



***Programs
For Families
and the
Fire Service***



“ *Our fallen firefighters’ families and co-workers rely on the strength and comfort of the National Fallen Firefighters Foundation. Without the compassion and dedication of those who work here, this would be impossible. We are extremely thankful for the continued support and generosity of our donors, who make it possible for the NFFF to continue its mission.* ”

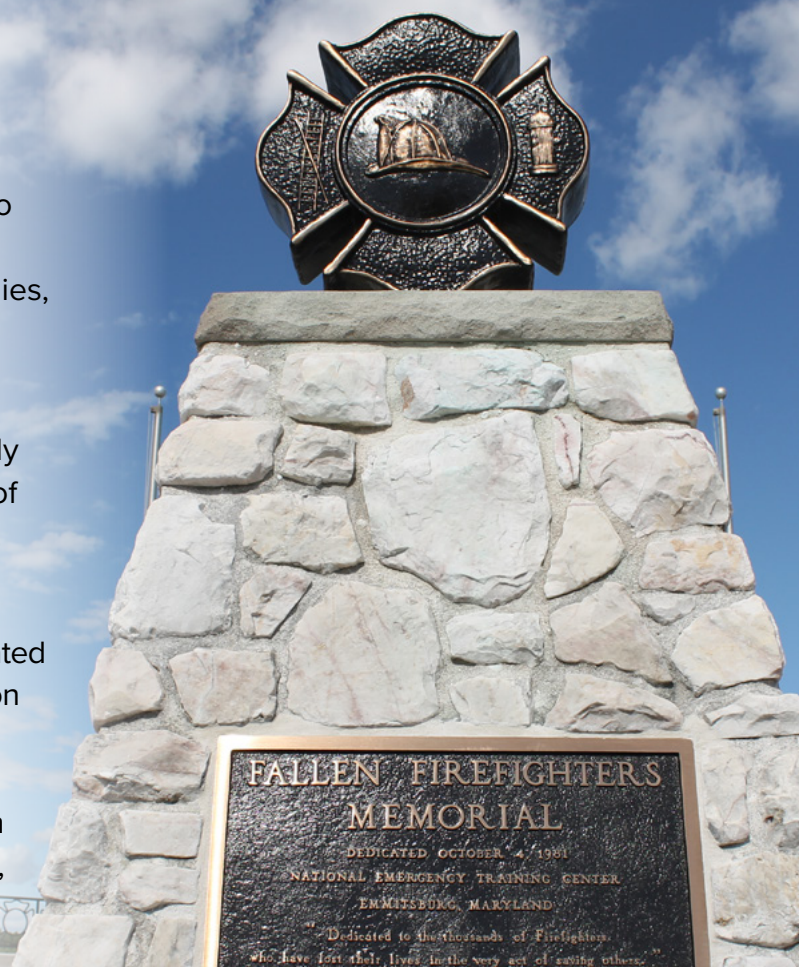
— Troy Markel
Chairman of the Board
National Fallen Firefighters Foundation

About Us

Congress created the National Fallen Firefighters Foundation in 1992 to lead a nationwide effort to honor America's fallen firefighters. Our mission is to honor America's fallen fire heroes; support their families, colleagues, and organizations; and work to reduce preventable firefighter death and injury.

The National Fallen Firefighters Foundation is the only fire service organization that represents every facet of the American fire service—career, contractor, military, volunteer, and wildland.

The Foundation is a 501(c)3 nonprofit organization, located in Emmitsburg, Maryland. It is registered as a corporation in the State of Maryland. When Congress created the Foundation, it did not provide funding or financial assistance, so the Foundation relies on funding through private donations from caring individuals, organizations, corporations, federal grants, and other foundations.



Our Programs

▪ Fire Hero Family Programs

- Fire Hero Family Network
- Grief Resources/Publications
- Wellness Conference
- Spouses and Life Partners Retreat
- Men's Retreat
- Memorial Weekend
- Hal Bruno Camps for Children of Fallen Firefighters
- Young Adult Programs
- Scholarships

▪ Fire Service Programs

- Everyone Goes Home®
- Local Assistance State Teams
- Vulnerability Assessment Program
- Fire Service Training/ Fire Hero Learning Network
- Taking Care of Our Own®
- Behavioral Health Support
- Uniformed Peer Support Program
 - Chief-to-Chief Network
 - Incident Commander-to-Incident Commander Network
 - Company Officer-to-Company Officer Network

Family Programs

Fire Hero Family Network

Families of fallen firefighters can provide a unique kind of support to one another. Simply connecting with someone else who has lost a firefighter can offer a sense of hope and understanding.

Members of our Fire Hero Family Network volunteer to provide peer support to newly bereaved families. The Foundation matches members of the Network with family members who face similar circumstances.

Members of this special network of friends remind each other that they are not alone.



Family Programs

Grief Resources/Publications

The Journey is a bi-monthly publication for Fire Hero Families that focuses on issues related to loss and healing and includes the reflections and memories of fire hero family members in their own words.

Our website, www.firehero.org, provides information for Fire Hero Families, line-of-duty death related resources, benefits, and programs and events.

