



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – June 14, 2024

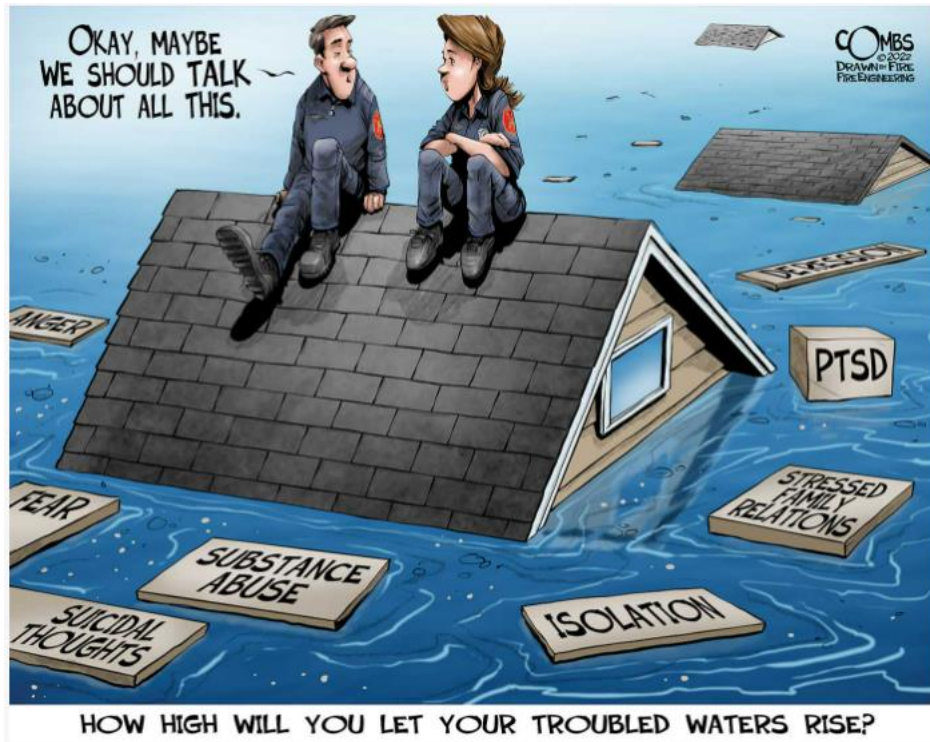
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Have a Great Weekend!

"Experience is the name everyone gives to their mistakes." — Oscar Wilde

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The Assistant Chief's Desk

This week I attended an accreditation workshop at the new Prescott Fire Administration building. The workshop focused on developing a joint Standards of Cover (SOC) and aimed to examine how all the communities are served by PFD and CAFMA. Chiefs Lucas and Parra have been working diligently in the basement of Station 51 on accreditation; however, this meeting focused on bringing other departments into the process. The collaboration between our agencies has been emphasized during this process, and what is being worked on will be a first in the nation for accreditation. The Center for Public Safety Excellence (CPSE) has taken an interest in this project and is offering support. The CPSE is the accreditation agency, and they have a department that we have contracted with to support the process. The individuals who have been on site will not be part of the peer team to ensure there isn't a conflict of interest; however, their expertise has been very beneficial in the process. This process will continue to highlight the collaboration between both agencies.

Last week, I had the opportunity to support the 1st Responder Program with the Mighty Oaks. There were 26 participants from Law Enforcement and the Fire Service attending the program. These first responders came from all over the United States and were interested in building resiliency. The classes and breakout sessions encouraged conversations about the unique challenges faced in public safety. The goal was to help them find hope amid life's challenges and provide them with tools as they return home. We reminded the group that one of the greatest dangers is to isolate and encouraged them to never fight alone. The week went very well, and I am hopeful that they will use it as a platform to make positive changes, no matter how small. I would remind everyone that making even a small change, throughout a lifetime, will have a significant impact on our lives and our legacies.

As I've watched my kids grow up, I haven't noticed their daily changes. Recently, my oldest graduated, prompting me to pause and reflect on how quickly time passes and how much he's changed. In our line of work, we encounter trauma regularly, often regarding it as part of the job without fully grasping its impact. Through the Mighty Oaks Program, I have had numerous conversations about how trauma accumulates over a career, much like a slow drip, initially seeming insignificant but adding up over time. Many talk about feeling disconnected and emotionally detached during traumatic events, only for a flood of emotions to emerge later. The shared concern is feeling that something may be wrong with them. The program helps the participants understand, you are not alone. We all fight similar challenges. The circumstances may be different, but the impact is the same. Stay connected.

It's essential to take care of ourselves, our families, and our colleagues, showing up to every incident with the proper uniform, PPE, and attitude. We can't ignore the challenges of our career and life. It's crucial not to check out or disconnect. Instead, engage with your family and find satisfaction in

Upcoming Events:

June 17 – Payroll Monday

June 18 – Chamber
Breakfast, Systems Tech
Chief Interviews

June 19 – PRCC Chiefs
Meeting

June 18 – AFCA Forum - 5
and Under Recruitment
and Retention - Tucson

Board Meeting:

June 24

CAFMA – 1700-1830

your career. In the chaos of emergency response, we bring calm, and when everything around us is beyond control, we can always control our attitude and effort. Thank you all for your contributions to the community, and I hope you have a great week!

EFFECTIVE LEADERS MAKE A DIFFERENCE WITH ENCOURAGING WORDS

By: Focus 3

Effective leaders make a difference by choosing encouraging words to build up members of their organization whether they report to them or not. Sharing encouraging words is a leadership tool that has never gone out of style. It's especially important during challenging times. Right now many people struggle with uncertainty and the pesky anxiety that accompanies it. Show me a person who says they don't need a word of encouragement during this trying time, and I'll show you a person who's probably not being honest.

Courage is from a Latin root word that means "strength of heart."

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