



# THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **July 7, 2023**

## **This Edition:**

The Chief's Desk .....Page 2  
Invisible wounds: How trauma affects the brain  
.....Page 3  
June Monthly Call Statistics .....Page 4

**"It takes strength to make your way  
through grief, to grab hold of life and let it  
pull you forward."**

**Patti Davis**

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**Engineer Payton Parra 7/1/1988 – 7/1/2023  
Rest easy sir, we will take it from here.**

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## The Chief's Desk

Engineer Payton Parra passed away on July 1, 2023. He leaves behind his son Rhett, girlfriend Laura and her four children, Makenzee, Caleb, Connor, and Keegan, brother Dustin and his wife Malan, and their family, and sister Shaw and her family. He also leaves behind our CAFMA family.

Our goal as an organization is to support his loved ones the best we can as they plan a Celebration of Life ceremony tentatively scheduled for July 16 at the Macklin Building on the rodeo grounds. Chief Feddema is working directly with Dustin, while Engineer Postula is serving as the liaison for Laura and the children. More information will be shared once plans are more formalized.

The investigation into Payton's death is ongoing. The autopsy will be performed tomorrow, Saturday; we, CAFMA, will not receive any official reports. Any information regarding the official cause of death will be released to the Yavapai Tribal PD and to Payton's family.

We're all grieving the loss of our brother and friend right now. This is yet another gut punch for us as we've been through a lot as an organization over a relatively short period of time. I've had trouble processing this situation, i.e., I still don't understand why Zach is no longer with us and now Payton has passed – it's a lot to work through.

While some answers exist, they're typically not enough to ease our pain. What we must remember is that grief, and grieving, is normal and healthy. We cannot let grief paralyze us and prevent us from moving forward. We're not trying to move on and forget; rather, we need to move forward embracing our loss, moving through the stages of grief, while also doing good works to help others and our families.

Yes, as an organization and as individuals we've been through a ton of crap in a short period of time. However, if you look back at our history, any time we've faced adversity we've come out the other side stronger. It's truly a testament to our resolve and strength as people and as a group.

We face struggle together, we grieve together, and we support one another. I don't know how many agencies truly experience the level of commitment to one another that we have within CAFMA. During the monotony of the day-to-day stuff, sometimes it doesn't feel as if we're as connected or committed as we say we are, but there's no group of people better at coming together in tragedy than us. There's no such thing as a perfect world, and certainly no such thing as a perfect family; we're flawed, we have our challenges, and we have our Cousin Eddies – but we'd still let them park their RV in the driveway.

**Cont. Page 3**

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### **Upcoming Events:**

July 10-14 – Staff will be in Glendale for the AFCA/AFDA Summer Leadership Conference. We will be working with the Parra family throughout the week and will keep everyone informed

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### **Board Meeting:**

Board Meeting: July 24  
CAFMA – 1700-1830

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## **Invisible wounds: How trauma affects the brain**

**By: Brooke Bartlett, Ph.D.**

It's no secret that trauma exposure is par for the course for first responders.

Despite the plethora of scientific evidence showing that trauma exposure can cause poor mental and physical health outcomes (e.g., Sowder et al., 2018), there's still a pervasive misconception in first responder culture that managing trauma-related symptoms is merely a matter of willpower. This misconception only serves to bolster the cultural stigma that merely experiencing trauma-related symptoms and/or seeking help for them is a sign that someone is weak, "crazy," unfit for duty, or similar judgments.

One way to help overcome this misconception and combat the stigma is to share the science behind how trauma affects the brain. Perhaps then people will understand that willpower is hardly a suitable option.

### **WHAT IS TRAUMA EXPOSURE?**

There are two types of trauma exposure, which we'll call "Big T" trauma and "Small T" trauma.

"Big T" trauma is defined as exposure to actual or threatened death, serious injury or sexual violence (American Psychiatric Association, 2022). This exposure can occur through direct experience, by witnessing it happening to others, by learning that it occurred to a close family member or friend, or by experiencing repeated exposure to aversive details of traumatic events through the job.

[firechief](#)

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### **The Chief's Desk Cont.**

For now, we'll continue to grieve together and continue to support one another. Whatever your spiritual beliefs may be, I'd ask that you keep Payton's loved ones in your thoughts and prayers as they process an unthinkable loss. I'd also ask that you continue to watch over and support one another.

We have resources available should you want to speak with someone. Our Peer Support members are ready to assist at any time and the Prescott Peer Team has offered assistance as well. Debbie's folks at Start Moving On are available, too. It only takes a phone call to set up an appointment to speak with a counselor.

There's also the kitchen table, whether in the stations, at Admin, or any of our other facilities. There's opportunity to sit down, talk, and encourage one another.

Please don't forget your family during these times. We need to support and encourage our loved ones at home just as we do for each other at work. Remember that a CAFMA loss is a loss to everyone we love, not just those of us who are employed here. We have resources available for family and there's work being done right now to create a significant others peer support group.

At the end of the day, remember to be present. Be present for yourself, the people around you here at CAFMA, and be present for your family. We're stronger together, and right now we really need to be together.

As a final note, Payton's loved ones are planning the celebration of life, as well as coordinating things with Butch Hampton. For our part, we have done everything for Laura, Dustin, and Shaw just as we did for Zach's family. The difference this time is that the family is handling all the arrangements and we are providing support where requested. This means we do not have a full IMT established, but we do have a small group of key folks assembled to serve in support roles. As soon as we have the specifics confirmed, we will pass the information on to all of you.