Grief brochures for families of fallen firefighters are provided at no cost.

There is also a family-targeted podcast available at griefinprogress.com.

www.firehero.org



Family Programs

Fire Hero Family Wellness Conference

When a firefighter dies in the line of duty, his or her loved ones are left with unique challenges as they begin to rebuild their lives. Fortunately, families of fallen firefighters have a place to go to find the support, comfort, and resources they need. They also make connections and memories that last a lifetime.

This event gives spouses, parents, adult children, and siblings of fallen firefighters an opportunity to attend workshops related to grief and loss, physical and emotional wellness. The focus is on action steps and daily practices that increase quality of life after loss. Participants build support with others who have had a similar experience.



Family Programs

Spouses and Life Partners Retreat

Open to spouses and life partners of fallen firefighters honored at the National Memorial in Emmitsburg, Maryland, this retreat focuses on the experience of losing a spouse.

The retreat is focused on helping spouses integrate past life with present, explore current relationships and level of support, and help develop personal goals for living a resilient life.



Family Programs

Men's Retreat

For men, sadness can be a difficult emotion to navigate, and emotional processing occurs differently in men. Staying involved in favorite activities or trying something new gives men space.



Family Programs

Winter Retreat & Tree Lighting

For a Fire Hero Family who has lost a firefighter in the line of duty, the holidays can be an especially challenging time of year. For this reason, the Foundation holds the Winter Family Retreat. This event focuses on service, giving back to others, self-care, reflection, and fellowship with others.

Families help decorate the Memorial site and the National Fallen Firefighters Memorial Chapel for the annual Tree Lighting and will attend the service.



Family Programs

Grief in Progress Podcast

Everyone's journey through grief is unique. But shared stories can be a powerful tool of hope for those who have experienced sudden loss. Grief in Progress inspires listeners with messages of resilience from peers who have found their own ways to cope.

The compelling episodes feature one-on-one conversations with spouses, children, and life partners of fallen firefighters—but the perspectives they share will resonate with anyone dealing with grief. Through the generosity of these Fire Hero Families, the open dialogue focuses on contemporary issues of grief and offers strategies to promote healing.



Family Programs



Memorial Weekend

Every year, the Foundation sponsors the official national tribute to all firefighters who died in the line of duty during the previous year. The Memorial Weekend offers private activities for families of fallen firefighters and co-workers, along with public ceremonies. Thousands attend the National Fallen Firefighters Memorial Weekend in Emmitsburg, Maryland.





Family Programs

Hal Bruno Camps for Children of Fallen Firefighters



Hal Bruno served as Chairman of the NFFF Board of Directors and was dedicated to helping the families of fallen firefighters. In his memory, the Foundation offers camps for ages 4-6 and 7-17 for children and step-children of firefighters honored at the National Fallen Firefighters Memorial.

Structured camp activities give children from around the country a chance to meet others their own age with similar experiences. This interaction helps them feel less alone, talk with others who understand, and find ways to cope with their loss.

Camps provide a therapeutic component in combination with a dynamic camp setting, allowing campers to process their grief in a fun and safe environment.

The camp is free, and the Foundation helps with travel/lodging expenses for campers and parents/guardians.



Family Programs

Programs for Young Adults

For a child, losing a parent changes life forever, even into adulthood. It shakes the foundation and sense of safety that every child relies on, and it changes the family structure. The National Fallen Firefighters Foundation holds a retreat for young adults, ages 18-24, whose firefighter parent died in the line of duty. Many did not receive counseling as children.

This retreat provides skills to deal with grief, developing increased independence, self-expression, and individual growth. Attendees have an opportunity to meet with others their age who have had similar experiences.

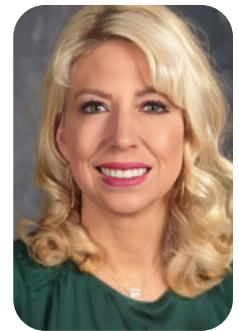
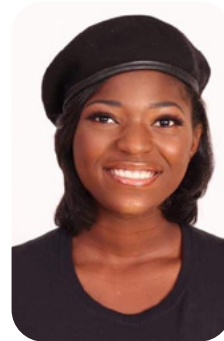


Family Programs

Scholarships

The National Fallen Firefighters Foundation offers financial assistance for post-secondary education and training to spouses, life partners, children and stepchildren of firefighters honored at the National Fallen Firefighters Memorial. Scholarships are awarded for undergraduate, graduate studies, vocational-technical training, and certification and job training programs. They may be used at in-state or out-of-state public and private schools.

Since the program began in 1997, the National Fallen Firefighters Foundation and its partners have awarded over \$5,777,382 to spouses, life partners, children, and step-children of fallen firefighters.



Family Programs

Virtual Support

Our virtual support groups provide a way for Fire Hero Families to connect with one another from their homes across the country throughout the year. No matter where you are located, you have free weekly opportunities to talk, listen, and share stories, struggles, and ideas.

We have two groups that meet weekly via Zoom. Both groups are open to spouses, life partners, parents, siblings, and adult children of Fire Hero Families whose firefighter has been honored or is approved to be honored at the National Fallen Firefighters Memorial. You can attend one or both groups, and there is no commitment to attend every session.

