FLORIDA FIREFIGHTERS
SAFETY AND HEALTH
COLLABORATIVE

The Collaborative Connection – November 2021

Safety and Health Conference

The annual Safety and Health Conference focuses on the health, safety and overall wellness of first responders within the Fire Service addressing hazards exposure, contamination, mental health, risks of cancer, injury prevention, nutrition, physical fitness and creating standards, processes, programs and awareness aimed to mitigate health risks prevalent amongst those in the profession.

This is a three (3) day educational program with topics and speakers from a wide range of backgrounds. For a subject that may at times seem daunting, we strive through positive interaction, support and enthusiasm to condition an emphasis on firefighter well-being in the Fire Service.

The vendor opportunity at this event is a three (3) day vendor showcase of six foot tables in the public meeting space.

UPCOMING:

Online & In-Person
Monday, Dec. 6 - Wednesday, Dec. 8, 2021
B Resort and Spa
1905 Hotel Plaza Blvd, Lake Buena Vista, FL 32830

****COVID-19 Protocol: Currently, masks will be required for all in-person attendees in all public meeting space.****

https://www.ffca.org/shc

Opening Keynote: Post Traumatic Purpose
Travis Howze

Course objectives:

- Knowing, understanding and effectively applying core leadership traits.
- How much trauma exposure can you handle and still be effective? Recognizing the subtle signs and symptoms of Post Traumatic Stress before it's too late.
- Handling burnout, lack of empathy and loss of motivation from repeated trauma exposure and career demands.
- Thriving with Post Traumatic Stress – life is not over after the diagnosis.
- Communicating through trauma. How to effectively communicate in your personal life and career.
- Stepping up and becoming the first line of defense as a mental health resource.
- Planning for your mental future – career longevity and life after the job.

U.S. Marine Corps Veteran, former Police Officer and Firefighter Travis Howze is an international touring Comedian and Keynote Speaker who has been igniting audiences around the world with laughter and inspirational messages for over a decade!

Read More about Travis Howze

In order to ensure everyone feels safe attending in person while avoiding making any attendees feel singled out, currently, **masks will be required for all in-person attendees in the meeting space area**.

CALLING ON ALL OUR COMMUNITY PARTNERS

The Florida Firefighter Safety & Health Collaborative is 501c3 non-profit organization with the mission to focus on Firefighter Safety & Health by providing education, training, and sharing of best practices to minimize risks and exposure to our Florida Firefighters. Currently, we are requesting donations ($500-$5,000) to help pay for the wrapping of our new 18' trailer for our Clinician Awareness Program. The Clinician Awareness Program provides a 2-day course full immersion course is designed for clinicians and providers who desire to learn more about the unique firefighter culture to be more effective in treating firefighters. The class provides an extensive and understanding of Firefighter culture, Lingo, lifestyle, and details about the unique stressors the job entails. This training includes both classroom and live scenarios, including wearing turnout gear, watching a live burn training scenario, visiting fire stations, and interacting with firefighters. Clinicians that complete the program are eligible for inclusion on Redline Rescue which is an online portal that enables firefighters and their family to find culturally competent mental health professionals during time of crisis. Please consider donating to this special project by January 31, 2022 and your logo can be proudly displayed on the trailer that will be utilized throughout the state of Florida at each Clinician Awareness class. Your donation is vital to this program that supports emotional and mental wellness for our fire service community.

Sincerely,

Chris Bator
State Regional Coordinator
Florida Firefighters Safety & Health Collaborative
Cbator@floridafirefightersafety.org 561-716-9901

Sponsorship Levels

Fifth Alarm: $5,000 • Logo on side and rear panel

Fourth Alarm: $3,500 • Logo on side and rear panel

Third Alarm: $2,500 • Logo on side and rear panel

Second Alarm: $1,000 • Logo on rear panel only

First Alarm: $500 • Logo on back panel only

The State of Florida Deployed over 420 State USAR members on the pile at Surfside and close to 40 mental wellness resources to support USAR teams and assist MDFR Mental Wellness Team.

On October 19-20 an after-action review was conducted to review the states response to Surfside and identify areas where there were challenges and how we can improve for future responses.

