



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **June 9, 2023**

This Edition:

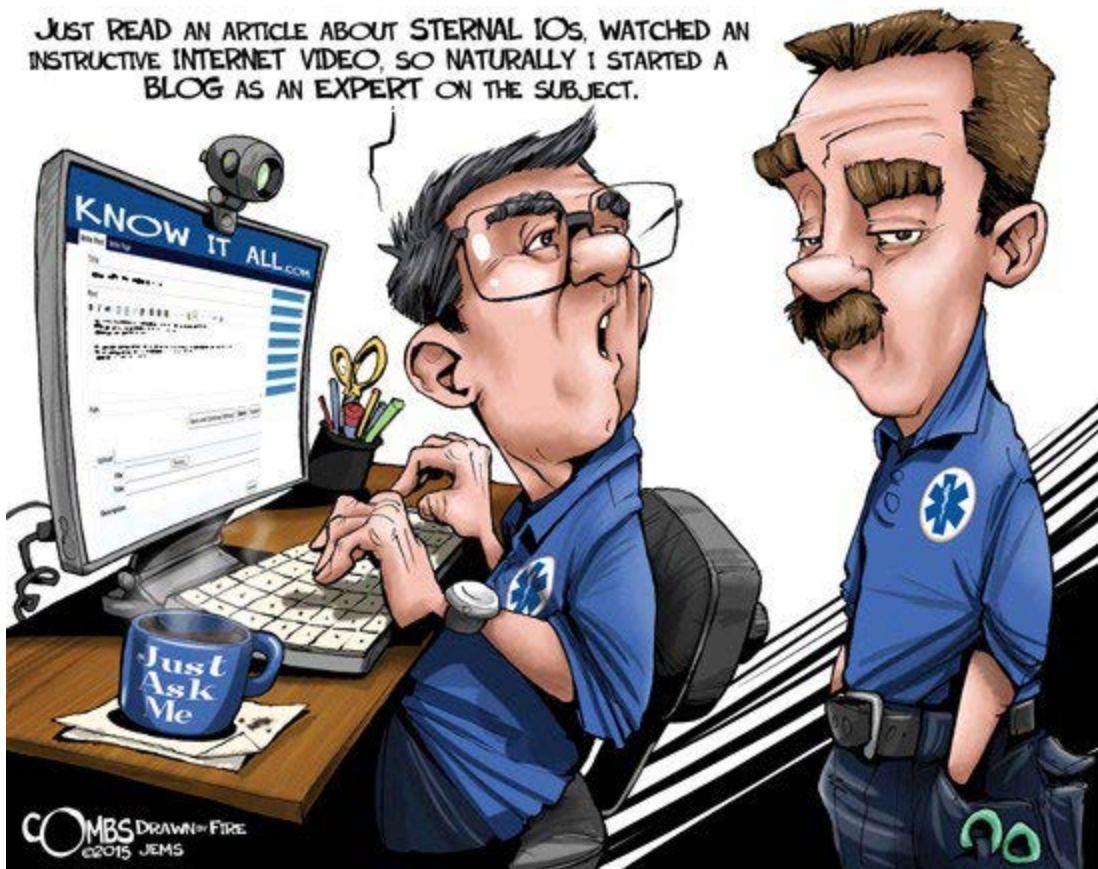
The Chief's DeskPage 2
5 Key Stress Management Tips Every Leader and
CEO Should be UsingPage 3
May Call StatisticsPage 4

**"When you can't control what's happening,
change yourself to control the way you
respond to what's happening. That's where
you power lies."**

Unk

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

JUST READ AN ARTICLE ABOUT STERNAL IOs, WATCHED AN
INSTRUCTIVE INTERNET VIDEO, SO NATURALLY I STARTED A
BLOG AS AN EXPERT ON THE SUBJECT.



The Chief's Desk

Applications are now available for new firefighters! If you're on social media, please take a moment to spread the word by sharing our flyer and posts on all your favorite platforms. There was good engagement with our posts leading up to "opening day" with lots of questions and phone calls to HR. Seems we've generated solid interest, but need your help leading people to CAFMA. Please like and share early and often. You can talk to people in person as well – I think that's still a thing 😊

We held our first 'Meet the Fire Chiefs' night on Monday, June 5th at CARTA. We partnered with Yavapai College, Sedona Fire, Verde Valley Fire, and Prescott Fire. Chiefs Ed Mezulis, Danny Johnson, Holger Durre and I sat as a panel discussing our agencies, philosophies, and answering questions from the 30 people in attendance. The feedback from the event was positive, so look for additional offerings like this moving forward.

So far, things on the street seem better; not perfect, but better since the CAD-to-CAD link was reduced to a one-way CAD link. We're still waiting for PRCC to have the CAD system programmed to automatically pick the closest most appropriate Priority unit for our jurisdiction. They're the primary transport provider for CAFMA's area just as AMR is the primary transport provider for the City of Prescott.

