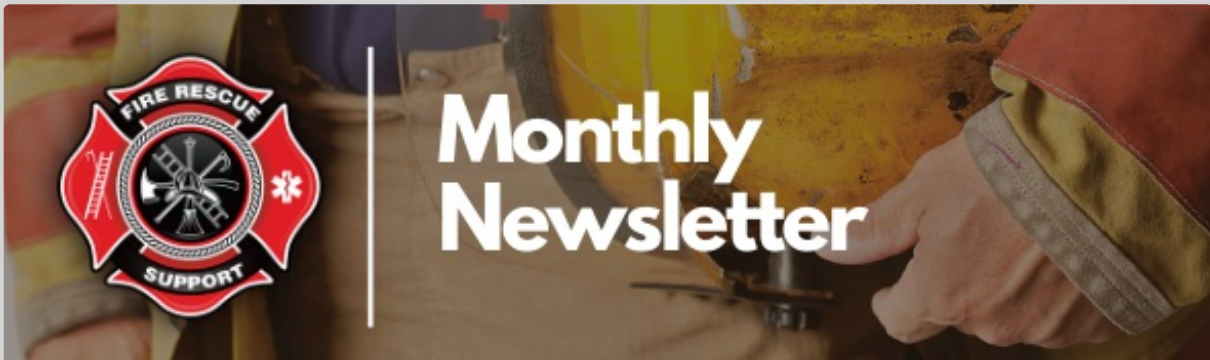


Like

Tweet



October 2022

Hurricane Ian

On Wednesday, September 28, Hurricane Ian crashed into the Florida coast near Fort Myers. Even before the storm hit, state and federal Urban Search and Rescue (US&R) teams were preparing to deploy.

At its peak, the number of US&R members involved in this incident reached nearly 1,500. On the ground, by air, and with boats, crews searched the area rescuing survivors and recovering the deceased.

Supporting this operation was a behind-the-scenes group of nearly 100 including communications, logistics, planning, operations and command. In addition, a new support function was added to this deployment - the Mental Wellness Team.

For the first time in the history of federal deployments, the overall mental, emotional, and spiritual health of our search and rescue crews was given a high priority.

From the Command Center in Orlando, I had the privilege of being part of a group coordinating five teams in the field that consisted of peer support members, K9s and their handlers, and fire chaplains. These teams made over 4,000 contacts with US&R team members, as well as local fire, EMS, and law enforcement personnel.



VISIT floridadisaster.org/mentalhealth

for Emotional Support and Assistance
for Families, First Responders, and
Community Members

For Immediate Emotional Support:

Disaster Distress Helpline
1-800-985-5990

**National Suicide
Prevention Lifeline**
Dial 9-8-8

Florida 211 Network
Crisis Counselors

Crisis Text Line
Text HELLO to 741741



Redline Rescue redlinerescue.org

UCF RESTORES (407) 823-1657
ucfrestores.com

2nd Alarm Project (850) 480-9314
2ndalarmproject.org

FL Veterans Support Line (844) 693-5838

Safe Call Now (206) 459-3020

First Responder Crisis Text Line text BADGE to 741 741



HURRICANE IAN RESOURCES

FIREFIGHTER BENEVOLENT GROUP

All firefighters and families whose homes were impacted by Hurricane Ian can contact Rick Butcher at the Firefighter Benevolent Group for assistance - (727) 534-0031.

DONATIONS OF BUILDING MATERIALS NEEDED!

MATERIALS DONATIONS

Any building material donations can be dropped off at:

9059 Alan Blvd
Punta Gorda, FL 33982

Contact Rick Butcher
(727) 534-0031
with any questions

OTHER DONATIONS

Donations such as pet food, diapers, canned goods, etc... can be dropped off at:

Bonita Springs
Assistance Office
25300 Bernwood Drive #6
Bonita Springs, FL 34135

Contact (239) 992-3034
with any questions

To apply and get answers to your questions
for FEMA, call (800) 621-3362.



Please have the following information available:

Address of damaged home
Condition of damaged home
Insurance information
Social Security number
Current contact information

FEMA

IAFF

Anyone impacted by Hurricane Ian can contact the IAFF Disaster Relief Team at (321) 430-IAFF (4233) from 8am to 9pm every day.