REDLINE RESCUE™

Struggling with depression, anxiety, addiction or posttraumatic stress?

Your Brothers and Sisters are Here to Help

www.RedlineRescue.org

The Redline Rescue movement – led by first responders, for first responders – is dedicated to serving first responders and their families in their times of need.

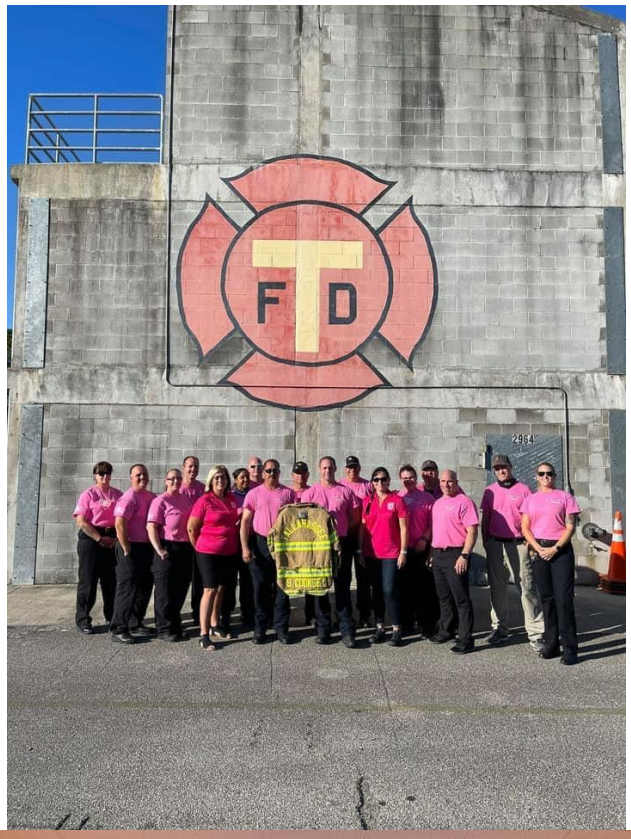
Our network is a highly connected community of first responders and culturally trained clinicians, working hand-in-hand, devoted to the needs of those serving behind the badge. And our community is here to help – at no cost and with complete confidentiality.

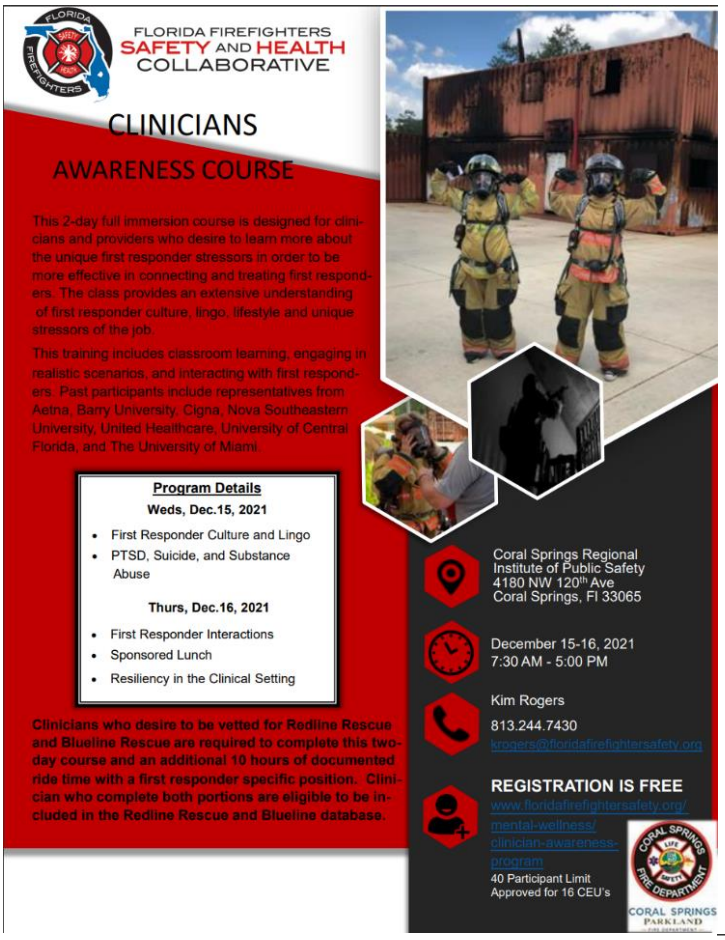
Right now, you can log on to RedlineRescue.org from your phone or laptop and connect immediately with an army of trained first responder peer support team members and a host of professional mental health clinicians trained in first responder culture.