There have been a couple of questions regarding billing for ALS and the gift clause concerns CAFMA has raised. CAFMA bills both agencies the same when they send a BLS unit to an ALS call requiring us to provide the paramedic and equipment. Regarding our co-staffed Rescues, under the agreement, CAFMA is to provide the paramedic. If we don't have someone willing to take overtime on the ambulance, the medic will have to come off of the engine to ride into the hospital. That one is on us, not on Priority.

Our co-staffing plan is both short-term and imperfect but is providing more consistency and better response times. The question was raised in Labor/Management as to whether it might be better to pick a different unit rather than send the one we know will require us to utilize the medic off the engine. In short, no. We knew this would happen when we developed the plan and we accepted the inevitability knowing it would still be better than what had been happening.

Once Priority has been able to ramp up their operations to 100%, when we have our CON, and when PRCC has the CAD programmed properly to choose ambulances, these challenges should no longer be a problem. Our hope is that things will be much improved by December.

Cont. Page 4

Upcoming Events:

June 10-14 – Struggle Well Seminar, FORCE Conference
June 15 – Meet with Board of Regents at NAU regarding Attainable Housing, and Recruitment/Retention study.

Board Meeting:

Board Meeting: June 26
CVFD – 1600-1630
CYFD – 1630-1700
CAFMA – 1700-1830

5 Key Stress Management Tips Every Leader and CEO Should be Using

By: Kristel Bauer

Life as an executive has some incredible benefits but it also has its fair share of stressors which gone unmanaged, can lead to some truly undesirable results. Before I became an entrepreneur in the speaking and media space, I was a practicing clinician in healthcare. During that time I noticed a common theme with many of the executives and leaders that I saw as patients.

Many of them, some unknowingly, were sacrificing their well-being for what they thought would make them successful in their careers. Long hours, constant high-pressure situations, lots of time sitting behind a desk and repeated dinners out where the food and drinks were flowing had taken their toll. For some of them, their physical health was in decline. For others, their mental health was suffering. And for many, it was all of the above.

A key thing to recognize is that your well-being is a critical component of your success, your leadership capabilities, and your job performance. Don't fall into the trap of thinking that you need to sacrifice parts of yourself to be successful as an executive or leader. The opposite is actually true. When you prioritize yourself, you will be able to show up as the best version of yourself at work and in life. You will also be setting a positive example for your team and contributing to an empowering healthy company culture.

After a keynote talk that I gave to a group about executive well-being, it was exciting to hear the dialogue happening between the different members of the audience. New ideas were being passed around about how they could make employee wellness a part of company culture. As a leader, when you make wellness a key component of your work/life everyone benefits! On that note, here are five key tips to help you manage stress and feel your best in your personal and professional life.

ceoworld.biz

The Chief's Desk Cont.

As I mentioned last week, for those that read that far, we received our *Notice of Hearing* from the Bureau of EMS. My understanding is that we received the notice because AMR has indicated that they plan to intervene in our CON, i.e., challenge our CON in a court proceeding. No matter, we're ready to proceed and remain confident that we have a much stronger case for CAFMA to have ambulances than anyone would have against CAFMA having ambulances.

I'll be attending a seminar this weekend hosted by the Western Fire Chief's Association (WFCA) called *Struggle Well*. It's a pre-seminar to the WFCA FORCE Conference that runs Monday and Tuesday. My understanding is that *Struggle Well* is the proactive part of dealing with mental and behavioral health issues.

Over the last several years, we've done a good job identifying the issue and developing programs to help emergency response personnel, e.g., our agreement with Start Moving On Counseling. It's time now to

start looking at a model that focuses on the proactive side of mental and behavioral health, meaning finding individual baselines and identifying resiliency tools before someone has a problem. It's the preventative side of maintaining our psychological wellbeing. I'll have more on this once I return.

I had an opportunity to visit with Tucson's Fire Chief, Chuck Ryan, briefly about the program. He said the Tucson PD has put all their officers through the program and that Tucson Fire is looking to do the same. Feedback from the police officers has been overwhelmingly positive, as has the feedback from the Tucson FD Chiefs that audited the training for their agency. I'm hoping the program is as good as it's been billed.

I've been asked to attend the Board of Regents meeting at NAU next Thursday in Flagstaff. They want to hear directly from me regarding the request for an attainable housing study. The proposal has been submitted by NAU staff, now the Board of Regents has to decide whether to support the project. I think it's an important study as it will provide real options for addressing the housing challenges we face. And, if some of those solutions require special finance options, or monies at the state level, we'll have a comprehensive study to support our request. It's at least worth a shot.

I've noticed, for those interested, that Agency vehicles with Ford badges seem to be in the shop more than those that say Ram or Chevrolet. Just something I thought I'd mention for some of our Ford-loving friends out there. FYI, Runo and Abel, I've thrown a tow rope in my Impala in case you need help getting home... This is not a squirrel moment, I just happened to be at Fleet and Rescue 58 was in the shop. As Domenic said, we removed the Ford emblem, but it still knows it's a Ford.

Hope you all have a great weekend! It's officially summer, meaning time for BBQs and outdoor activities with friends 😊 Please don't do anything stupid... designate a driver, Uber, Lyft, or taxi.

