COMMANADER’S CORNER: By Gary Kruschke

Members, reminder to update your availability on the website for the next year. Also, don’t forget to let Ann know if you will be attending the team Christmas party on December 14th. The operations tempo has been robust, which, during the cooler months and holidays is unusual. This driven by many different projects and meetings. Also, with the change in ASPR grant funds, Health Care Coalitions will be the buzz word, and our non-profit side of operations is heavily involved in facilitating this process.

Ann has many fund raisers in the works, and Doc Clinchy and the planning group are heavy into the next years training plans. The board of directors will see some changes in not only additional members, but the chairman’s position as Hank Christen completes his time in the leadership role. Members will have an opportunity to vote at the start of the Christmas party on board participation.

Kay and the logistics group have been working hard in the warehouse, cleaning, repacking, and replacing cache items. Also, the grounds have been maintained, maintenance on the gatekeeper performed, and our readiness preparedness enhanced. This group is always interested in additional personnel to assist with their endless amount of projects.

We will see several members recognized at the Christmas party and receiving awards. This award process hopefully will be an annual Christmas meeting event, as we have so many members to recognize.

You should not let your guard down just because we are no longer in the hurricane season. We will be federally first out in March of 2014, and of course submitting rosters on a monthly basis for the SMRT team to the state.

I want to thank everyone for their time and dedication over the past year. Be on the lookout for the "Emerald Coast Healthcare Coalition" (ECHCC) and spread the word.

Looking forward to seeing you at the Christmas party.

Thanks,
Gary
The Planning/Training committee has been diligently working to prepare training events, plan fundraising events, and also provide items for sale to our team members.

The items currently available for sale are:

License plate... - $5.00

Reflective FL1 and SMRT-1 vehicle stickers - $5.00 each

Magnetic vehicle signs - $50.00 for set of 2 measuring 12” X 18” each

Also available are FloridaOne brochures. There is a supply at the office that are free for distribution to local companies, organizations, and any place that you frequent.

As stated at the training meeting in October, Doc Clinchy has prepared presentation binders with a narrated video of FloridaOne. If you need to borrow one of these binders, please contact the office for more information.

Team Ball caps – coming soon!!!!

UPCOMING TEAM FUNDRAISERS:

March 1, 2014—All Car, Truck and motorcycle Show to be held at the First Baptist Church of Mary Esther on Hwy 98—more details to come

August, 2014—Golf Tournament

Boston Butt Sale

Spring yard sale

Evening social hour at the warehouse

Chamber after hours event

5K/10K run

Event with Martial Arts group in Destin with proceeds coming to the team

There are many more items being discussed for fundraisers but as with any organization

WE NEED YOU!!!!

We have brochures on the Team for distribution in the community. We are showing the area who we are, what we are and what we do. Many people, and organizations are not aware of FloridaOne and how we serve them. Through the brochures, and all fundraisers, large or small, we hope to expand the public’s knowledge of FloridaOne. We need you to share our information, share our brochures, support our fundraisers and more.

We are coordinating a Fundraising committee. If you are interested in being a part of that committee, please contact either Ann Hill at annfl1dmat@gmail.com or Marie Gray at graydawn@centurylink.net.
MENTAL HEALTH CORNER

By Frank Goldstein

A QUESTION OF SUICIDE AND FIRST RESPONDERS

After our last training session on First Responder First Aid, the question was raised concerning suicide and first responders. Hopefully, these comments will answer the question and shed some light on the specific topic of suicide and first responders.

Lately, first responders and our military brothers and sisters have experienced a rise in suicides. Most reviews of the rise in suicides attribute the increase to stress difficulties. It may help to define what types of stress are being discussed and how they differ.

Most first responders experience what is called Secondary Trauma (ST). Basically, it is the stress resulting from helping or wanting to help a traumatized or suffering person. Another form of stress for first responders is called Vicarious Trauma (VT) which is defined as bearing witness to another’s trauma. It is very similar to ST and should be considered interchangeable.

Perhaps the most common stress disorder is Post Traumatic Stress Disorder (PTSD). PTSD can result when someone directly experiences a traumatic event; witnesses a traumatic event, trauma to a close friend or family member; experiences first hand repeated or extreme exposure to aversive events; has disturbances to normal social interactions or is a witness to any significant or horrific event.

Unresolved stress can play a part in a suicide event. Some facts about suicide in America are that about 30,000 deaths per year are attributed to suicide. That accounts for 80 per day. Suicide is our eleventh leading cause of death. Each suicide affects at least 6 people and 800,000 suicide attempts take place each year. Firearms are used in 52% of suicide cases.

So, what is known of those who attempt and succeed at suicide? First, 72% of suicides are white males. Second, 90% of suicides are white males and females. These figures are important to first responders because:

- Firefighters are 96% male and 85% white
- Paramedics are 69% male and 93% white
- Police Officers are 85% male and 85% white

Thus, just being a first responder may increase your risk and a suicide among our group would be a tragedy impacting our members both emotionally and mentally. Suicide rates for first responders are equal to that of our military and both of those rates have been higher than the general population for the past several years. However, the factors that put a responder at risk are exactly those cited in recent military studies. It is not the number of times deployed or the long hours or the emotional toll of the job per se. While those actions do impact an individual’s stress level, it is the combination of job stress combined with personal trauma, relationship trauma (such as divorce, cheating spouse or girlfriend/boyfriend, parenting issues and financial problems) that are most closely related to suicide among first responders.

The ugly truth of suicide for first responders and emergency medical personnel is that most suicides can be prevented despite our being in high risk stress groups. Understanding the causes of our stress and the relationship of job stress to parenting, relationship and financial stress can be part of stress resiliency efforts.

So the good news is that with successful resiliency and stress coping skills both first responder and military stress can be reduced, managed and accompanying negative behaviors such as suicide can be drastically reduced.

In the next newsletter I’d like to discuss the issue of sudden fame and how that is attributed as a severe stress increaser for first responders.

Prepared by:

Frank L. Goldstein, Ph.D.

FL1 Mental Health
It’s that magical time of the year!

This year, we have planned a Christmas party for all team members and their spouses/significant others! A buffet dinner will be served, there will be a cash bar available, and we will do a Chinese Christmas Auction, otherwise known as White Elephant Gift Exchange.

The White Elephant Gift Exchange works like this: If you wish to receive a gift, then you bring a gift. If you do not bring a gift, then you will not receive a gift. Gifts should be around $15.00 value each and generic for man or woman. Numbers will be drawn at the party for those that wish to participate. This is a lot of fun and gets a lot of laughs.

We will have a short business meeting starting at 6:15 as there will NOT be a training meeting that morning.

DATE: Saturday, December 14, 2013
WHERE: Sons of Italy Banquet Hall, South Street, Ft Walton Beach
TIME: 6:00 pm—10:00 p.m.

PLEASE RESPOND ON OR BEFORE DECEMBER 5, 2013. THANK YOU!!!
Anytime....................................................................................................................anywhere.....

Upcoming key dates:

December 11—Planning Team meeting—8:30

December 14—Team Christmas party (see note on page 4)

January 11—Workshop on logistics—what is in the Federal and State Cache

February 8—Haz Mat Concerns

March 1—Team fundraiser—all car show, Mary Esther, FL

March 8—Planning the BOO

April 12—How ICS really works on deployment

May 2014—State Exercise in Tallahassee

June thru December—many training opportunities—so stay tuned

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Belated Happy Thanksgiving
We are grateful for all our team members!!!