



## FIRE DEPARTMENT

# SBFD – WELLNESS

Fire and Police Commission

January 25, 2024

# Topics for Today

- History and Focus
- Physical Wellness
- Mental Wellness
- Cancer Prevention
- Focused Statistics

## Days of Old

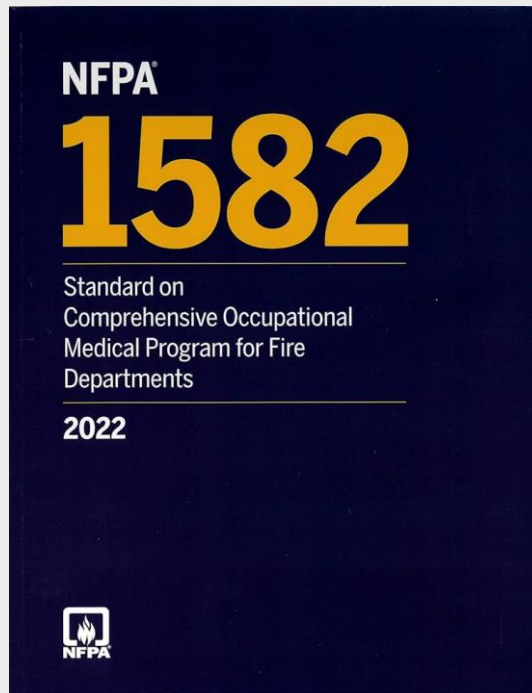
- Mental health/care not emphasized in the FD until recently
  - Physical health began prior to mental health and wellness - PT program
    - *Mandated 1 ½ hour PT/shift*
- Peer Support started at individual departments and slowly gained momentum throughout the entire industry

# Wellness in the SBFD

- Physical Health
- Mental Health
- Cancer Prevention

# Physical Health

- City provides NFPA 1582-compliant physical/medical exams for all personnel
- Exams are very comprehensive, different tests for age-specific groups
- Includes: complete physical exam and blood work



# Mental Health

- Comprehensive mental health and wellness program
- Fire Chiefs Association of Santa Barbara County funds part-time Peer Support Coordinator for entire County's fire agencies
- Initiation of care typically begins at Peer level
- May remain at peer level or may be elevated

The Independent, 9/5/23



# Peer Support Personnel

- Countywide - Over 90 certified peer support counselors
- SBFD - 10 personnel
- Provide culturally competent mental health care- firefighters caring for firefighters
- Provide in-house or other agency assistance upon request



# Levels of Peer Support

- Informal Check-in
  - Often done after disturbing/unusual incidents
- Peer Counseling
- Referrals and Navigation
- Advocacy



# Clinician and Comprehensive Services

- Counseling services provided to all employees and families
  - Provided by donation from One805
    - *Currently funded for three years*
  - Op Area Fire Departments use TCTI - The Counseling Team International

# Cancer Prevention

- Significant advancements/culture changes
  - Turnouts remain on apparatus floor - not in living areas
  - Plymovent/exhaust extraction systems
  - Clean cabs
  - Physicals - specifically look for cancer markers
    - *Early detection is key*
    - *Local success stories as a result of physicals*



## Current Statistics

- 55 personnel are under care of Peer Support in the County currently
- 100 firefighters/year die by suicide
- 72% of firefighters added to the IAFF National Memorial were due to cancer
  - 2:3 firefighters will develop some form of cancer