

Contra Costa County Public Safety Support Services Association
MEETING MINUTES
January 13th, 2022 1000-1200 Hours
Via Zoom Meeting

Call to Order:

Captain Chris Harder called the meeting to order at 1010 hours

Pledge of Allegiance

Led by Captain Chris Harder

Attendees:

- *Jim Howard CCCFPD Battalion Chief (Retired), Chris Harder Captain San Ramon Valley F.P.D., Brian Helmick Fire Chief ECCFPD, Joe Pratchard EBRP Chaplain, Earl Brown Lieutenant Crockett Fire, Dylan McComb Richmond Fire, Nick Vleisides Chaplain San Ramon Police and Fire, Chris Hummel Contra Costa County Fire Department, Justin Ceasar Firefighter Richmond Fire Department, Psychologist, PsyD Colleen Pennington*

Introductions:

None

Guest Speaker

Chief Helmick: Express gratitude for members and encouraged consideration for the board positions. Offered assistance to agencies in developing programs at chiefs level.

Approval of Minutes:

- Minutes approved as submitted

Communication:

- SB542 No changes, no further to report.
- AB1116 No changes, no further to report.
- SB803 Peer Support Specialist Certification Program Act of 2020 no changes, no further to report

Officer Reports:

President

- *Encourage members to consider to step into the roles of Secretary/Treasurer and future Board President position.*

Vice President

- *Chief Brooks of Pinole Fire is the new Executive Fire Chiefs Treasurer.*

Secretary/Treasurer

- *Balance in account \$1636.29*

Committee Reports:

1. Training

- *GRIN class has been cancelled and will be looking into additional date in March or April.*
 - *Awaiting to hear back from Fire Chaplains on this years Chaplain Course in Northern California.*
 - *Possibility of transitioning to a greater regional training model to capture more enrollment and to meet Crisis Response Care's minimum requirement for number of students.*
 - *Encourage everyone to visit Crisis Response Care website for free online training.*
2. **Website**
 - *Maintaining what we can with no other updates.*
 3. **Team Selection**
 - *Richmond update, Still waiting on development of SOP. BC Brownwell is now acting Chief and is busy. Switched from MHM to Anthem EAP. Still has a number of members that are interested in being on the team.*
 4. **Peer Review**
 - *Nothing to report*

Organizational Reports:

1. **California Fire Chaplains:** *Still waiting to hear back from Chief Cook on this years classes.*
2. **KLOVE (Crisis Response Care):** *Still developing new classes to include refresher courses.*
3. **CPSA:** *Not present, no updates*
4. **10-33 Foundation:** *Not present, no updates*
5. **California Fire Service Task Force on Behavioral Health:** *Not present, no updates*
6. **DRAN:** *Not present, no updates*

Old Business

- *Discussion of bringing all agencies and all peers to one meeting once a year and what that would look like.*
- *Dr Pennington expressed making it more of a casual fun atmosphere to help defuse teams stress along with purposeful connection.*

New Business

-
- **Agency Reports-Activities**
 - **Fire**
 - **San Ramon Valley F.P.D.** *(Engineer Nate Smith) not present, Nick Veliesides reported on behalf*
 - *No recent events for the department. Some one on one's but no defusings, evident members are getting fatigued and tired.*
 - **Contra Costa County F.P.D.** *(Captain Chris Hummel)*

- Couple defusing with 2 pediatric codes. 9 schedule to go to GRIN class. Referrals made to clinicians. Submitted budget for CISM/Peer Support team. Looking to CCCPSSS due to diminishing team.
 - **Moraga-Orinda F.P.D.** (Captain Jon Bensley) not present
 - **East Contra Costa F.P.D.** (Firefighter Lance Brashier) not present, Jim Howard
 - Not of aware of any recent defusings.
 - **Crockett F.P.D.** (Lieutenant Earl Brown)
 - Nothing to report other than short staffed.
 - **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** (Justin Cesar, Dylan McComb)
 - Dylan shared about Tony Nygen retreat for veterans.
 - **Chevron Fire** (BC Mario Ferrer) not present
 - **EBRPD Fire** no representative
 - **Federal Fire** no representative
 - **Albany Fire** (Chief Lance Calkins) not present
- **Law**
 - **San Ramon PD** (Sergeant Rob Ransom)
 - Nick Vleisides spoke, peer team is doing good, they held quarterly training
 - **CCCSO** (John Rock) not present
 - **CHP** (Brandon Correia) not present
 - **EMS**
 - **AMR** (Dave Mullarky) not present
 - **MHP**
 - **Mental Health** (Colleen Pennington, PsyD)
 - Expressing her heartfelt honor to be able to serve, and noticing how much of a hit she is seeing in first responders.
 - **Mental Health** (Donn Bradley) not present
 - **Mental Health DRAN** (Nathan Schlitz) not present
 - **Chaplain**
 - **San Ramon P.D.** (Chaplain Nick Vleisides)
 - 8 chaplains,, average call out is once a week
 - **ECCFPD** (Father Robert Rien) not present
 - **East Bay Regional Parks** (Chaplain Joe Pratchard)
 - No incidents but noticing wear and tear on individuals and sensitivity to trigger events. Greater degree of need for self care and resilience

- **Other**
 - *FBINAA (Janelle Cronk) not present*
 - *10-33 (Jim Wilson) not present*

Action items:

- *Harder and Howard to updated on new date for GRIN class*
- *Send in interest for board positions*

Good of the order:

- *Dr Pennington Other ways to see a clinician other than a department EAP. Mental Health Provider can issue invoice which can be submitted for reimbursement if member has a PPO.*
- *Hummel brought up First Responder Wellness in house live in Substance abuse, PTSD housing community in Santa Monica.*
- *Harder asked group to share something to encourage each other.*
 - *Dr Pennington shared to not give in to fear, we have to live our lives and experience this world.*
 - *Pratchard shared how important it is to stay and be connected to one another and to with God.*
 - *Vleisisdes shared how everyone is dealing with loss and grief. Surround yourself with the people that you love and who love you.*
- *Meetings from this point on will be on second Thursdays of the month to allow Chief Helmick may be able to attend.*

Next Meeting:

Date/s: March 10th, 2022

Time: 1000-1200

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

Adjourn:

Meeting adjourned by President Chris Harder at 1148