



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **January 19, 2024**

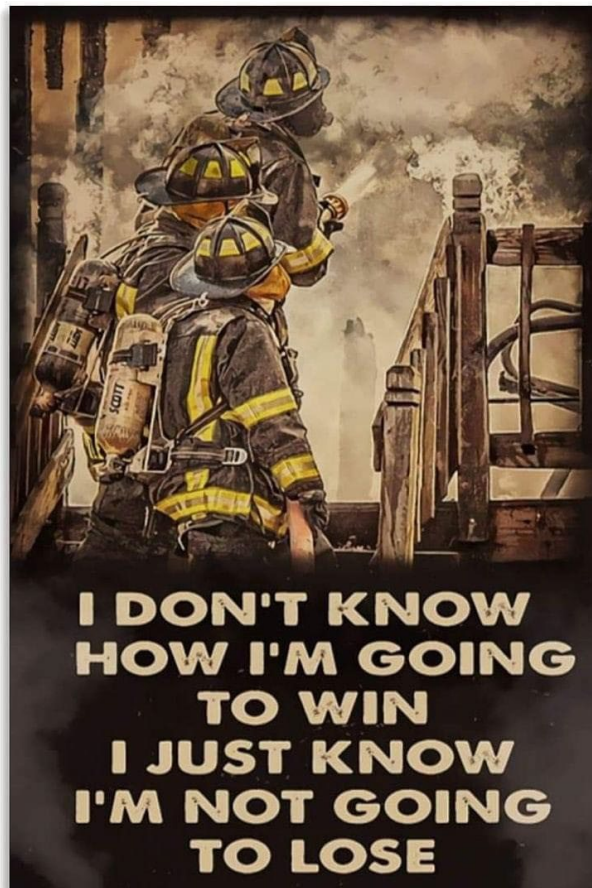
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“Someone out there is holding their breath hoping you fail - Make sure they suffocate”

Unk

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The Chief's Desk

I was going to assign this to Chief Feddema for two weeks, but my doctor said I could type as tolerated. So, he's freed this week, and this may be a little shorter – which is what some have requested. Don't worry, it won't last 😊

The legislature is in session, and seems even more polarized, if you can imagine that. We are fortunate to have Representative Bliss, Representative Nguyen, and Senator Bennett representing LD1. They've all proven supportive of the needs of our community, as well as the fire service. That said, they are just three of numerous elected officials from around the state. Given the current climate at the legislature, this may prove a very tough session to get much accomplished.

I went with Chief Rhoades, Buckeye FD, and Assistant Chief Kreis, Phoenix FD, to meet with the Gabe Lavine, Director of Emergency Management (EM), and Tom Torres, Director of the Department of Forestry and Fire Management (DFFM). We worked to finalize some of the details related to statewide mutual aid, EMAC (state to state mutual aid requests related to all hazard events), and ESF4 (fire service role in an EOC). Getting us to this point has been five years in the making. We have two very good directors in place that share a desire to collaborate not only between their agencies, but with the Arizona Fire Service.

We'll be circling back later this week via phone to discuss a potential piece of legislation related to EMAC and statewide aid. At this point, we need to clarify a couple points to ensure we offer a clean piece of legislation for consideration.

I spoke with Tom Caretto, PFFA lobbyist, at length on Tuesday regarding the status of the legislature and fire service legislation. We're certainly not going to solve fire district funding this session. That said, I don't know that we can fix the regressive and unsustainable funding structure for fire districts in the next couple years. We missed our only real opportunity when prop 310 failed. It's going to take a lot of collaboration, and creative thinking from folks across the state. Chief Johnson, Verde Valley/Copper Canyon FD, and I have been speaking with Supervisor Gregory trying to explore potential county level solutions.