We know what you've gone through and what you've seen.
We are here and ready to help.

https://global.gotomeeting.com/install/203083517 : Monthly FACE Team Webex

We would like to send a huge THANK YOU to The City of Tallahassee Fire Department as well as The 2nd Alarm Project for helping us in completing yet another successful Clinician Awareness Program.





Registration : [Clinician Awareness Registration (floridafirefightersafety.org)]

Kim Rogers:
krogers@floridafirefightersafety.org

Registration : [Clinician Awareness Registration (floridafirefightersafety.org)]

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SYLVESTER COMPREHENSIVE CANCER CENTER
UNIVERSITY OF MIAMI HEALTH SYSTEM

UNIVERSITY OF MIAMI
MILLER SCHOOL of MEDICINE

CALLING ALL RETIRED SOUTH FLORIDA FIREFIGHTERS

A.E.R.I.A.L. Cohort Study

Advancing Epidemiology of Retired firefighters Aging Longitudinally

What is AERIAL?

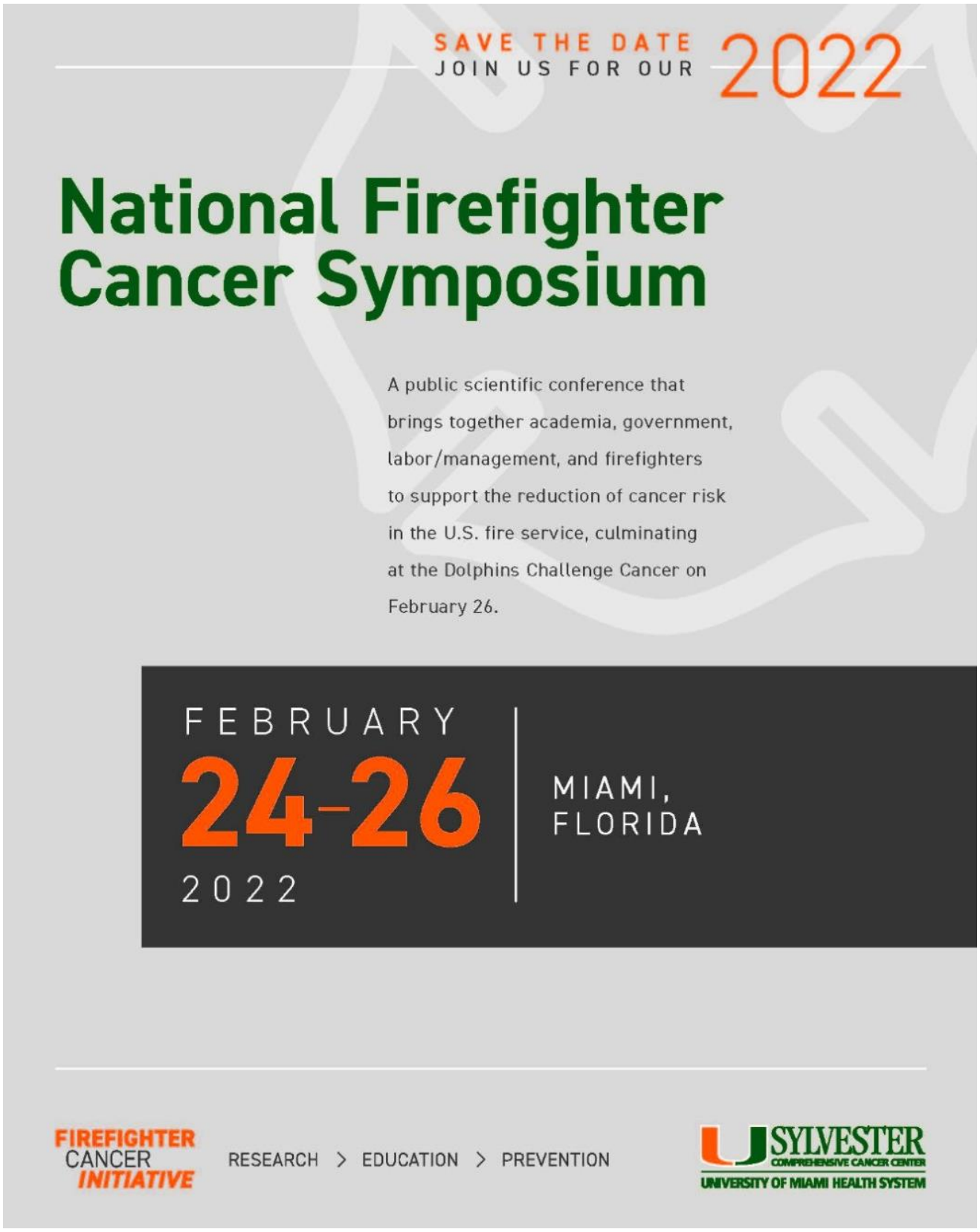
The AERIAL study collects health information and cancer risk factors (ex: family history, social and behavioral factors, etc.) among **South Florida retired Fire Rescue workers** to help characterize their cancer risk

