

Contra Costa County Public Safety Support Services Association
MEETING MINUTES
November 9th, 2020 1000-1200 Hours
CCCFPD Fire Training Facility 2925 Treat Blvd., Concord CA 94518

Prelude to Meeting

Jim Howard signed a release for us to use the conference room for the meeting today. This form was developed primarily for tracking purposes if needed in the future.

Call to Order:

Captain Chris Harder called the meeting to order at 10:09 hours

Pledge of Allegiance

Led by Captain Chris Harder

Attendees:

- *Jim Howard Retired CCCFPD Battalion Chief , Chris Harder San Ramon Valley F.P.D. Captain, Dave Mullarky AMR, Joe Pratchard EBRP Chaplain,, Mario Ferrer Chevron Fire Battalion Chief ,, Nick Vleisides Chaplain San Ramon Police and Fire, Contra Costa Sheriff Office, Rob Ranson San Ramon Police Father Robert Rien East Contra Costa Fire Protection District, EBRP District, Engineer Nate Smith San Ramon Valley F.P.D.*

Introductions:

All attending members.

Guest Speakers

Rachelle Zemlok 15 minute presentation regarding her practice and how she serves first responders.

Approval of Minutes:

- Minutes approved as submitted

Communication:

- In regards to updating SB542 and SB 1116 SB803 *Peer Support Specialist Certification Program Act of 2020*. Upcoming Peer Support Classes from the California State Fire Training titled Behavioral Health and Cancer Awareness 1A, 2A and 3A.

Officer Reports:

President

- Reestablished new PO Box
- No nominations at this point therefore current members to remain in their perspective positions. Request individual to possible assist and take over for Dave Mullarky as Secretary/Treasurer

Vice President

- Defer

Secretary/Treasurer

- Balance in bank is \$1287.52

Committee Reports:

1. Training

- Remainder of 2020 KLOVE CRC classes cancelled due to COVID
- Virtual classes available from CRC
- CRC has offered us courses on Nov 17 Operational Stress First Aid and Dec 1 Enhancing Resilience. Every registrant has to have a login for their reporting system.
- CRC may be able to provide classes by April 2021

2. Website

- Discussed background for need up web services
- Shared info and quote from Streamline of \$20/month
- Motion made and seconded to spend up to \$50/month for Streamline services and possible hosting fee
- Members unanimously approved Steamline service

3. Team Selection

- Nothing to report

4. Peer Review

- None

Organizational Reports:

1. **California Fire Chaplains:** Not Present, no updates
2. **KLOVE (Crisis Response Care):** Two one day virtual online classes scheduled for us
3. **CPSA:** Not present, no updates
4. **10-33 Foundation:** Not present, still providing onsite training to Military
5. **California Fire Service Task Force on Behavioral Health:** Chief Atlas not present but reports continued progress with Task Force
6. **DRAN:** Not present, no updates

Old Business

- Cordico app- Rob Ransom provided feedback on San Ramon PD's usage. Some financial assistance from MPA. Immediate resources available through app. Toolkit and self assessment tests also available. Peer Support tab that can be modified with members and contact info. Fitness, nutrition, EAP and therapist finder with map. Training was provided when before rollout.
- Data Collection- Chris Harder to send out Survey Monkey for collection of data from County agencies.
- Alternative class venues- We have made contact for future venues for classes, John Muir is a possibility in both Concord and Walnut Creek
- Nick Vleisides looking into local San Ramon Hospitals to determine what internal services they have. Has attempted to communicate but has had no response as of yet.

New Business

- New goals and objectives for 2021

- **Agency Reports-Activities**
 - **Fire**
 - **San Ramon Valley F.P.D.** (Engineer Nate Smith)
 - *Cancer diagnosis and Cancer death. Concern for our Peer Support members are taken care of during this time. Looking for Peer Group recruitment. 13 newborns in our department.*
 - **Contra Costa County F.P.D.** (Captain Chris Hummel) Not present
 - *Report from Howard, have had some incidents and defusings all handled within*
 - **Moraga-Orinda F.P.D.** (Captain John Bensley) Not present
 - **East Contra Costa F.P.D.** (Captain Lance Brashier) not present
 - *Report from Robert Rein. Cordico app active since Sept., video added to app from Dr Gilmartin, Therapist have been increased and updated on app. Muscle mechanics added for injury prevention. 2 year old code in Sept. Zoom meeting in Dec to discuss 2021 goals*
 - **Crockett F.P.D.** (Lieutenant Earl Brown) Not Present
 - **El Cerrito Fire** no representative
 - **Rodeo Hercules F.P.D.** (Capt. Jack Clapp) Not Present
 - **Piedmont Fire** (Lt. Kevin Robinson) Not Present
 - **Pinole Fire** no representative
 - **Alameda County F.P.D** (BC Michael Abele Captain Paul Mahar)
 - **Cal Fire SCU** no representative
 - **Fremont Fire** (Andy Swartzall Clinical Nurse Educator) Not Present
 - **Richmond Fire** no representative
 - **Chevron Fire** (BC Mario Ferrer)
 - *Member no longer working because of alcohol abuse. Marion working on completing peer support classes.*
 - **EBRPD Fire** no representative
 - **Federal Fire** no representative
 - **Albany Fire** (Chief Lance Calkins) Not Present
 - **Law**
 - **San Ramon PD** (Seargent Rob Ransom)
 - *Moral low collectively, and internal stress. Defusing following a child death. Set aside a day for PD families and mental health professional put on presentation for spouses.*
 - **CCCSO** (John Rock) Not Present
 - **CHP** (Brandon Correia) Not Present
 - **EMS**

- **AMR** (Dave Mullarky)
 - *Status quo and a lot of coming up next year with changing names and implementing higher wellness program. Quarterly training coming up and Dave just returned from 2 week deployment to Louisiana.*
 - **MHP**
 - **Mental Health** (Colleen Pennington, PsyD) Not Present
 - **Mental Health** (Donn Bradley) Not Present
 - **Mental Health DRAN** (Nathan Schlitz) Not Present
 - **Chaplain**
 - **San Ramon P.D.** (Chaplain Nick Vleisides)
 - *Responded to 45 calls since COVID started, not able to visit stations or do ride alongs*
 - **ECCFPD** (Father Robert Rien)
 - *See ECCFPD report*
 - **CCCSO** (Chaplain Joe Pratchard)
 - *Joe working on getting scheduled for hip surgery. finishing up internship with liberty for counseling. Continuing to active with East Bay Regional Park Police with death notifications*
 - **Other**
 - **FBINAA** (Janelle Cronk) Not Present
 - **10-33** (Jim Wilson) Not Present

Action items:

- *Complete 2020 data collection*
- *Send any goals or objectives you would like to complete in 2021*
- *Push to increase registration for CRC virtual classes*
- *Future meetings will be odd months and TBD day of week*

Good of the order:

- none

Next Meeting:

Date/s: Jan 12, 2021

Time: 1000-1200

Location: CCCFPD Fire Training facility, 2925 Treat Blvd., Concord, CA.

Adjourn:

Meeting adjourned by President Chris Harder at 1208