



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **November 04, 2022**

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“We all know that light travels faster than sound. That's why certain people appear bright until you hear them speak.”

Albert Einstein

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Jobs on a fire scene



The Chief's Desk

Starting this with "I'm reading a new book" is almost like when I say, "I have an idea." Personally, I think both can lead to some new insight, and amazing opportunities, but I may be the only one that feels that way. Oh well, not important. I am reading a new book, new to me anyway. The book is called *The Gifts of Imperfection* by Brené Brown PhD. I have written about vulnerability in the past using some of her other work from the book *Dare to Lead*.

This book takes a deep dive into the concept of embracing our personal imperfections and learning to be happy with ourselves. As an example, we've all said, "I'll be happier with myself when _____." You can fill in the blank with whatever you like e.g. I lose weight, I get the right clothes, I obtain X position, etc. It's that feeling some people have of "I am not good enough."

This is not to say we shouldn't strive to be better. Our individual goal should be to work towards a better version of ourselves each day. However, we should not constantly undermine our self-confidence by looking in the mirror and saying, "I am not good enough for or at anything." I'll give you a personal example. After two straight years of ever-increasing levels of pain, I was forced to stay out of the gym, and I wasn't sleeping. This was months before I was able to have surgery, and before figuring out that I have Rheumatoid Arthritis (RA). As a result of surgery, I had more time out of the gym, and because of RA I was recently on Prednisone for a month – I don't care for what steroids do to the body.

Take 3 months of sedentary lifestyle, no sleep, add steroids, along with a healthy dose of additional stress, and you end up feeling a bit like a fluffy marshmallow. This weighs on me, no pun intended, however I cannot allow my current state to determine how I feel about myself. Does that mean it doesn't bother me? Hell no, in fact at certain times it adds self-created stress to my day, but I cannot let these feelings control how I feel about me.

I'm just finishing my third week back in the gym. I'm weaker, and I'm still limited from the surgery, but I'm moving. So, every morning I remind myself that what I am seeing is temporary and that I am on the path to being healthier again. It doesn't always work, but it's reality and I know it takes more than the flip of a switch to regain some semblance of being fit after such significant setbacks.

There is also a section in the book that delves into resiliency which is something we've touched on quite a bit over the last several years. While we have discussed resiliency, I don't believe we have provided specific details about the traits resilient people display.

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Upcoming Events:

Nov 7: Senior Staff meeting, meeting with Town of PV regarding hydrant maintenance
Nov 8: Back to back meetings at Yavapai College, evening meeting between LE and FD Chiefs
Nov 9: Record podcast
Nov 10: Office closed in observance of Veteran's Day

Board Meeting:

Nov 28: Administration
CVFD – 1600-1630
CYFD – 1630-1700
CAFMA – 1700-1830

Health and Wellness Update: What is EAP?

By: HR Manager Patty Murphey

As I reviewed and updated our Employee Assistance Program (EAP) Policy this week, I realized that I didn't fully understand all the amazing benefits CAFMA offers under this program and that some of you might not either. First, an EAP provides professional counseling for personal problems that may be affecting you, for example, substance abuse, psychological problems, and marital or family problems.

You can utilize the program in two different ways:

1. CAFMA will pay up to \$110 per visit for six (6) visits each fiscal year to an Agency-approved provider of your choosing.
2. Utilize the EAP through CAFMA's healthcare provider, ComPsych. ComPsych offers six (6) free counseling sessions (12 for first responders) per year.

Both options are available through our preferred provider, Start Moving On, 928-910-5145.

I hope this helps to clarify the details of how the EAP works. Be on the lookout for the official updated *Policy 500 Employee Assistance Program*. My team and I are here to help you navigate through this, so please reach out if you have questions.

The threat is real: How firefighters can protect against skin cancer

By: Robert Avsec (Submitted by Shelly Crossman DCNP, FNP-C)

It's common knowledge that firefighters face an increased risk for developing many types of cancer, hence our increased efforts to minimize firefighters' exposure to the chemicals, chemical compounds and carcinogens found on the fireground. But did you know that skin cancer is one the most common type of cancer that firefighters develop?

Firefighters face unique dermal exposures. While there is limited research on risk factors and occupational hazards related to skin cancer in the firefighter workforce, a recent study out of Florida found an elevated risk for skin cancer among firefighters compared to the general population. The researchers reported the following:

"Our results suggest that a high percentage of younger firefighters have skin cancer and that there may be a higher risk for skin cancer among firefighters. This sample had an elevated prevalence of melanoma (0.7%) compared with the Florida adult melanoma prevalence found in other epidemiologic studies (0.011%). Furthermore, the median age of diagnosis for melanoma among the sampled firefighters (42 years) was younger than median age of diagnosis in the general US population (64 years)."

Let's consider the risks, take a closer look at the study, and identify what firefighters can do to prevent skin cancer.