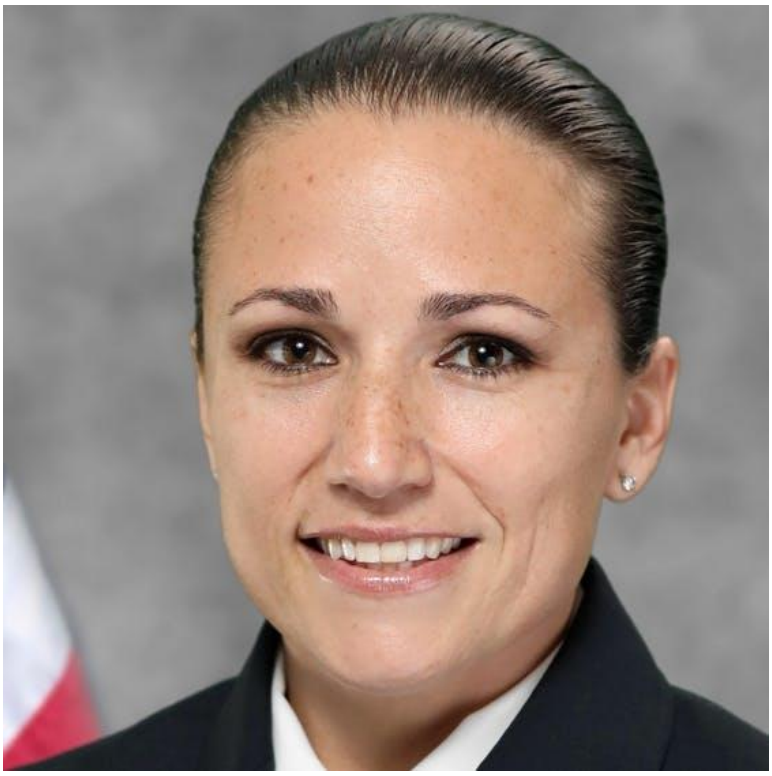
Who is eligible for the AERIAL survey?

-Retired South Florida firefighters
-Firefighters in the DROP

Are you interested?

If you would like to participate or would like more information, please contact **Dr. Natasha Schaefer Solle** at **305-243-7191** or **n.schaefer@umiami.edu.**


SAVE THE DATE
JOIN US FOR OUR 2022
National Firefighter Cancer Symposium
A public scientific conference that brings together academia, government, labor/management, and firefighters to support the reduction of cancer risk in the U.S. fire service, culminating at the Dolphins Challenge Cancer on February 26.
FEBRUARY
24-26
2022
MIAMI, FLORIDA
FIREFIGHTER CANCER INITIATIVE
RESEARCH > EDUCATION > PREVENTION
SYLVESTER COMPREHENSIVE CANCER CENTER
UNIVERSITY OF MIAMI HEALTH SYSTEM



Health &Wellness: Beyond PTSD: Moral Injury in First Responders

Michelle Fayed surely will open many eyes with her explanation that a culprit other than PTSD is affecting the mental health of numerous members of the fire service.