If you would like to be part of the meal train for Laura, or have questions regarding her needs, please reach out to Engineer Justin Postula as he is her liaison. Dustin and Malan declined a liaison although staff is trying to run as much as possible through Chief Feddema so they're not getting overwhelmed with calls from us. There is a GoFundMe established for Laura and the kids to help with living expenses. We shared that in an email from Justin this week that was sent out by me – just in case you're trying to search for it in your email. I will share it again here in case you missed it.

<https://www.gofundme.com/f/support-laura-the-kids-payton-parras-family>

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## **June Monthly Call Statistics**

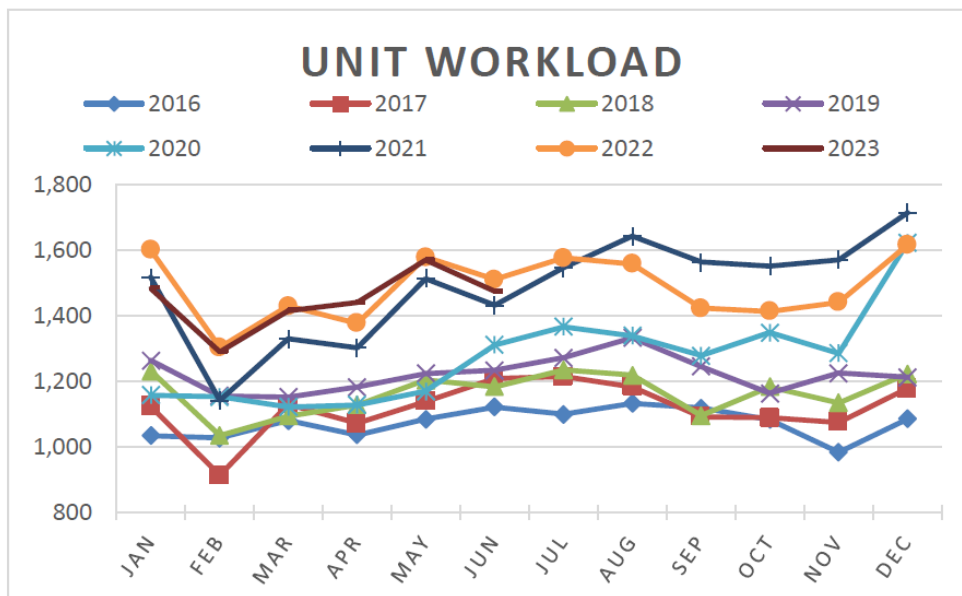
**By: GIS/Statistician Michael Freeman**

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	<b>1,569</b>
Jun	1,121	1,208	1,183	1,233	1,310	1,431	1,509	1,473
Jul	1,099	<b>1,214</b>	<b>1,234</b>	1,271	1,366	1,546	1,575	
Aug	<b>1,132</b>	1,183	1,218	<b>1,332</b>	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	<b>1,622</b>	<b>1,713</b>	<b>1,615</b>	
AVG	1,073	1,117	1,163	1,221	1,273	1,485	1,485	1,445
<b>TOTAL</b>	<b>12,881</b>	<b>13,408</b>	<b>13,957</b>	<b>14,653</b>	<b>15,272</b>	<b>17,814</b>	<b>17,815</b>	<b>8,668</b>





# June 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	4
MOBILE HOME/PORTABLE BLDG	3
VEHICLE FIRE	4
BRUSH/GRASS/WILDLAND FIRE	10
TRASH FIRE/OTHER	0

**Fire is 1.74% of call volume**

TOTAL RESCUE & EMS	803
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**EMS is 66.42% of call volume**

OVERPRESSURE / OVERHEAT	1
HAZARDOUS CONDITION	9
SERVICE CALL	249
GOOD INTENT	89
FALSE ALARM/OTHER	37

**Other is 31.85% of call volume**

TOTAL INCIDENTS IN DISTRICT	1,209
INCIDENT RESPONSES BY CAFMA	1,368
TYPE-1 UNIT RESPONSES BY CAFMA	1,473

## Fire Loss Summary

Residential Fire Loss	\$59,600
Commercial Fire Loss	\$0
Vehicle Fire Loss	\$31,100

### Top 5 Call Types

732	EMS
134	Assist Invalid
64	Public Service
50	Cancelled en Route
37	Medical Assist

Average total # of calls per day	40.30
Average fire calls per day	0.70
Average EMS calls per day	26.77
Average all other calls per day	12.83

### Call Volume at PRCC

	Month	Year-to-Date
PFD	847	5,089
CAFMA	1,209	7,173
GCFD	14	68
OD	12	57
WKFD	0	11

### Unit Responses

Unit	District	Total	Move Up
E50	161	170	26
E51	31	201	56
E53	185	189	15
E540	33	37	24
E54	153	157	0
E57	46	49	5
E58	170	171	0
E59	175	181	2
E61	118	118	9
E62	126	138	1
E63	53	55	19
TR50	5	7	0
B3	44	50	0
B6	34	37	0
Rescues	6	7	0

TYPE-1 ENGINES

### Calls by Municipality

Calls in Town of Chino Valley	172
Calls in Town of Prescott Valley	662
Calls in Town of Dewey-Humboldt	53
Calls in District, Unincorporated Areas	322
Calls Out of District	9

### Aid Agreement Summary

Aid Given to Prescott	165
Aid Received from Prescott	61
Aid Given to WVFD	0
Aid Received from WVFD	3
Mutual Aid Given	3
Mutual Aid Received	1