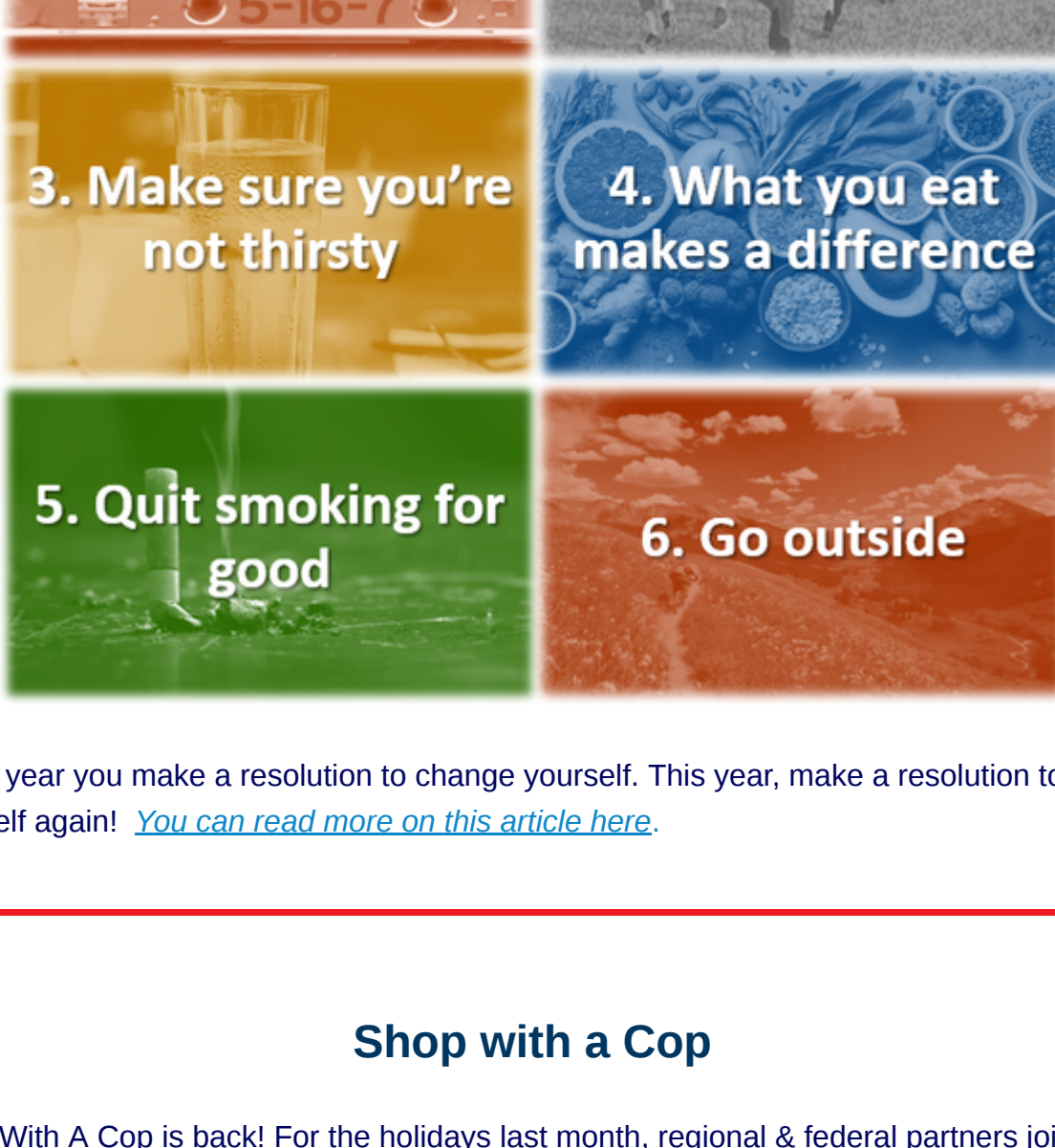




New Year's Tips to Improve Resiliency & Wellness

Happy New Year everyone from your friends at Fire Captain Ryan J. Mitchell's First Responders! Let's start the new year out keeping [Wellness & Resiliency](#) top of mind. Here are six top tips on how you can focus on your well-being in the New Year, resulting in long-lasting benefits.