Find the article here
Health & Wellness: Beyond PTSD: Moral Injury in First Responders | Firehouse

RESEARCH STUDY
We need you to
JOIN OUR CAREGIVER STUDY
If you're a caregiver of a firefighter with cancer, we want to know how cancer has impacted your life.
Requirements:
- Caregiver of a firefighter cancer survivor
- Caregiver of a firefighter currently diagnosed with cancer
To sign up or learn more, contact:
Cynthia Beaver
ccb112@med.miami.edu
(305) 243-9538
FIREFIGHTER CANCER INITIATIVE
SYLVESTER COMPREHENSIVE CANCER CENTER
UNIVERSITY OF MIAMI HEALTH SYSTEM

As you establish your annual contributions to the United Way for 2021– why not select the Florida Firefighters Safety and Health Collaborative to be the recipient of your United Way contributions?

Contact Gina Hudson if you have any questions or need assistance.

ghudson@floridafirefightersafety.org

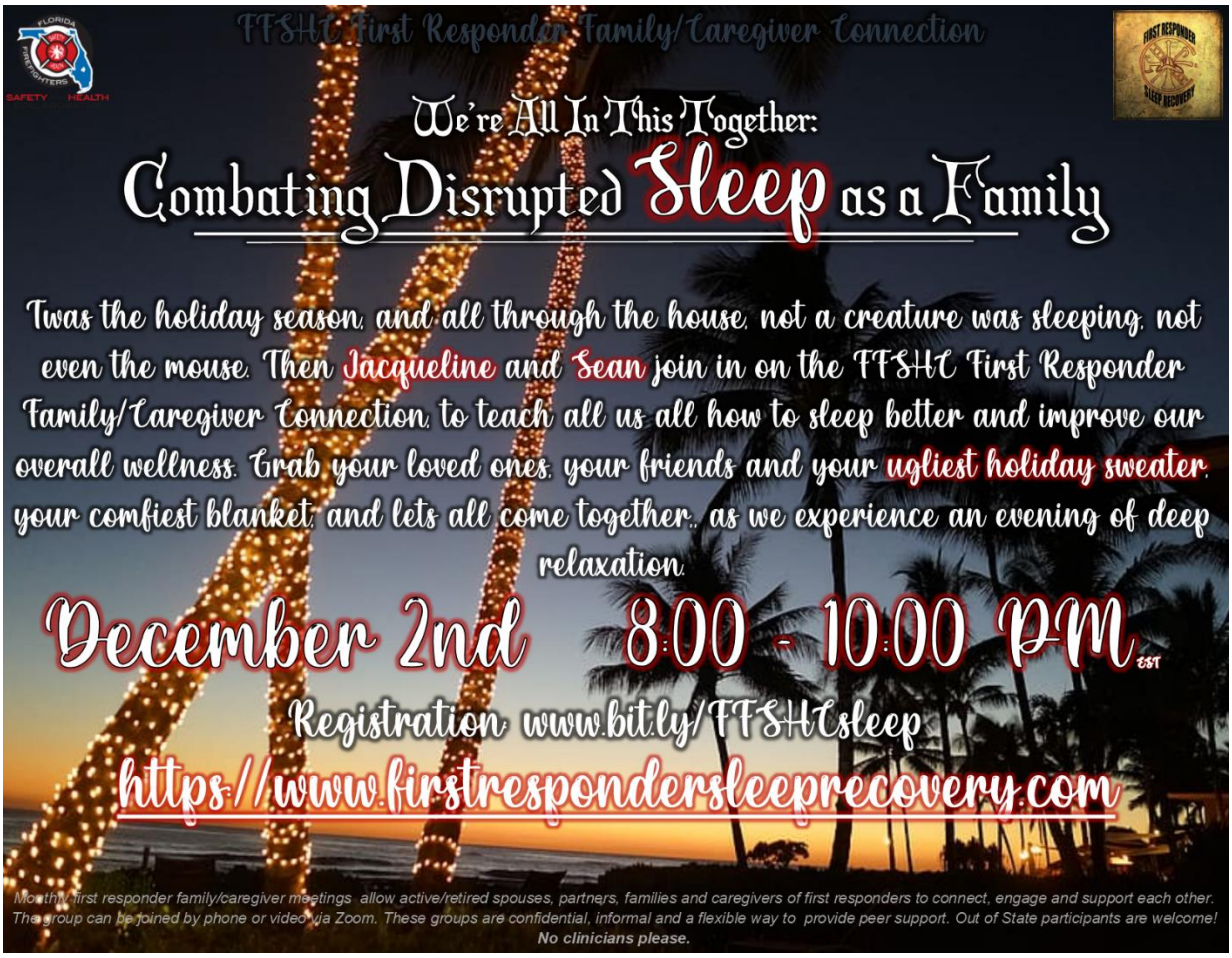
FFSHC LOGO APPAREL ONLINE

New FFSHC logo apparel is available on our website – everything from T shirts, women's tanks, hats, polos and oxford shirts. Check us out and help support our mission.

www.floridafirefightersafety.org

AMAZON SMILES DONATES TO FFSHC

Remember when you are doing your shopping that when you shop at AmazonSmile they will donate a portion of your purchases directly to **Florida Firefighters Safety and health Collaborative.** Please select our Collaborative from the Charity Lists in the Amazon Shopping app on your mobile phones. You can also continue to shop your lists at smile.amazon.com on desktop or mobile web browsers.


FFSHC First Responder Family/Caregiver Connection
We're All In This Together:
Combating Disrupted Sleep as a Family
Twas the holiday season, and all through the house, not a creature was sleeping, not even the mouse. Then Jacqueline and Sean join in on the FFSHC First Responder Family/Caregiver Connection, to teach all us all how to sleep better and improve our overall wellness. Grab your loved ones, your friends and your ugliest holiday sweater, your comfiest blanket, and lets all come together., as we experience an evening of deep relaxation.
December 2nd 8:00 - 10:00 PM EST
Registration: www.bit.ly/FFSHCsleep
https://www.firstrespondersleeprecovery.com