SUNBURN IS A BIG DEAL

Our skin is our body's largest organ by area. This organ gets plenty of exposure to the sun's ultraviolet (UV) rays from an early age for most people. This can create an increased risk later in life. Specifically, according to the Skin Cancer Foundation, a child younger than 5 years old who suffers a significant sunburn increases their risk of developing skin cancer later in life by 50%. Further, if you suffer five or more significant sunburns in your lifetime, you've also doubled your chances for developing melanoma.

Sunburn is an inflammatory reaction to UV radiation damage to your skin's outermost layers, the epidermis and dermis. Physiologically, our bodies rely on melanin – a pigment that gives your skin its color – for defense against the sun's harmful rays. It does this by darkening your unprotected sun-exposed skin, commonly deemed tanning. Genetics drive the amount of melanin that an individual's body produces, and that's why some people get sunburned more easily while others tan.

However, both sunburn and tanning are signs of cellular damage to the skin. For those with lower levels of melanin, prolonged unprotected sun exposure causes skin cells in the epidermis (your skin's surface) to become red, swollen and painful – aka sunburn. While people with fair skin run the greatest risk of sunburn, anyone can get burned. Even if you don't typically burn, but rather tan, sun exposure can cause cellular damage that can lead to cancer.

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Chief's Desk Continued

According to Brenés research (2020), there are five common traits found in resilient people (p. 85):

1. They are resourceful and have good problem-solving skills
2. They are more likely to seek help.
3. They hold the belief that they can do something that will help them manage their feelings and to cope.
4. They have social support available to them.
5. They are connected with others, such as family and friends.

I was meeting with Chief Tom Shannon, Scottsdale FD, over dinner last week discussing this topic. He posed the question – “Is it us that are all messed up, or is it the new generation that's all messed up?” We agreed that it's a little from column A and a little from column B.

We reminisced about some of the calls we've been on throughout our careers. These are the ones that may come flooding back when triggered by certain sites, smells, or sounds. For whatever reason, we have each been able to process them without need for additional assistance. However, we both know people who have not been able to find healthy ways to process the trauma and have needed to reach out for assistance. Unfortunately, we also know, or know of too many who have not reached out and are no longer with us. There is no shame in being okay, just as there is no shame in not being okay.

The two of us grew up in a fire service that was not accepting of anyone saying that they needed help. Unfortunately, many fire service agencies across the country remain behind, culturally speaking, when it comes to admitting a responder needs help. We need people to know and understand that it's not only okay, but they are encouraged to reach out for assistance should they need it.

I used to tell people during my *Victim Impact Panel* presentations that the things we see and experience have an impact on us. Yes, we wear a uniform, and yes, we expect to see bad things, but at the end of the day, we are human just like everyone else.

In addition to the trauma we experience in our profession, we have to recognize that substance abuse and family issues are significant problems in the fire service. The question is, is it the trauma we experience that leads to the substance abuse problems and family issues, or is it the substance abuse and family issues that decrease our resiliency in the job? In my opinion, the overall answer is yes to all of it because it depends on the individual and their circumstances. You may have picked up on this already, but, we are all different...

Personally, I think the important thing is to not get so narrowly focused that we miss the bigger picture. We can't say everything is PTSD and ignore family and substance issues. On the other hand, we can't say everything relates to substance abuse and family issues while ignoring the impact of PTS/PTSD.

So WTH do we do with all of this? First, we have to subscribe to the idea of hope. Hopeful people tend to be more resilient people. They're willing to be vulnerable and to reach out to others regularly, not just when in crisis. And hopeful is a far better feeling than hopeless.

When you're hopeless, you see no way out – it can be a very dark place. According to Brené's research, hopeful people value persistence and hard work. They do not subscribe to the latest cultural belief that everything should be fun, fast, and easy. You can imagine how folks who subscribe to the theory that everything is fun, fast, and easy do when faced with a challenge – it doesn't go well. They tend to feel that it's a problem with themselves, or in some cases, it's everyone else's fault. Those that understand work can be hard, sometimes fun, and that things can be slow, tend to be more hopeful and resilient.

If we go back to the five most common factors of resiliency, we see a common theme, i.e. healthy perspective, healthy relationships, and a willingness to seek a connection with others. If we apply these basic concepts, we should see less substance abuse, fewer relational problems, and a healthier approach to processing some of the trauma we encounter.

I am not a counselor, PhD, MD, or an expert in mental health. In fact, I volunteered for a brain scan when we had a recent meeting with Debbie Ritterbush. My thought was that one, a scan would show if I actually have a brain, and two, if it is lighting up, that would indicate some level of function exists in my head. There are questions...

Ultimately, we need to give ourselves a break for being imperfect, remember that that being hopeful is healthy, and that there are some very basic things that we can employ to improve our resiliency.