Every year you make a resolution to change yourself. This year, make a resolution to be yourself again! [You can read more on this article here.](#)

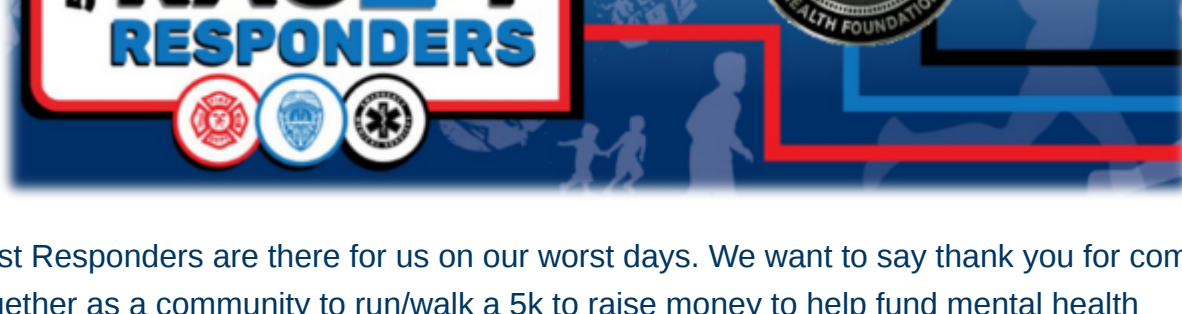
Shop with a Cop

Shop With A Cop is back! For the holidays last month, regional & federal partners joined up to give over 300 kids a day they won't forget! The morning started at SeaWorld, where we



had breakfast and learned about bottlenose dolphins. After learning about the animals, all the kids rode in police cars to Target, where they got a \$200 shopping spree! Our hearts were filled with joy seeing the kids have the time of their lives. Did you know we have officers who participated in Shop With A Cop & StarPal when they were kids? Thank you for your service & the smiles you gave to all those kiddos!! Well done & good job to all the participating agencies! [Watch more here.](#)

Race for Responders



First Responders are there for us on our worst days. We want to say thank you for coming together as a community to run/walk a 5k to raise money to help fund mental health programs for our first responders. We aim at bringing awareness to the importance of first responder mental health and helping bridge the gaps in funding for support services. This is a FUN-FAMILY public event that is being sponsored by The First Responder Health Foundation, a non-profit organization.

This event takes place at El Dorado East Regional Park - Golden Grove Rec Area in Long Beach on January 28th, 2023 at 8:30am. (7550 E. Spring Street Long Beach, CA US 90815). The donation for adults is \$40 & Kids 1K \$25 (includes event shirt, medal, goody bag, food, drinks & entertainment). [See you there!](#)

Firefighter Cancer Awareness Month



January is Firefighter Cancer Awareness Month and chances are someone in your department or a firefighter you know has battled cancer. This is a very serious issue facing the fire service. Cancer is the leading cause of death among firefighters, accounting for more than 74% of the line-of-duty deaths. The good news is that there are actions to take to lessen the risks and prevent future tragedies so we don't lose more firefighters to this illness. This month, consider what you and your crew can do to limit exposures and minimize risk factors. These are resources to help:

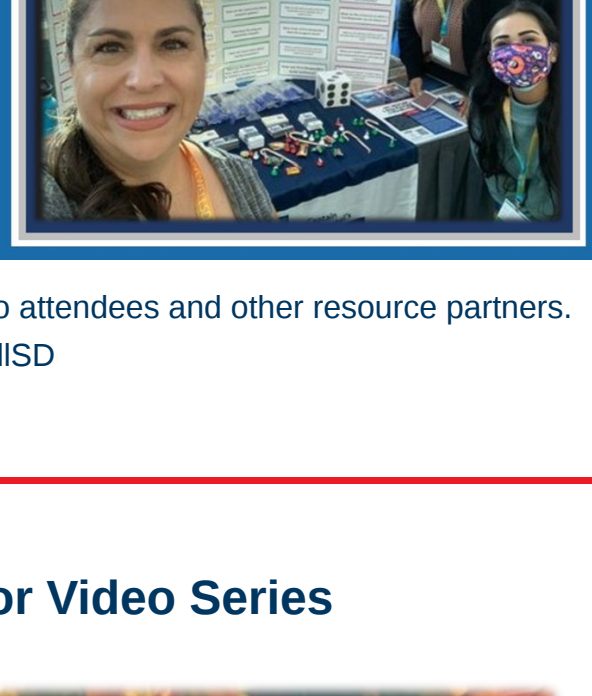
The Firefighter Cancer Support Network, you can visit [firefightercancersupport.org](#). The International Association of Firefighters, you can visit [iaff.org](#)

Firefighter Cancer Support Network's CEO, Bryan Frieders, says, "As we continue to learn more about the link between firefighting and cancer, it is more important than ever that we take steps to minimize the risk firefighters face every single day. The science around firefighter exposures is constantly changing but with continued research we learn more and more and are better equipped to introduce prevention practices to reduce our risk of developing occupational cancer."

