

IN THE LINE OF DUTY

April - June, 2018 Volume 4 – Issue 15



In This Edition

Office of the Fire Chief.....	1
Operations Section.....	2
Training.....	3
What is PTSD.....	4-6
Awards & Recognition.....	7
Welcome to GNFD.....	8
Chaplain’s Corner.....	9
Employee News.....	10
Employee Spotlight.....	10
In the Community.....	11



Professionalism ~ Integrity ~ Compassion

Greater Naples Fire Rescue District

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- Dedicated to our Community, Our Profession and Each Other -



Office of the Fire Chief

By: Kingman Schuldt, Fire Chief



The fire service has always been built on pride, tradition, brotherhood (sisterhood) and service. One has to look no closer than the litany of vehicle stickers, tattoos, and t-shirt collections we most all have. In recent years unfortunately, many “old timers” believe there has been a recent decline in these traditions and cultures. Some feel we don’t appropriately honor those who came before us for the right reasons, respect time and grade, embrace wisdom and experience, leave the job better than you found it, and believe the fire service has simply become “a job” for too many.

I hope most would agree that being a firefighter is a privilege. The fire service never has been about us, it’s been about others, specifically helping others in need during the most disastrous of times. It is about the community, the house you are assigned to, turnout times, customer service, and the agency. There is no place in this great profession for selfishness, greed, defeatist attitudes, or political agendas.

We are loved by the community because they know that when they need help, firefighters will put the well-being of those in need before their own interests. That is what those who came before us have built. That is what we need to honor and continue.

Everything we do, every day should focus toward becoming the best firefighter, driver/engineer, officer, manager, administrative professional, technician, and improving job performance. Training will enhance performance, safety, morale and pride. Today, there are more training and conference opportunities made available than ever before. Along with these opportunities come some of the best instructors and subject matter experts to learn from. We must embrace exposure to fire service cultures other than our own, evaluate new business models to improve operational effectiveness and efficiencies, and be accepting of new ideas. In other words; get out of your own glass house, you may like what you see.

It is the responsibility of everyone to ensure our beloved fire service will always be honored and that we build upon this great tradition. Have pride in who we are, what we do, and how we want to be perceived in the public’s eye. There are many great leaders in the fire service today who take great pride in what they do. Regardless of rank, these leaders still believe that being a firefighter is a privilege and they honor that privilege. They still believe the fire service is a calling and will never view the fire service as just a job. These leaders take great pride in their appearance, they train, they enforce safety regulations, they hold themselves and others accountable. These are the leaders who will always honor the fire service and never allow the reputation of the fire service to be tarnished.

Remember why we are here; *Professionalism, Integrity, Compassion.*

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Operations Section

By: Nolan Sapp, Assistant Chief

Hurricane season is upon us. Are you ready? A lot of Floridians scramble at the last minute to stock up on supplies such as water, food and batteries; which leads to a shortage of these items when the storm is upon us. Having a plan before a storm develops can help avoid these situations.

Start planning early and encourage your friends and neighbors to do the same. Residents should prepare and have a plan for the first 72 or more hours. However, stocking supplies is just the beginning of being prepared. Have you made a plan for communications? During Hurricane Irma last year cell phones and land line phones were functional until about four hours into the storm. A lot of people don't realize the same technology behind the scenes use many of the same features that cell phones do. At a certain point, they all become reliant on the same delivery method. These methods all have vulnerabilities that can become compromised due to mother nature.

Everyone should develop a phone tree, especially for out of the area contacts. Each family should select a point of contact far enough out of the area that the storm won't affect them. That contact becomes the beginning of your phone tree. By being out of the area, they have the most reliable means of communication. This approach also saves your battery by not calling so many at one time, as you will need to conserve your phone's energy. As conditions go from pre-event, to impact, to post-event, be sure to keep that contact person informed of your conditions. They can keep the rest of your family that live out of the area well informed. This just allows reliable communication paths if service is sparse in your area.

On a local level you should have points of contact as well. Everyone should have a least two to three people that everyone agrees will contact each other post event. This can be by phone if available or even face to face. The purpose is to find out who may need assistance the most. If any one person breaks the chain, the others call for assistance and may even check to see if they can help until first responders arrive. If you live close enough to your points of contact, consider purchasing small two-way radios found in the large warehouse and do-it-yourself hardware stores that will work short distances in your neighborhood.

Communication is important, it brings help when needed. It also provides comfort that someone is there if needed and allows us to work together. So, start talking to your family and friends now to secure that important plan to let everyone how you are weathering the storm.

Many people that do some of these steps go just a bit further and develop their own CERT Team. CERT stands for Community Emergency Response Team. These residents receive training through their Fire Department to be better prepared to rescue themselves and their neighbors. Additional information can be found at www.ready.gov.