May Call Statistics

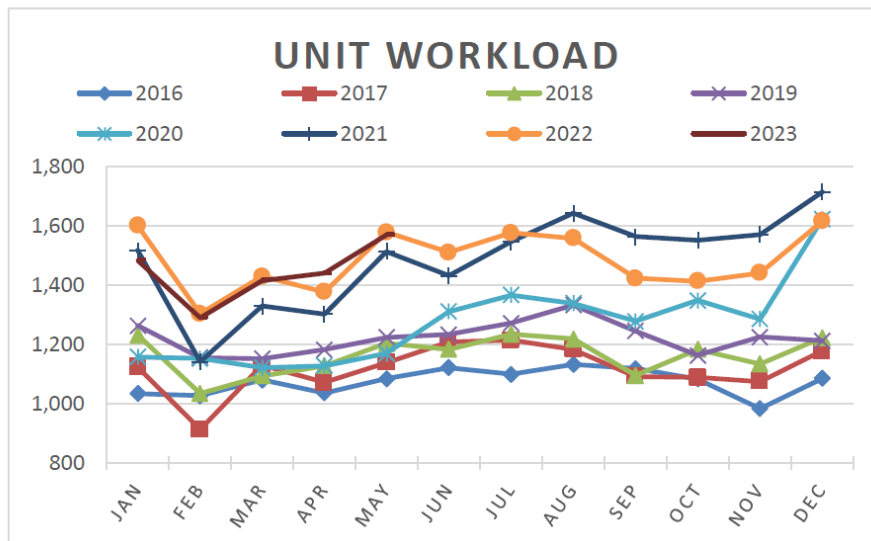
By: GIS/Statistician Michael Freeman

Next Page

Unit Workload History

(RESPONSES BY TYPE-1 ENGINES)

	2016	2017	2018	2019	2020	2021	2022	2023
Jan	1,034	1,123	1,231	1,263	1,157	1,516	1,600	1,483
Feb	1,026	913	1,034	1,155	1,152	1,141	1,303	1,289
Mar	1,080	1,128	1,093	1,151	1,121	1,328	1,428	1,415
Apr	1,036	1,071	1,127	1,182	1,127	1,302	1,376	1,439
May	1,084	1,138	1,203	1,223	1,169	1,512	1,577	1,569
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	1,440	
Dec	1,085	1,177	1,222	1,211	1,622	1,713	1,615	
AVG	<i>1,073</i>	<i>1,117</i>	<i>1,163</i>	<i>1,221</i>	<i>1,273</i>	<i>1,485</i>	<i>1,485</i>	<i>1,439</i>
TOTAL	12,881	13,408	13,957	14,653	15,272	17,814	17,815	7,195





May Response Report - 2023

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

Responses in District

TOTAL FIRE INCIDENTS	21
STRUCTURE FIRE	0
STRUCTURE FIRE; CONFINED	5
MOBILE HOME/PORTABLE BLDG	1
VEHICLE FIRE	6
BRUSH/GRASS/WILDLAND FIRE	5
TRASH FIRE/OTHER	4

Fire is 1.59% of call volume

TOTAL RESCUE & EMS	871
--------------------	-----

EMS is 66.19% of call volume

OVERPRESSURE / OVERHEAT	0
HAZARDOUS CONDITION	5
SERVICE CALL	269
GOOD INTENT	116
FALSE ALARM/OTHER	34

Other is 32.22% of call volume

TOTAL INCIDENTS IN DISTRICT	1,316
INCIDENT RESPONSES BY CAFMA	1,456
TYPE-1 UNIT RESPONSES BY CAFMA	1,569

Fire Loss Summary

Residential Fire Loss	\$88,100
Commercial Fire Loss	\$2,000
Vehicle Fire Loss	\$46,400

Top 5 Call Types

798	EMS
131	Assist Invalid
82	Public Service
66	Cancelled en Route
30	Vehicle Accident w/Injuries

Average total # of calls per day	42.45
Average fire calls per day	0.68
Average EMS calls per day	28.10
Average all other calls per day	13.68

Call Volume at PRC

	Month	Year-to-Date
PFD	882	4,242
CAFMA	1,316	5,964
GCFD	12	54
OD	6	45
WKFD	6	11

Unit Responses

	Unit	District	Total	Move Up
TYPE-1 ENGINES	E50	166	180	28
	E51	23	209	47
	E53	195	197	6
	E540	38	40	9
	E54	183	184	0
	E57	54	56	4
	E58	177	182	0
	E59	169	175	3
	E61	120	123	8
	E62	142	147	8
E63	64	66	24	
TR50	10	10	0	
B3	54	57	0	
B6	31	33	0	
Rescues	31	33	0	

Calls by Municipality

Calls in Town of Chino Valley	199
Calls in Town of Prescott Valley	695
Calls in Town of Dewey-Humboldt	71
Calls in District, Unincorporated Areas	351
Calls Out of District	6

Aid Agreement Summary

Aid Given to Prescott	173
Aid Received from Prescott	92
Aid Given to WVFD	0
Aid Received from WVFD	5
Mutual Aid Given	2
Mutual Aid Received	0