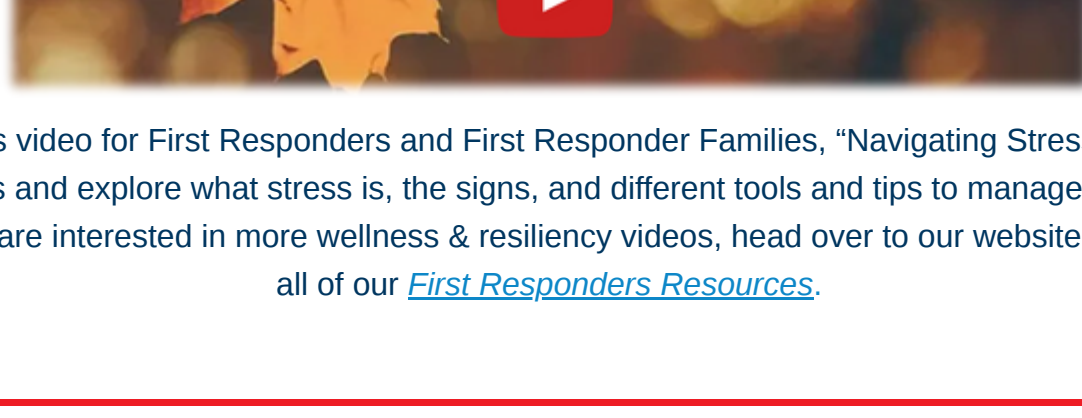
Bringing increased public awareness to occupational cancer in the fire service will help generate greater legislative support for states to establish [presumptive disability benefits](#) for all cancers affecting firefighters. #FFCancerMonth #ExtinguishCancer

San Diego Live Well Advance Conference

In December, our program attended the Live Well Advance Conference and it was a great success! There were over 2,000 registered attendees, with 56 sessions and 50 exhibitors booths. Throughout the day, there were many panels, breakouts, and a keynote speaker. Attendee's enjoyed a meaningful day connecting, learning, and collaborating with many community leaders and organizations from around the nation. Our program was honored to be an Exhibitor at the Connection Hub; exchanging resources, sharing information and providing support to attendees and other resource partners. We hope to do it again next year! #LiveWellSD



Peer Navigator Video Series



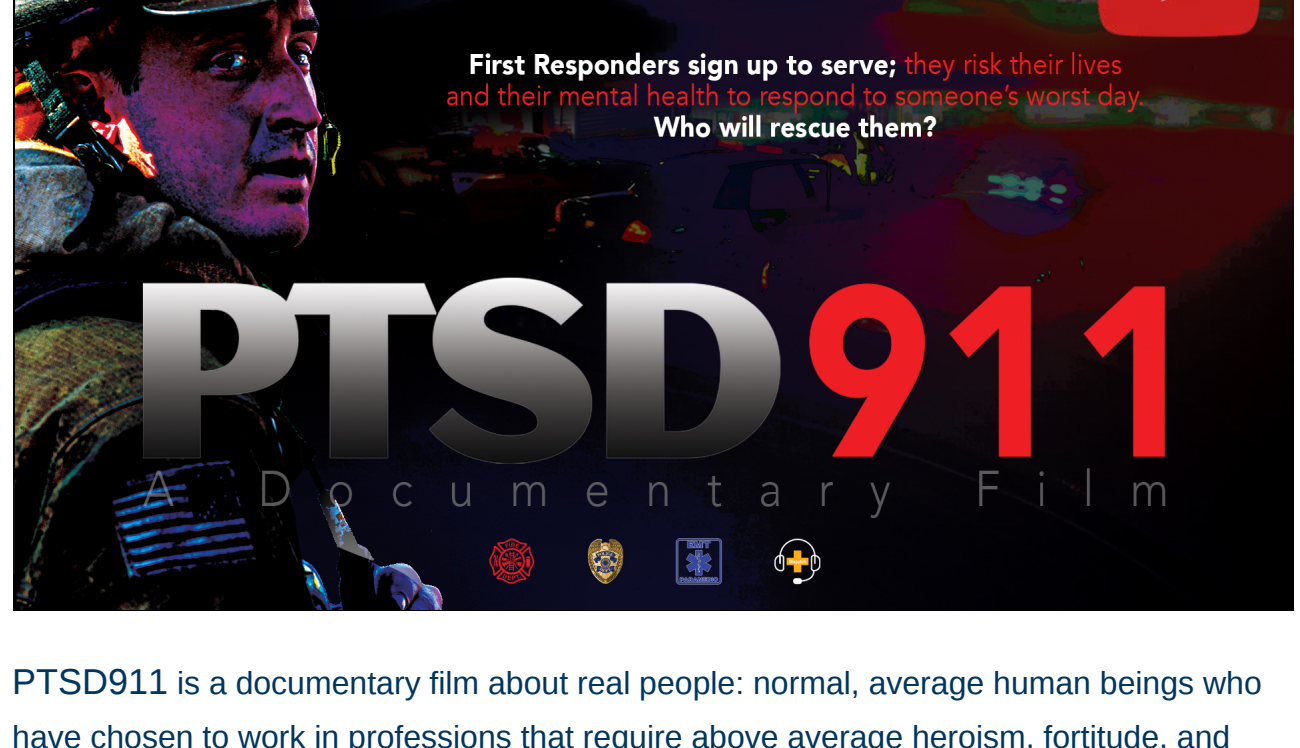
In this video for First Responders and First Responder Families, "Navigating Stress," we discuss and explore what stress is, the signs, and different tools and tips to manage stress. if you are interested in more wellness & resiliency videos, head over to our website to see all of our [First Responders Resources](#).

