



CONTRA COSTA COUNTY FIRE PROTECTION DISTRICT  
FIRE • RESCUE • EMS

# Contra Costa County Fire Protection District Health & Wellness Program



Service • Leadership • Teamwork • Safety and Preparedness • Professionalism • Integrity

## Today's Goal

- **Background**
- **Introduction to Health & Wellness Program and Problem Statement**
- **Con Fire's Health & Wellness Programs and Initiatives**
- **Con Fire and County Fire Chiefs Collaboration**
- **2024/25 Program Goals**
- **Questions**

## Background

### **Our Mission**

The Contra Costa County Fire Protection District exists to provide you, your family and our communities with professional services dedicated to the preservation of life, property and the environment.

### **Health and Wellness Program Mission Statement**

To promote the physical, mental, and emotional well-being of all District personnel while fostering compassion, trust, and readiness in service to our community. We are committed to enhancing the longevity and strength of our team by prioritizing health, resilience, and supportive relationships, ensuring our members are equipped to serve with excellence and integrity.

# Introduction to Health & Wellness Program / Problem Statement

## **Problem Statement**

PTSD, burnout, physical injuries, substance abuse, compassion fatigue, depression, anxiety, trauma and vicarious trauma, marital/familial problems

The number of firefighter suicides nationwide is estimated to be at least 100 per year. According to the “Ruderman White Paper on Mental Health and Suicide of First Responders,” the suicide rate for firefighters is 18 per 100,000 compared to 13 per 100,000 for the general public.

## **Goals / Objectives**

Increased Productivity

Reduced Healthcare Costs

Reduced Absenteeism

Enhanced Employee Engagement/job satisfaction

Positive Workplace Culture

## Con Fire's Health & Wellness Programs/ Initiatives

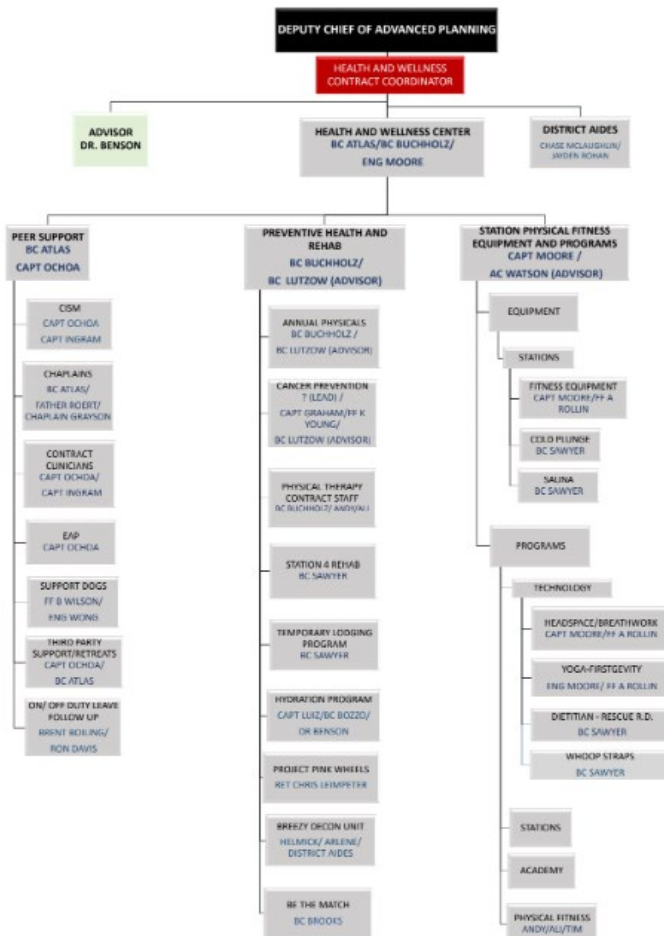
- **The Health & Wellness Center**
- **Peer Support - Mental Health**
- **Preventative Health & Rehabilitation**
- **Fitness Equipment & Programs**



**CONTRA COSTA COUNTY  
FIRE PROTECTION DISTRICT  
HEALTH AND WELLNESS**

DEPUTY CHIEF OF ADVANCED PLANNING

Organizational Chart



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# Con Fire / County Chiefs Collaboration



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## **Health & Wellness 2024 / 2025 Goals**

1. Define and Formalize all Health & Wellness Programs and Services
2. Define Con Fire Specific and County/Regional Programs & Services
3. Define a Sustainable Funding Plan for All Con Fire and Regional Health & Wellness Programs
4. Educate all District and Partner Agencies on Health & Wellness Programs and Services