



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **June 23, 2023**

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"We are like books. Most people only see our cover, the minority read only the introduction, many people believe the critics. Few will know our content."

Emile Zola

[The CAFMA Connect YouTube Channel](#) – Like, Subscribe, Watch, and Learn

My entire life can be
summed
up in one
sentence...

'Well, that
didn't go
as planned.'



The Chief's Desk

I returned from two workshops in Montana last week Wednesday and then went straight to Flagstaff Thursday for meetings with the Board of Regents, the group that sets the budget and policy for the three state universities. I recorded a promotional video for them that morning regarding the grant for the statewide recruitment and retention study and briefly discussed the attainable housing study.

Thursday afternoon, I presented to the Board of Regents regarding the request for a community grant to fund the attainable housing study that focuses on CAFMA and Prescott. The grant was unanimously approved at just under \$58,000. These monies will fund the research team undertaking the 10 - 12-month study.

While the information will not have an immediate impact on the housing challenges we face, it will provide us direction, outline opportunities, and serve as a foundation for potential legislative action, whether state or federal. We know the problem, now we need ideas that will lead to solutions.

I attended a two-day weekend workshop before the FORCE Conference called *Struggle Well*. The program was developed by Boulder Crest, a not-for-profit entity developed first to assist veterans, then expanded to include first responders. Boulder Crest is similar to Mighty Oaks in that both were founded by veterans to support veterans who struggle with mental and behavioral health issues. Each has facilities throughout the United States for in-person five-day programs.

The founder of Boulder Crest wanted to offer something that participants could use to develop additional tools following their five-day in-person program. He traveled the country speaking with mental health professionals coast to coast both in the private sector and the VA. Ultimately, his search for information led him to a university where he met two professors that'd founded what they called Post Traumatic Growth (PTG). PTG was discovered as a part of a research project in the mid-90s.

PTG recognizes that struggle in life is inevitable, but those who embrace the struggle, understanding that there's another side, tend to thrive rather than remaining trapped in their own mind. This doesn't dismiss trauma in any way. The fact is that military, fire, EMS, and law enforcement draw a higher percentage of employees who suffered significant trauma as children than other employers. This means that many of the folks in our profession come carrying a rucksack that's already filled with significant weight. The idea of PTG is that you don't have to be a prisoner to that past trauma, you can in fact work through it and thrive. And, you don't have to be a prisoner to a label, e.g., PTSD, rather, you can create your own new label, one that reflects hope and good health. **Cont. Page 4**

Upcoming Events:

June 26 – PT, Record Podcast with Chief Durre, District Association meeting, Meet with ASU

June 27 – Record Prescott Fire Weekly Update with Chief Durre, SERF Follow-up and Review

June 28 – Work on AFCA and FRI Presentation, Triennial Planning meeting

June 29 – Prep for June 30

June 30 – Granite Mountain 10 Year Commemoration morning and afternoon

Board Meeting:

Board Meeting: June 26

CVFD – 1600-1630

CYFD – 1630-1700

CAFMA – 1700-1830

Improving Your Self-Awareness: Five Things You Can Do Today

By: Kevin Eikenberry

The most effective leaders are aware of how they impact their teams with their actions, reactions, words, and decisions. In other words, the more self-aware we are, the better chance we have of leading effectively. Unfortunately, everyone (including leaders) has blind spots, unconscious biases, and habits that keep us from being as successful as we could be. That's why improving your self-awareness is one of the most powerful (and often overlooked) ways to become a more effective leader.

If you are ready to take a journey of self-discovery, here are five ways you can begin improving your self-awareness, starting today.

Practice Regular Self-Reflection

I have long been a proponent of reflection as a key to learning. If we don't reflect on what we did, we are far more likely to repeat mistakes and reduce the speed of our improvement. But reflection specifically with the goal of better self-understanding is critical too. The best questions to use in self-reflection are accountable questions like:

- How did I impact the outcome or results?
- What could I have done differently?
- How could I have had a different level of influence in this situation?
- What patterns do I see in my behavior (both those to keep and those to adjust)?