Monthly first responder family/caregiver meetings allow active/retired spouses, partners, families and caregivers of first responders to connect, engage and support each other. The group can be joined by phone or video via Zoom. These groups are confidential, informal and a flexible way to provide peer support. Out of State participants are welcome!
No clinicians please.

MENTAL HEALTH
HERO
RESCUE
WELLNESS
HAPPINESS
POSITIVE LIVING
CARE
BRAVE
STRENGTH
SAFETY
INTERVENTION
REDUCE STIGMA
EXERCISE
FIREFIGHTER

From the desk of Brian Gordon

There are many changes on the horizon for the health and safety of those conducting origin and cause investigations.

NFPA 1321 Standard for Fire Investigation Units is open for public comments until January 5, 2022. Look to see how this standard *SHALL* impact your agency and submit your suggestions. https://www.nfpa.org/codes-and-standards/all-codes-and-standards/list-of-codes-and-standards/detail?code=1321
We are in the process of a second edition of the Florida Fire Investigator Best Practices SOG. We are looking for any department's SOG/SOP for investigator or inspector relating to health and safety.
UL Fire Research Safety Institute - Post-Fire Chemical Exposure Risks to Fire Investigators https://fsri.org/research/post-fire-chemical-exposure-risks-fire-investigators
Don't forget to download and use the UM Personal Exposure Reporter and should be considered if you are involved in the investigator Cohort study.
The International Association of Arson Investigators (IAAI) proposed a Fire Investigator Accident and Near-Miss Reporting Program, approved, and more details to follow.
IAAI Fire Investigator Heath & Safety Top Ten Tips https://fsri.org/research/post-fire-chemical-exposure-risks-fire-investigators
We are fortunate to have Thomas Hayes join the Fire Investigator branch of the collaborative. Coming up on his fifth year at Coral Springs-Parkland Fire Department, functioning as one of their Fire Inspectors, Thomas is no stranger to health and safety within the fire service, working closely with Battalion Chief Chris Bator. We are looking forward to his vision of health and safety within the investigator/inspector community. Welcome aboard, Thomas.
Have a happy and safe holiday.

Brian Gordon
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Palm Beach County Fire Rescue
Bomb & Arson Unit
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(561)616-7059