

**FIRST RESPONDER  
CENTER FOR EXCELLENCE**



REDUCING



OCCUPATIONAL



ILLNESS, INJURIES

AND DEATHS



# OUR MISSION

**The First Responder Center for Excellence is committed to promoting quality educational awareness and research to reduce physical, emotional, and psychological health and wellness issues for first responders.**

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**2019 was an active and productive year for the First Responder Center for Excellence.** As we wrap up the year, the FRCE reflects on some of the highlights, such as the first-ever National Fire Service Behavioral Health Symposium, which was held in Denver, Colorado, in September 2019. The symposium brought together over 350 industry leaders to focus on current research and advancements related to behavioral health in the fire service.

In addition, the FRCE held a number of regional cancer seminars across the country, allowing key subject-matter experts to provide updates on current research and strategies to reduce exposure.

These are just a few examples of projects focused on the FRCE's core mission of addressing physical and psychological health issues related to the fire service in 2019. While we are excited for the ongoing growth and collaboration initiated by the FRCE, there is still much to do as we begin 2020.

Future initiatives include a second Behavioral Health Symposium as well as new programs and materials related to medical evaluations and overall health and wellness. We also look to continue our outreach to the law enforcement and EMS communities.

We hope you will take a few moments to review this report to see some of the programs developed in 2019 by the FRCE to fulfill its mission. In addition, I want to thank everyone for their loyalty and support in 2019. None of this would be possible without the staff, volunteers, affiliates and many partners of the FRCE.

Sincerely,  
**Ernest Mitchell**  
 FRCE Chairman  
 U.S. Fire Administrator (Ret.)

# 2019 STRATEGIC PLAN

**2019 saw the successful expansion of FRCE-managed programs in several areas related to behavioral health, cancer prevention, and overall health and wellness.**

## BEHAVIORAL HEALTH



Behavioral Health Symposium  
 Stress First Aid 2.0  
 Firehouse Magazine Health & Safety Insert

## CANCER PREVENTION



Fire Service Regional Cancer Seminars  
 Fire Service Occupational Cancer Alliance Meeting  
 Clean 15 video released, viewed by over 50,000  
 Decon video released  
 Cancer toolkit updated

## HEALTH AND WELLNESS

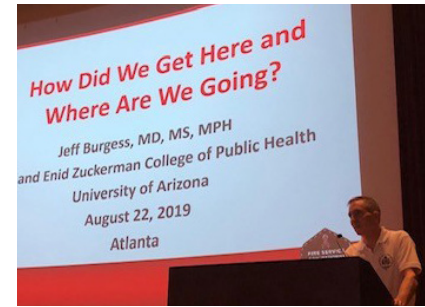


Firefighter Physical Marketing Campaign  
 Health and Wellness Awareness Tools from O2X

# FIRE SERVICE OCCUPATIONAL CANCER REGIONAL SEMINARS



Over 250 personnel attended regional cancer seminars in 2019. These seminars, delivered by leading researchers and industry leaders, provide information on the latest research studies, including a discussion of underrepresented groups and research needs, exposure reduction and implementation strategies, modifiable risk factors, and healthy lifestyle and support after the cancer diagnosis.



**“All the information and instructors were great. This seminar was a big eye opener for me, and it made me realize that by doing the small steps to prevent cancer, I can help myself and fellow firefighters live a longer life, cancer-free.”**

**“The seminar was wonderful and informative. We need to have more than one a year to be able to get the word out about cancer.”**

**“There is a need for this type of educational seminar to be recurrent.”**

**“Great conference. I have been studying firefighters and cancer for years, and I learned so much more from these speakers. My fear is no one wants to face this fact head on! Firefighters, officers, chiefs and city administrators ignore it instead of learning about it. The best practices are simple.”**

**“Great seminar. Instructors’ first-hand knowledge base was exceptional.”**

**“Continue to provide opportunities for the fire service to gain knowledge to assist with best practices related to exposure reduction and health and wellness.”**



# FIRE SERVICE BEHAVIORAL HEALTH SYMPOSIUM

Denver, Colorado, September 5–6, 2019



Over 350 attendees, representing a broad cross-section of U.S. fire service stakeholders, with a vested interest in improving current understanding of behavioral health in the fire service, attended the first annual Behavioral Health Symposium. The two-day conference focused on key topics, such as current research, key behavioral health components, coping strategies and presumptive legislation.

**“I can’t say thank you enough for holding this conference. I’ve been working in resiliency coaching with firefighters for almost 10 years and am so glad this is getting the attention it deserves.”**

**“Thank you for bringing the importance of fire service behavioral health to the forefront.”**

**“Thank you for putting this together. It was a great learning experience. I feel more prepared to tackle wellness at my department now.”**

**“I was very impressed with the presenters, the topics and the overall symposium. I look forward to attending future events.”**



**“Fantastic conference!  
The best first responder mental health conference I have been to.”**

# FIRE SERVICE OCCUPATIONAL CANCER ALLIANCE MEETING



The FSOCA is a consortium of over 50 fire service leaders, physicians, government officials and scientists focused on firefighter cancer initiatives. The FRCE has been managing the activities of the FSOCA since 2018, and a meeting of the full Council Alliance was held in June 2019 in conjunction with the State of the Science Fire Research Symposium at the University of Miami. The Alliance continues to update the original national strategy developed in 2016, through which 18 of the original 23 objectives of the Alliance have been completed or have seen substantial progress. The Alliance continues to revise its national strategy.



## Key areas of focus in 2019 included:

- Identify potential steps related to research gaps and funding.
- Identify potential steps related to prevention and training efforts, including a discussion of model policies.
- Identify potential steps to improve or expand presumptive legislation.
- Identify potential steps for engaging other organizations as partners.
- Identify potential steps to inclusion/recognition of cancer within Line of Duty Death Criteria.

# STRESS FIRST AID 2.0



In 2019, the FRCE released the updated Stress First Aid 2.0. New versions were created, including 15-minute, 90-minute and two-day leadership. Updates were made to increase appropriateness of leader and peer support via the SFA model in fire and EMS settings, to enhance our mission of supporting those who have been impacted by cumulative stress, loss, traumatic stress and inner conflict, while providing more appropriate interventions for supporting resilience and fostering recovery from debilitating stress reactions. Stress First Aid trainings took place in Connecticut, Florida, Ohio, Pennsylvania, Texas and Virginia, with over 500 attendees.



## 2020 UPCOMING EVENTS

The FRCE looks forward to a successful 2020. Please visit us at one of our upcoming events:

### Regional Cancer Seminars

Columbia, SC.....4/28/2020  
Pittsford, VT.....6/20/2020  
Reynoldsburg, OH.....7/27/2020  
Jackson, MS.....8/25/2020  
Salem, OR.....9/21/2020  
Toms River, NJ .....10/10/2020  
Virginia .....11/7/2020

### Behavioral Health Symposium

Greater Washington, D.C., Area  
10/13 – 10/14/2020

For details, please visit our events page at [firstrespondercenter.org/events](https://firstrespondercenter.org/events).



# FIRST RESPONDER

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