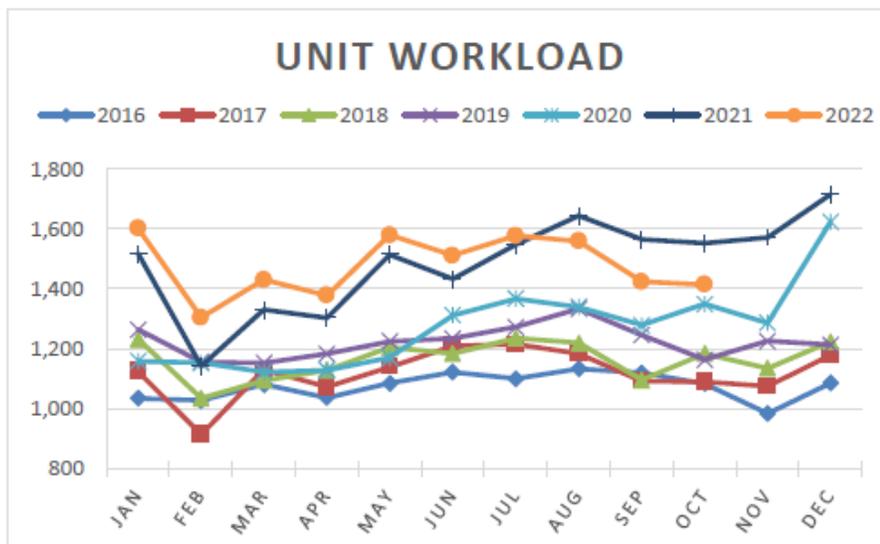
October Run Report

By: GIS/Statistician Michael Freeman

Unit Workload History

(RESPONSES BY TYPE-1 ENGINES)

	2016	2017	2018	2019	2020	2021	2022
Jan	1,034	1,123	1,231	1,263	1,157	1,516	1,600
Feb	1,026	913	1,034	1,155	1,152	1,141	1,303
Mar	1,080	1,128	1,093	1,151	1,121	1,328	1,428
Apr	1,036	1,071	1,127	1,182	1,127	1,302	1,376
May	1,084	1,138	1,203	1,223	1,169	1,512	1,577
Jun	1,121	1,208	1,183	1,233	1,310	1,431	1,509
Jul	1,099	1,214	1,234	1,271	1,366	1,546	1,575
Aug	1,132	1,183	1,218	1,332	1,338	1,641	1,557
Sep	1,118	1,091	1,095	1,245	1,277	1,563	1,422
Oct	1,083	1,088	1,183	1,163	1,348	1,551	1,413
Nov	983	1,074	1,134	1,224	1,285	1,570	
Dec	1,085	1,177	1,222	1,211	1,622	1,713	
AVG	1,073	1,117	1,163	1,221	1,273	1,485	1,476
TOTAL	12,881	13,408	13,957	14,653	15,272	17,814	14,760





October Response Report - 2022

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

Responses in District

TOTAL FIRE INCIDENTS	5
STRUCTURE FIRE	0
STRUCTURE FIRE; CONFINED	0
MOBILE HOME/PORTABLE BLDG	1
VEHICLE FIRE	1
BRUSH/GRASS/WILDLAND FIRE	1
TRASH FIRE/OTHER	2

Fire is 0.42% of call volume

TOTAL RESCUE & EMS	783
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EMS is 65.47% of call volume

OVERPRESSURE / OVERHEAT	0
HAZARDOUS CONDITION	14
SERVICE CALL	259
GOOD INTENT	81
FALSE ALARM/OTHER	54

Other is 34.11% of call volume

TOTAL INCIDENTS IN DISTRICT	1,196
INCIDENT RESPONSES BY CAFMA	1,331
TYPE-1 UNIT RESPONSES BY CAFMA	1,413

Fire Loss Summary

Residential Fire Loss	\$240,000
Commercial Fire Loss	\$0
Vehicle Fire Loss	\$7,000

Top 5 Call Types

724	EMS
149	Assist Invalid
70	Public Service
44	Cancelled en Route
26	No Incident Found on Arrival

Average total # of calls per day	38.58
Average fire calls per day	0.16
Average EMS calls per day	25.26
Average all other calls per day	13.16

Call Volume at PRCC

	Month	Year-to-Date
PFD	918	8,738
CAFMA	1,196	12,390
GCFD	14	141
OD	7	127
WKFD	1	40

Unit Responses

Unit	District	Total	Move Up
E50	131	144	25
E51	27	194	39
E53	180	180	8
E540	32	33	13
E54	168	168	0
E57	39	39	3
E58	171	172	1
E59	144	151	3
E61	114	114	3
E62	139	144	1
E63	48	52	31
TR50	22	22	0
B3	34	40	0
B6	18	20	0
Rescues	23	23	0

TYPE-1 ENGINES

Calls by Municipality

Calls in Town of Chino Valley	178
Calls in Town of Prescott Valley	616
Calls in Town of Dewey-Humboldt	73
Calls in District, Unincorporated Areas	324
Calls Out of District	6

Aid Agreement Summary

Aid Given to Prescott	149
Aid Received from Prescott	67
Aid Given to WVFD	0
Aid Received from WVFD	2
Mutual Aid Given	0
Mutual Aid Received	7