front of you head on.

chopra.com

Chief's Desk Continued

I was able to speak with the State's Medical Director and Bureau Chief Garcia on Thursday this week concerning our protocol. In the end, we agreed that CAFMA was simply providing the Bureau the protocol to ensure they were informed of our operations. In addition, I agreed we would add language under the end notes that states our intent is to continue working with the current CON provider in the best interest of our patients. In the end, that is exactly what we have been doing. The Lake Havasu City Fire Chief is facing the same issues. His agency has purchased used Rescues and is using them in the same manner as we are – and receiving similar *Notices of Investigation*. We are not alone in this.

Supervisor James Gregory recently reached out to Andy Tobin, Director of the Department of Administration for Governor Ducey. Andy had been advised that the work of the Article 9 Rules Committee would correct a majority of our concerns. I clarified for Supervisor Gregory and followed up with an email to Andy regarding the work of the committee, since I am a member. The best way to describe the current process is – it's a cluster. Yes, some on the committee are pushing for nationally

recognized response time standards. However, the Bureau and others would like to see a waiver for companies that just can't meet more stringent requirements. What? You can see where that would lead. Additionally, there is no answer regarding when the new response standards would take effect for current CON holders. So, all new CON applicants would have to adhere to the new standards, but no time frame for which current ambulance services would be required to comply.

There are also concerns with the Deputy Chief of the Bureau who seems to have the latitude to make up his own definitions of statute. As an example, regarding back-up agreements between agencies, the statute states: 1. The agreement must be held within the dispatch center 2. Use of back-up should be limited. There is no definition of limited, but one could deduce that one agency should not rely solely on another to provide services to their area. Makes sense... However, the Deputy Chief of the Bureau told myself and Mesa Fire and Medical that his definition of limited is around once a quarter. I was unaware he had the authority to establish such a narrow definition of the word limited. His personal definition would blow up back-up agreements around the state. In my personal opinion, that is not in the best interest of the citizens of Arizona.

We were supposed to meet with the Article 9 Rules Committee Wednesday this week at 1300, however the meeting was canceled at around 1215 without much of an explanation. It's not clear at this point when they will reschedule. I had the opportunity to speak with some other committee members Wednesday afternoon. I shared with them the message I sent to Andy Tobin, the Deputy Director of DHS, and the Governor's Office. All agreed with my interpretation of where the process stands.

I spoke at the Prescott Valley Citizen's Academy Wednesday evening this week. This year I added three new closing slides. One included Mongo posing in front of Rescue 58, because that was just funny 😊 The others provided a brief history of our ambulance transport issues, where we are today, and what we need from our citizens moving forward. I also provided some handouts that can be viewed on the new webpage – and printed. You know what, it turns out that when citizens start to hear and understand the issues we are facing with ambulance transport, they are NOT very happy. Getting them involved is not a guarantee we will see action from the state, but it is definitely worth a try.

I know that you figure the webpage idea was mine. It was not... Turns out, we have someone in Administration as passionate about our transport crises as me. So, a big shout-out and thank you to Kathy for her creative genius!

Ladies and gentlemen, we will get this fixed – come hell or high water, we will see things change. It won't happen overnight, but with your help and the help of the public we will make enough noise to get someone's attention. One thing CAFMA will not ever do is cower in a corner – it's not in our nature, and it's not what we promised those we serve. So, forward march! Spread the word, and let's let state officials know what our community thinks about jeopardizing the health and safety of our citizens.