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Training



Professionalism ~ Integrity ~ Compassion

What is Post-Traumatic Stress Disorder?

Submitted by Brian Mading, Fire Inspector

Post-Traumatic Stress Disorder (PTSD) is an anxiety disorder that can occur after someone experiences a traumatic event that caused intense fear, helplessness, or horror. PTSD can result from personally experienced traumas (e.g., rape, war, natural disasters, abuse, serious accidents, and captivity) or the witnessing or learning of a violent or tragic event. While it is common to experience a brief state of anxiety or depression after such occurrences, people with PTSD continually re-experience the traumatic event; avoid individuals, thoughts, or situations associated with the event; and have symptoms of excessive emotions.

People with this disorder have these symptoms for longer than one month and cannot function as well as they did before the traumatic event. PTSD symptoms usually appear within three months of the traumatic experience; however, they sometimes occur months or even years later.

What are the symptoms?

Although the symptoms for individuals with PTSD can vary considerably, they generally fall into three categories: Re-experience; Avoidance; Increased arousal

Re-experience

Individuals with PTSD often experience recurrent and intrusive recollections of and nightmares about the stressful event. Some may experience flashbacks, hallucinations, or other vivid feelings of the event happening again. Others experience great psychological or physiological distress when certain things (objects, situations, etc.) remind them of the event.

Avoidance

Many with PTSD will persistently avoid things that remind them of the traumatic event. This can result in avoiding everything from thoughts, feelings, or conversations associated with the incident to activities, places, or people that cause them to recall the event. In others, there may be a general lack of responsiveness signalled by an inability to recall aspects of the trauma, a decreased interest in formerly important activities, a feeling of detachment from others, a limited range of emotion, and feelings of hopelessness about the future.

Increased arousal

Symptoms in this area may include difficulty falling or staying asleep, irritability or outbursts of anger, difficulty concentrating, becoming very alert or watchful, and jumpiness or being easily startled.

It is important to note that those with PTSD often use alcohol or other drugs in an attempt to self-medicate. Individuals with this disorder may also be at an increased risk for suicide.

Continued on page 4

What is Post-Traumatic Stress Disorder?

Continued from page 4

How is it treated?

There are a variety of treatments for PTSD, and individuals respond to treatments differently. PTSD often can be treated effectively with psychotherapy or medication or both. Behavior therapy focuses on learning relaxation and coping techniques. This therapy often increases the patient's exposure to a feared situation as a way of making him or her gradually less sensitive to it.

Cognitive therapy is a therapy that helps people with PTSD take a close look at their thought patterns and learn to do less negative and nonproductive thinking.

Group therapy helps for many people with PTSD by having them get to know others who have had similar situations and learning that their fears and feelings are not uncommon.

Types of Traumatic Events

One study of United States firefighters looked at the type of traumatic events experienced. High rates of traumatic exposure were found. For example, many had been exposed to crime victim incidents, people who were "dead on arrival" (where the death was not due to natural causes), accidents where there were serious injuries, and some also reported that they had experienced stress associated with giving medical aid to children and infants.

Another study found that firefighters generally reported that medical emergencies and motor vehicle accidents were the most upsetting types of calls that they received.

Risk Factors for Firefighters

A few studies have also looked at what factors might put firefighters at greater risk for the development of PTSD. Some risk factors for PTSD among firefighters have been identified.

These include:

- Being previously in treatment for another disorder
- Starting work as a firefighter at a younger age
- Being unmarried
- Holding a supervisory rank in the fire service
- Proximity to death during a traumatic event
- Experiencing feelings of fear and horror during a traumatic event
- Experiencing another stressful event (for example, loss of a loved one) after a traumatic event
- Holding negative beliefs about oneself (for example, feeling as though you are inadequate or weak)
- Feeling as though you have little control over your life

What is Post-Traumatic Stress Disorder?

Continued from page 5

Protective Factors for Firefighters

Even though firefighters might be at high risk for stress as a result of their jobs, it is important to point out that most firefighters will not develop PTSD. In fact, several factors have been identified that may reduce the likelihood of developing PTSD among firefighters after the experience of multiple traumatic events. One of the most important protective factors found was having social support available either at home or through work. Also, it has also been found that having effective coping strategies available may lessen the impact of experiencing multiple traumatic events. This is not surprising in that, among people in general, the availability of social support and effective coping strategies have consistently been found to reduce the risk of developing PTSD following a traumatic event.

