

Travis County Emergency Services District No. 9
Westlake Fire Department

Standard Operating Procedure

Subject: Wellness Program

Effective Date: May 1, 1998

Authorized By: Chief Paul Barker Revised Date: June 15, 2000

I. Purpose

To establish policies and procedures for the implementation and utilization of the department's Wellness Program.

II. Policy

- A. It is the policy of this Department to support a program of helping the firefighter maintain a healthy lifestyle, both on & off duty, with the ultimate goal of prolonging life and maintaining or improving quality of life.
- B. This will be accomplished by an initial mandatory orientation program entitled "Firefighter Health", followed by a series of voluntary programs including, but not limited to, nutrition & weight control, smoking cessation, fitness/exercise, stress management, time management, and communication skills. These programs will be available to all personnel, paid and volunteer, as well as families and significant others of all personnel.
- C. The program will also address the mental health needs of personnel through access to Critical Incident Stress Management, in the form of defusings, debriefings, and one-on-one sessions with the Director of CISM/Wellness Program Coordinator. Referral for longer-term interventions will also be available.
- D. Support Services will be under the direction of the CISM/Wellness Program, which will provide consultation and assistance in the carrying out of their duties.
- E. The Company Officers will be responsible for motivating personnel to take part in the Wellness Program.

III. Procedure

- A. The Director will meet with all new members and employees to acquaint them with the Wellness Program.
- B. The Director may respond to calls requiring support services and/or CISM for provision of service or supervision.