<https://www.cazfire.org/rescue-response/>

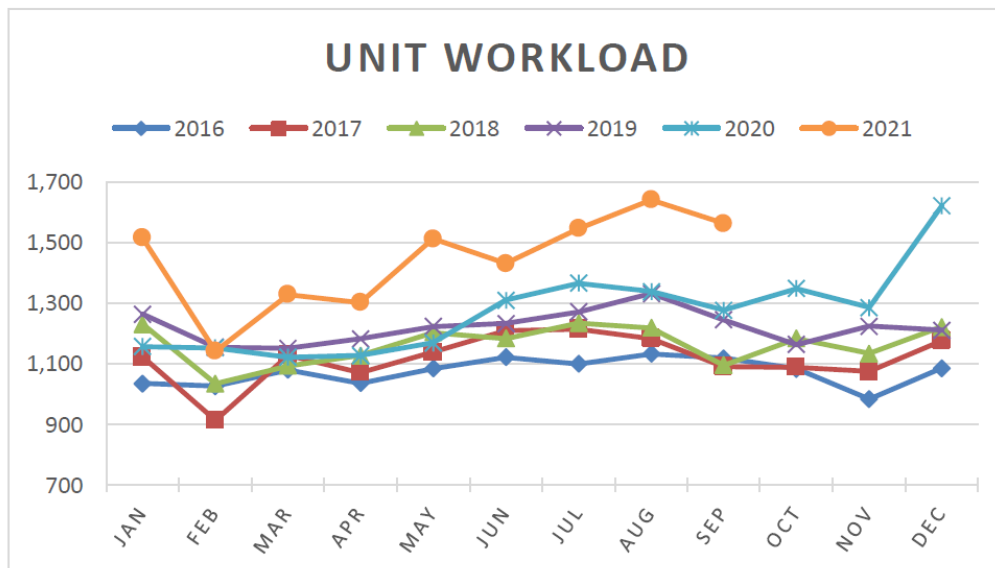
September Run Report

By: GIS/Statistician Michael Freeman

Unit Workload History

(RESPONSES BY TYPE-1 ENGINES)

	2016	2017	2018	2019	2020	2021
Jan	1,034	1,123	1,231	1,263	1,157	1,516
Feb	1,026	913	1,034	1,155	1,152	1,141
Mar	1,080	1,128	1,093	1,151	1,121	1,328
Apr	1,036	1,071	1,127	1,182	1,127	1,302
May	1,084	1,138	1,203	1,223	1,169	1,512
Jun	1,121	1,208	1,183	1,233	1,310	1,431
Jul	1,099	1,214	1,234	1,271	1,366	1,546
Aug	1,132	1,183	1,218	1,332	1,338	1,641
Sep	1,118	1,091	1,095	1,245	1,277	1,563
Oct	1,083	1,088	1,183	1,163	1,348	
Nov	983	1,074	1,134	1,224	1,285	
Dec	1,085	1,177	1,222	1,211	1,622	
AVG	1,073	1,117	1,163	1,221	1,273	1,442
TOTAL	12,881	13,408	13,957	14,653	15,272	12,980





September Response Report - 2021

Land Area: 369 sq. miles Population: ≈106,500 Fire Stations: 10 Full-Staffed

Responses in District

TOTAL FIRE INCIDENTS	9
STRUCTURE FIRE	1
STRUCTURE FIRE; CONFINED	2
MOBILE HOME/PORTABLE BLDG	1
VEHICLE FIRE	2
BRUSH/GRASS/WILDLAND FIRE	2
TRASH FIRE/OTHER	1

Fire is 0.69% of call volume

TOTAL RESCUE & EMS	846
--------------------	-----

EMS is 65.18% of call volume

OVERPRESSURE / OVERHEAT	0
HAZARDOUS CONDITION	14
SERVICE CALL	270
GOOD INTENT	120
FALSE ALARM/OTHER	39

Other is 34.13% of call volume

TOTAL INCIDENTS IN DISTRICT	1,298
INCIDENT RESPONSES BY CAFMA	1,446
TYPE-1 UNIT RESPONSES BY CAFMA	1,563

Fire Loss Summary

Residential Fire Loss	\$79,190
Commercial Fire Loss	\$1,000
Vehicle Fire Loss	\$4,000

Top 5 Call Types

778	EMS
129	Assist Invalid
66	Cancelled en Route
48	Public Service
32	Vehicle Accident w/Injuries

Average total # of calls per day	43.27
Average fire calls per day	0.30
Average EMS calls per day	28.20
Average all other calls per day	14.77

Call Volume at PRCC

	Month	Year-to-Date
PFD	953	7,484
CAFMA	1,298	11,011
GCFD	8	95
OD	9	73
WKFD	6	37

Unit Responses

	Unit	District	Total	Move Up
TYPE-1 ENGINES	E50	164	175	37
	E51	30	202	54
	E53	220	221	10
	E540	30	35	9
	E54	178	179	4
	E57	63	67	4
	E58	184	186	0
	E59	179	184	3
	E61	104	104	12
	E62	142	149	7
E63	59	61	22	
TR50	0	0	0	
	B3	47	51	0
	B6	27	29	0
	RES53	26	26	0
	RES61	27	27	0

Calls by Municipality

Calls in Town of Chino Valley	179
Calls in Town of Prescott Valley	684
Calls in Town of Dewey-Humboldt	52
Calls in District, Unincorporated Areas	383
Calls Out of District	2

Aid Agreement Summary

Aid Given to Prescott	180
Aid Received from Prescott	65
Aid Given to WVFD	0
Aid Received from WVFD	2
Mutual Aid Given	1
Mutual Aid Received	0