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Awards & Recognition



Lt Marty Good
20 Years of Service



DE David Cranor
15 Years of Service



FF Ryan Mathwich
Completion of Probation



Fleet Supervisor John Luppy
Completion of Probation



FF Nicholas Taylor
Eagle Award

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Welcome to GNFD



L to R: FF Brad Frazier, Apprentice FF Dakotah Gutierrez, Apprentice FF Nathan Pratt, Apprentice FF Damon Fleming, FF Kristen King (transfer from Investigative Section)

L to R:
Apprentice FF James Farley
Apprentice FF Spenser Kehoe
Apprentice FF Shabree Finger
Apprentice FF Jose Alvarado
Apprentice FF Daniel Rojas



IAFC Fellowship Program Members

L to R (Back):

FF Mutiq Minshit M Al Subaie
FF Nayef Ajran A Al Zahrani
FF Khaled Waleed E Al Ahmadi
FF Ali Mohammed M Al Dawsari

L to R (Front):

FF Abdulrahman Jamil A Brqawi
FF Hassan Ali A Al Shehri
FF Abdulrahin Masoud S Al Saedi



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Chaplain's Corner

By: Jack Strom, District Chaplain



On this past 4th of July, we recognized the birthday of our nation. I don't know about you, but birthdays are a pretty BIG DEAL around our house... Particularly as it relates to our grandchildren.

When it comes to our country, I like to celebrate that birthday all year long. Along with you, I love this country of ours. And I value the freedoms that we have as a democracy, or perhaps, more accurately, a republic.

I'm proud of our country! For no other country knows greater freedom than this country. Freedom to each man, woman, and child to choose their life's work as a doctor, lawyer, astronaut, agriculturalist or as a first responder firefighter.

As I thought about it, I decided to list several of the things I'm thankful for as an American:

Freedom to travel from state to state without armed guards at borders demanding to see passports.

Freedom to try... and succeed. Freedom to try... and fail... and not to be cast in prison for either.

Freedom to speak, write, praise, question, or criticize anyone no matter how high their station or rank, politically... and do so without fear.

Freedom to save and build a fortune to give away at the end of life to family, church, or friends.

Freedom to worship. Every Saturday in Jewish temples we hear the worshippers chant, "Hear, O Israel. The Lord our God is one Lord." And on every weekend of the year, in our churches we can hear the people sing, "What a friend we have in Jesus. All our sins and griefs to bear."

Freedom to start a business and create dignified job opportunities for people who want to know the pride and joy of working for a living.

Freedom to buy and sell... to make an honest profit in return for real service rendered.

Freedom to serve as a part of the GNFD TEAM that is still looking forward... to plan and set standards today that will result in even a greater GNFD tomorrow. However, great our past achievements, I believe we are destined for even greater things.

Each of us knows what the GNFD MISSION STATEMENT says. We also know that for it to become a daily reality, each of us must do our part: "The mission of the Greater Naples Fire Rescue District is to protect life and property by providing emergency response services and education for the residents, businesses and visitors of our Community."

This we do through our stated VALUES of Professionalism - Integrity - Compassion. This is best accomplished through cooperation (which can be spelled with two letters - "WE") with each other. Coming together as GNFD Firefighters at each of our 15 Fire Stations is a beginning, keeping together is progress and working together is success.

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Employee News

Condolences

Our prayers are with the following families:

Aaron Asher Family
Matt Trent Family
Alan Bowers Family



Just Arrived!

Welcome our newest family members:

Joey Lucas born to Juan and Elizabeth Flores on May 11, 2018
Peyton Elena born to Justin and Jennifer Diaz on May 27, 2018
Cheyenne James born to Ian Stewart and Christine on June 17, 2018
Auden Rose born to Matt and Danielle Trent on June 28, 2018

Employee Spotlight



Lieutenant Harry Zafiris has successfully completed the process that awards the professional designation of "Fire Officer" (FO). The Commission on Professional Credentialing (CPC) met on March 13, 2018 to confer the designation. Lieutenant Zafiris becomes one of only 456 FO's worldwide.

The Designation program is a voluntary program designed to recognize individuals who demonstrate their excellence in seven measured components including experience, education, professional development, professional contributions, association membership, community

involvement and technical competence. In addition, all applicants are required to identify a future professional development plan.

The FO designation program uses a comprehensive peer review model to evaluate candidates seeking the credential. The Commission on Professional Credentialing (CPC) awards the designation only after an individual successfully meets all of the organization's stringent criteria.

Achieving this designation signifies Lieutenant Zafiris' commitment to his career in the fire and emergency services. Lieutenant Zafiris joins Greater Naples Battalion Chief Matt Trent and Fire Chief Kingman Schuldt to achieve this prestigious designation.

This professional designation is valid for three years. Maintaining the designation requires recipients to show continued growth in the areas of professional development, professional contributions, active association membership and community involvement as well as adhere to a strict code of professional conduct.

The Commission on Professional Credentialing, an entity of the Center for Public Safety Excellence, Inc., (CPSE) administers the Designation Program. The CPC consists of individuals from academia, federal and local government, and the fire and emergency medical services profession. To learn more about CPC, visit www.cpse.org.

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In the Community