Pre-loaded Disaster Relief Debit Cards will be available to IAFF members who are displaced from their homes due to storm-related damage.



MORE RESOURCES

Immediate Emotional Support For First Responders and Communities

Disaster Distress Helpline
1-800-985-5990

National Suicide Prevention Hotline
Dial 9-8-8

Crisis Text Line
Text HELLO to 741741

Florida 211 Network
Crisis Counselors

VISIT



Disaster Mental Health Resources

Resources for First Responders

Redline Rescue: redline.rescue.org
UCF Restores: ucfrestores.com
2nd Alarm Project: 2ndalarmproject.org
FL Veterans Support Line: (206) 693-5838
Safe Call Now: (206) 459-3020
First Responder Crisis Text Line:
text BADGE to 741741.



Psychological Body Armor

The concept of Psychological Body Armor goes beyond the old notion of reactive stress management and employs the very latest research on human resilience. Its

perspective not only helps individuals “bounce back” from adversity and crisis, but also helps them develop a greater degree of protective “immunity” in the face of adversity and crisis.”

These are the six components of Psychological Body Armor...

- Resilient Attitudes
- Exercise
- Nutrition
- Rest/Sleep
- Relationships
- Spirituality

This month we will focus on Rest/Sleep.

Sleep requirements have not changed much over the years. It is recommended that adults get 7 hours of sleep per night. In reality, few of those in our profession get this much. In addition, those hours of sleep need to be uninterrupted, an impossibility once every three days.

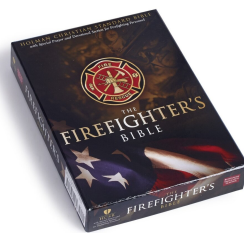
One of the best things you can do for your overall wellness is to get more and better sleep. Here are some helpful guidelines...

- Stick to a sleep schedule (get up and go to bed about the same time each day)
- Pay attention to what you eat and drink (especially before bedtime)
- Create a bedtime

ritual
(begin
to
slow
down
before
bedtime;
get
off
of
electronic
devices
a
couple
of
hours
before
bedtime)

However, beyond sleep is the notion of rest. I believe that's what the Bible refers to as peace. For me, it's the ability to have calm in my soul regardless of the circumstances around me.

When it comes to our body's ability to "bounce back" from adversity and crisis and to develop a greater degree of protective "immunity," rest/sleep is part of our overall Psychological Body Armor.



Click image for more information

Faith in the Fire

Chaplain Joe LaCognata shares about some of the unique challenges faced while trying to live out faith in the fire service.



Upcoming CISM Training

October 31 - November 2, 2022
Ocala, FL

April 11-13, 2023
Windermere, FL

Contact us to host training at your agency

[Click here for more information and to register](#)



Stress Management Information

Click the logo for information on how to better manage your stress.



In Remembrance

**The following firefighters died in the line of duty
during the month of September**

9/20 - Gerardo Rincon - Salmon, ID

9/23 - Charles D. Krampota - Alvin, TX

9/30 - Timothy R. Pflieger - Keyport, NJ

79 firefighters have died in the line of duty in 2022



Our Vision

Imagine an organization committed to one task – supporting fire rescue personnel. From their work in the field to their lives at home, picture an organization working to equip these first responders to be more successful on the job and in life. Envision an organization that extends the support of those serving in fire rescue by offering care and comfort to the people they serve. Finally, picture an organization that would impact emergency services workers all across the country. That organization is Fire Rescue Support – supporting fire rescue personnel before, during and after the call.



Donate Today

As a non-profit organization, Fire Rescue Support operates thanks to the generosity of individuals, churches and other organizations. You can give online by clicking the logo.



Amazon Smile

Want to help make a difference while you shop in the Amazon app? Simply follow the instructions below to select "Fire Rescue Support Inc" as your charity. They'll donate a portion of your eligible mobile app purchases to us.

How it works:

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programs & Features
3. Select "Fire Rescue Support Inc" as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app



© 2022 Fire Rescue Support | 12647 SE 102nd Avenue Belleview, FL 34420

[Forward](#)

[Unsubscribe](#)

Powered by
GoDaddy Email Marketing®