WOMEN'S FIRE PREP ACADEMY



San Diego Fire-Rescue Department's fire academy instructors spent time training and conducting the first Women's Fire Prep Academy (WFFPA). Women interested in a career in firefighting learned what it takes to make it. Los Angeles County Fire Department has been running this program for six years. SDFD Engineer Selena Laniel thought it would be an excellent program for San Diego so she attended it to learn it and talk with the instructors. She then brought it to SDFD and met with the Fire Chief who gave it the green light to serve as the academy coordinator. There was no budget for the program when the idea took shape, and the San Diego Fire-Rescue Foundation stepped in to help make it happen. This program starts on January 14, 2023. You can [register here](#) (no later than 1/11/23). Minimum requirements: 18 years old, current EMT and HS Diploma or GED. Instructed by professional SDFD Firefighters, held six (6) consecutive Saturdays, and open to everyone. [Click here to read more about this article](#)

PTSD911, A Documentary Film



PTSD911 is a documentary film about real people: normal, average human beings who have chosen to work in professions that require above average heroism, fortitude, and resolve. These men and women have jobs that require a willingness to face things that most of us can't even imagine, yet maintain a high level of dignity and professionalism. First responders in fact repeatedly see and experience things that most of us will never see, causing compound issues related to post-traumatic stress injuries and disorders.

Topic Summary:

There could not be a more urgent time to make this film. Emergency responders are out in the field dealing with extreme social unrest, the COVID-19 pandemic, the continuing opioid epidemic (which has worsened during the pandemic), on top of all of their other catastrophic calls- hostage situations, motor vehicle accidents, rapes, murders, building fires, response to hurricanes and wildfires, and the list goes on. At the present time, suicides among emergency responders are greater in number than those who perish in line of duty death. At this time of such a national crisis, we need our first responders! We need to have trained people who can come to our aid, in our time of need. AND, they need to be healthy in order to best help each citizen in need. PTSD911 will provide information about a path forward from PTSD that does not lead to suicide, but rather leads to a return to a fulfilling life that involves serving others. Fire, Police, EMS, and 911 operators all came into their respective professions to help others. They want nothing more than to be able to return whole to their jobs. But, in the circumstance of PTSD, help is needed for healing. Department leaders need to develop programs and policies to help their members. This takes education and awareness, which PTSD911 will provide. Also, the responders need to know there is help available, which will be another critically important message in this film.

Goals for the Film:

1. Raise Awareness – We must help the general population understand the issue. Most civilians don't know or understand the issue of post traumatic stress in first responders. The average citizen does not understand the depth of this issue, and they need to know. The goal is to educate the viewer and stimulate change in people's behavior and attitudes toward our nation's first responders. The producers feel first responders are heroes who not only deserve applause, but also deserve to have access to the support networks that can help mitigate ongoing stress that trauma can bring. The initiative is to help people understand the urgency of this situation, and motivate individuals, organizations, and communities to be proactive in providing support and resources to help all first responders work and live a healthy and productive life both in their professional and personal lives.
2. End the Stigma – To help first responders realize it's okay to ask for help. The case studies featured in the film will depict individuals and agencies who are helping their members realize it is ok to raise one's hand and ask for help. The producer's goal is to make it ok to not be ok and to ask for help.
3. Inspire Systemic Change – No one should get fired just because they are struggling with the traumas they have faced, and have asked for help. The filmmakers want agency leaders to learn how they can implement healthy changes and training within their departments so their members get the mental health help they need and can continue to be productive in their public service to our communities.