All three boards will be meeting on Monday. Typically, CYFD and CVFD would not meet in January, however our auditors were not able to present the audit in December as they normally would. To that end, our auditing firm will be presenting the draft audit reports to each of the boards this month. If you're super interested in numbers and audits, this is a cannot miss meeting – insert eyeroll here. Not exciting, but good information, and we'll finally be done with this year. **Cont. Page 4**

Upcoming Events:

Jan 22: Surgical follow-up, AFCA/AFDA Educational Committee, Board day

Jan 23: WFCFA Conference planning meeting, coffee meeting

Jan 24: WFCFA Virtual meeting FORCE

Jan 25: Chief in Tucson for Jeff Piechura Memorial Unveiling at Northwest FD

Board Meeting:

Board Meeting: Jan 22
CAFMA – 1700-1830

Strengthening mental wellness support for first responders: A collaborative initiative

By: Chief Paco Balderrama and Dr. Anna Courie

Traumatic experiences accumulate over the life of a public safety career. But that's what you sign up for, that's your job.

We hear this all too often, and maybe it is true to a degree. However, it does not mean first responders are immune to trauma, which is routinely accompanied by increased stress, mental fatigue and depression. It also does not mean first responders are undeserving of mental health support.

It is estimated that more than one-third of our nation's first responders are dealing with mental health struggles. First responders experience higher rates of anxiety, burnout, depression, post-traumatic stress and more. [1]

While the severity of this crisis expands and unveils itself, public-private collaborations like the FirstNet Health and Wellness Coalition (FNHWC) are working to make lasting and impactful improvements in this area.

Comprised of more than two dozen national public safety organizations representing every discipline and all chain of command levels, the FNHWC recently completed an analysis of America's public safety and public health landscape, identifying needs, obstacles and potential solutions surrounding first responder mental health.

Our multi-year effort, which is summarized in a newly authored white paper released this past September (read in full below) to coincide with Suicide Prevention Awareness Month, included data analysis; literature review; input from numerous healthcare, mental health, academic and public safety leaders; and a survey of almost 400 first responders.

[FireRescue1.com](https://www.fireRescue1.com)

4 Secrets To Overcoming Adversity No Matter Where You Are In Life Or Work

By: Ashley Stahl

How many people can honestly say they would bet on themselves? If the cards are stacked against you, do you believe in you? These are big questions and ones that each of us will have to answer at some point during our careers.

But for some, the answers are not so easy.

In the U.S., 23,000 kids age out of foster care each year. Twenty percent become instantly homeless. And less than 1.2% will earn a college degree. To say the odds are stacked against foster youth is an understatement. Nobody knows this better than Kason Roberts, CEO and president of AR Global, Inc., a roofing company based just outside of Dallas.

After bouncing around foster care for 17 years, he found himself aged out of the system. He briefly worked in the natural gas industry before a chance encounter with a roofing business that changed the trajectory of his life.

He credits his strong faith and perseverance to building a multi-million dollar roofing company, which he shares in his forthcoming book, *Surviving The System*, coming out in April 2024. Roberts asserts, “It doesn’t matter where you come from; you still have the power to live how you want to live.” In essence, bet on yourself.

Here are five tips from Roberts on how to change your career — and your life — despite the circumstances you find yourself in today.

1. You have power over your thoughts.

How you think actually affects your health. Neuroscientists have learned that the way we think changes the chemical balance in our brains. If we flood our brains with negative thoughts, it produces a chemical reaction that drains serotonin levels. Serotonin is the “happy hormone.” it contributes to how we feel. Depleted levels of serotonin in our brain lead to depression. Negative thought patterns are also associated with increased levels of the stress hormone cortisol. The combined effect of lower serotonin levels and higher cortisol levels can have a detrimental effect on our health.

[Forbes.com](https://www.forbes.com)

Chief’s Desk Cont.

We’re working through budget development for 24/25. If you’re in charge of a program, or a division, expect to get an email in the coming weeks seeking your budget requests and PIR’s. As a reminder, we will need to make some level of wage adjustments this year, and we still need to implement the second year of our three-year staffing plan. To that end, remember the difference between a need and a want as you consider your requests.

Chief Durre and I are working to schedule a meeting with our respective staffs regarding the swap of 51 and 72. I’m hopeful that we will have an agreement soon allowing us to complete the switch sometime in the first quarter of this year, or at the latest the beginning of the second quarter.

The holidays are over, and things are ramping back up internally and across the state. Stay tuned, there will be a lot happening in the coming months. For now, I’m done with the typing thing for this week – looking for an icepack. Hope you all have a great weekend!