[kevineikenberry](#)

FDNY: e-bike shop cited for violating lithium-ion battery rules before fatal fire

By: Thomas Tracy, New York Daily News

New York City fire inspectors dogged the HQ E-Bike Repair shop since at least 2021 over unsafe handling of lithium-ion batteries before the deadly blaze Tuesday that killed four people in Manhattan's Chinatown, Fire Department officials said.

One inspection last August resulted in a \$1,600 fine, said the officials.

But an undercover inspection in May did not result in any violations, as the inspector did not see any batteries being charged, a Fire Department official told the Daily News.

FDNY Chief Fire Marshal Daniel Flynn told reporters that during the visit last month, the undercover inspector observed "many, many batteries inside the store, which is a violation of the fire code."

But the Fire Department official who spoke to The News said whether a violation was issued in May would have depended on whether the batteries were charging.

“Having batteries isn’t a violation. Having them charge too close together is the violation. We didn’t see any charging,” the official said.

During the August 2022 inspection, fire marshals found HQ E-bike Repair was charging batteries stacked next to each other and plugged into extension cords — violations that could undoubtedly spark and spread a blaze, FDNY officials said.

[FireRescue1](#)

The Chief’s Desk Cont.

I felt that the material in the workshop lends itself to what I call Pre-Traumatic Growth, i.e., ways to build resiliency, or durability, in advance of a trauma or crisis.

The *Struggle Well Workshop* is meant to introduce these concepts to military personnel and first responders no matter where they are in their career. Meaning, the information is as impactful for new recruits as it is for someone that’s been in the field for 30 years. I’m in my 30th year and the program had an impact on me.

In short, the program is built from the belief that hope is trainable, and struggle can be healthy. The concept is very similar to stretch goals, something discussed in depth in earlier *Reviews*. As a reminder, stretch goals challenge you to push yourself beyond your current comfort zone to achieve a higher level of knowledge, physical ability, etc.

I know that some of the struggles in my life have made me who I am today. Without those challenges, some self-induced because of poor decision-making, I would not be here having achieved what I have in my life. Yes, my resolve has been challenged on occasion, but I never gave up. Fortunately for me, I’ve always been surrounded by loving and supportive people who have not been afraid to kick me in the ass when needed. They’ve held me accountable for my mistakes, while showing me that I still had worth and that I could do and be more.

If you’ve not read the book, I highly recommend Dr. Victor Frankl’s *Man’s Search for Meaning*. Dr. Frankl was a Jewish prisoner in Auschwitz in World War II. His work in the field of psychology led him to write about his experiences, which delves into the mind of prisoners in concentration camps. What led him to survive in Auschwitz and then thrive in life despite the experience, versus others who did not.

The *Struggle Well Program* uses Dr. Frankl’s experience as well as the experiences of Vietnam War prisoners from the Hanoi Hilton as a basis to support the concept of PTG.

Boulder Crest has developed a triangle, not unlike the old fire triangle, to depict a healthy life. At the top is mind, on the lower left corner is body, and the lower right corner is finances. In the middle of the

pyramid supporting the sides is spirit. The four embody not only a balance for you but include the family as part of the overall theme.

I'm working with the CEO of Boulder Crest to bring the *Struggle Well* program to our area. The initial offering will be for staff and our Start Moving On partners. In addition, we'll invite Senior Staff from local law enforcement agencies and Prescott Fire. The goal is to introduce everyone to the program to see if they see it as a valuable resource. If the CAFMA staff agrees, we'll start working on the logistics of incorporating the program as part of our overall mental and behavioral health offerings for all CAFMA members. I'd like to develop a pathway to include significant others as well.

In my opinion, *Struggle Well* represents the missing piece of our wellness program, i.e., the preventative approach.

If you're interested in more information, you can purchase the book [Struggle Well](#) at Amazon or other online book sellers. I'm just over 150 pages in and am enjoying the read.

In closing, there's a reason that your rear-view mirror is smaller than your windshield. You need to see where you've been and watch for things behind to stay safe; however, your focus should be out the windshield always looking ahead at a brighter future. We may never completely forget the past, but we don't have to keep reliving it either.