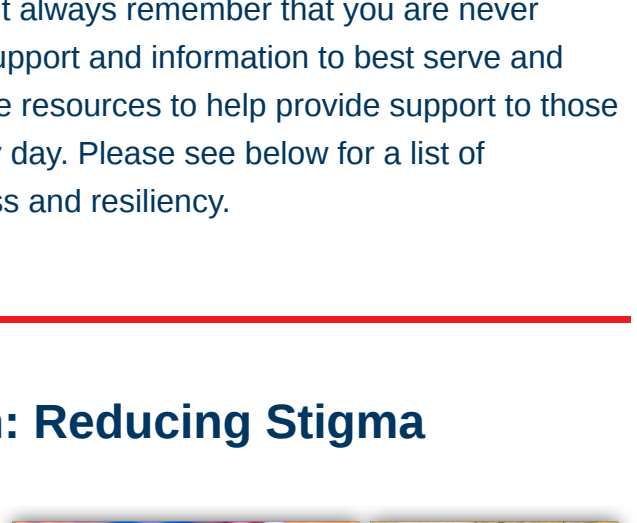
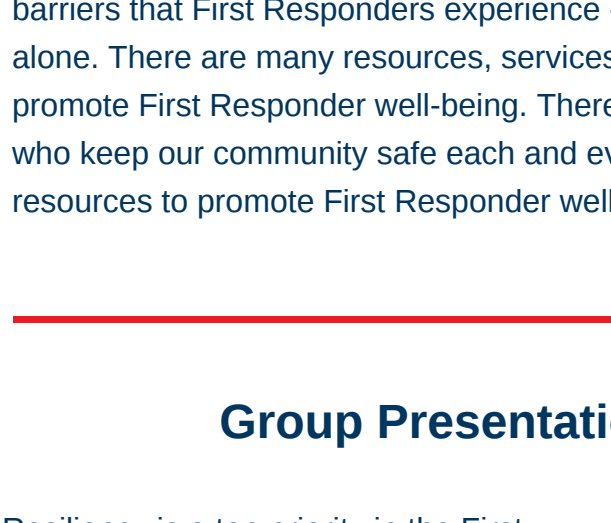
Ticket: <https://ptsd911movie.com/tickets/>

EVENT DATES: JANUARY 12, 2023
TIME: 6:30 PM
LOCATION: Rock Church, 2277 Rosecrans St. San Diego, CA 92106
CorjoStudios, LLC and the Public Safety Peer Support Association* (PSPSA) presents: PTSD911 documentary at the Rock Church in San Diego for a ONE NIGHT ONLY screening of the documentary. EMMY® Award-Winning Director, Conrad Weaver, along with a number of first responders from San Diego will be there to participate in a Q&A and panel discussion after the screening. The public is invited to attend and tickets >>> are available... Click on the "Add to Cart" button on the right to reserve tickets >>>

*The PSPSA was formed in 2016 as a 501(c)(3) non-profit organization to support first responders, active and retired.

First Responder Wellness

First Responders help protect and serve our beautiful county each and every day. It's truly incredible how they inspire others, love their families and friends, stay true to themselves and keep our communities safe. They continue to do important work they are called to do, looking beyond the risk for the sake of those who need help and protection. The experiences on the job, events that are witnessed and the daily calls they receive can impact First Responders in many different ways. First Responders are at a greater risk for experiencing symptoms of posttraumatic stress, depression, substance use disorders and suicidal ideation. (Ruderman, 2018) Many First Responders are reluctant to seek behavioral health services due to the stigma and shame associated with mental illness. There are many different challenges, obstacles and barriers that First Responders experience - but always remember that you are never alone. There are many resources, services, support and information to best serve and promote First Responder well-being. There are resources to help provide support to those who keep our community safe each and every day. Please see below for a list of resources to promote First Responder wellness and resiliency.



Group Presentation: Reducing Stigma

Resiliency is a top priority in the First Responder community. First Responders are at a greater risk for experiencing symptoms of depression and anxiety due to repeated exposure to trauma. Many First Responders are hesitant to seek help because of the stigma surrounding mental health. Our staff provides county-funded in-person & Zoom presentations to educate First Responders about stigma, resiliency & wellness, recognize its impact, and provide tools to reduce stigma and promote wellness within the First Responder community. Our team is working to promote prevention and support First Responders – creating custom presentations to meet department needs. Contact us today to request an in-person or Zoom presentation.

[Request Information](#)

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