Facilitated Support

This group is for those early in their grief or who do not have a strong support system; it is led by a licensed psychologist familiar with the needs of grieving public safety families.

Peer Support

These unfacilitated groups allow Fire Hero Families to engage in informal conversation and build friendships. Attendees drive the topics, which focus on weekly updates, challenges, sharing stories, and brainstorming. There are breakout groups according to relationship.



Fire Service Programs

Taking Care of Our Own®

Taking Care of Our Own® training provides senior fire officers specific information about being prepared for a line-of-duty death.

The course includes information about Public Safety Officer Benefits (PSOB) and gives guidance on the resources that should be made available when dealing with a line-of-duty death and what elements should be included when developing a LODD policy.

Each training team includes a chief, members of fallen firefighters' families, and a behavioral health professional.

Fire Service Programs

Local Assistance State Teams (LAST)

Everything that happens immediately after a line-of-duty death affects the way the family, the department, and the community recover from the loss. The Foundation thinks the best place for a department to turn for support is within its own state or region. The primary objective of the Local Assistance State Teams is to assist families and departments after a line-of-duty death and to help with filing for federal, state and local benefits.



Fire Service Programs

Everyone Goes Home®

The *Everyone Goes Home*® Program provides free training, resources, and programs to champion and implement the *16 Firefighter Life Safety Initiatives*.

The 16 Firefighter Life Safety Initiatives were jointly developed by representatives of major fire service constituencies during the 2004 Firefighter Life Safety Summit. The initiatives serve as a blueprint to reduce preventable firefighter line-of-duty deaths and injuries.



Fire Service Programs

Fire Service Training

The Foundation offers training programs to departments to assist and to reduce risk of a preventable fatality or serious injury, prepare for a potential LODD or serious injury, to assist firefighters with behavioral health support, and to reduce risks in the community.

Fire Hero Learning Network Online Training

The Fire Hero Learning Network serves as a central hub and allows registered users to access free, multimedia training modules that can all be done on your own time, at your convenience.

The following courses and more are available at www.fireherolearningnetwork.com:

- Courage to Be Safe®
- Leadership, Accountability, Culture and Knowledge
- After Action Review
- Creating Change in the Fire Service
- Curbside Manner—Stress First Aid for the Streets
- Stress First Aid for Fire and EMS Personnel
- Taking Care of Our Own®
- Communication & Mentoring for Company Officers
- Company Officer's Health & Safety Responsibilities
- Saving Lives: Inspiring Stories in Community Risk Reduction
- 3D Fire Attack Scenario
- Automatic Fire Sprinklers and Alarm Systems
- Responding to Violent Incidents 2.0
- When a LODD Occurs: Incident Commanders Speak
- Health & Safety at Wildland Fires
- Safety in Training



Fire Service Programs

Vulnerability Assessment Program (VAP)

With our VAP Site, every department has a free online tool to help assess their risk of losing or injuring a firefighter. The Vulnerability Assessment Program looks at everything from fireground operations to daily activities in the station— like assessing station organization, resource allocation and management, health and wellness programs, roadway safety, and behavioral health. It begins with the chief or other department officials answering a series of questions based on the six root causes of preventable firefighter line-of-duty deaths and injuries. The program then identifies potential risks within the department or individual stations. Guidance is provided to take corrective steps to reduce those risks.

This tool can also help department leaders justify budget requests, by offering the resources needed to address identified risks.

Fire Service Programs

Wildland Fire Service Initiative

NFFF has been honoring wildland firefighters since its inception. Through a series of listening sessions, we discovered many members of the wildland community did not consider themselves part of the fire service because of their primary function as land managers. This inspired the Foundation to develop a comprehensive plan to include the wildland fire service community.

The Foundation is forging relationships with the wildland firefighting community and identifying opportunities for program outreach. Existing Fire Service Programs are being reviewed and modified to include content relatable to wildland firefighters. Additionally, the NFFF has partnered with the Wildland Firefighter Foundation (WFF) in an effort to mutually support each other and the families of fallen wildland firefighters.

Fire Service Programs transcends whether a firefighter is a structural “blue shirt” or wildland “yellow shirt.” The intent behind the “Everyone Goes Home” mantra is equally applicable to every firefighter regardless of what protective clothing they wear.



Fire Service Programs

Uniformed Peer Support Program

Fire Chiefs who lost a firefighter in the line of duty gave rise to the the Chief-to-Chief Network, made up of senior fire officials whith one thing in common: they all experienced the death of a firefighter in the line of duty and understand what a department goes through. In 2018 and 2019, the Foundation recognized an additional need, adding two more networks—one for incident commanders and one for company officers. Each network’s cadre receives peer counseling training and is prepared to assist others as they deal with their loss. The cadres are prepared to help with:

- Navigating incident follow-up and investigations
- Support for the fallen firefighter’s family and co-workers
- Funeral and memorial service arrangements
- Requests for information from media and community
- Personal feelings related to loss



Fire Service Programs

Seatbelt Pledge

To help encourage more individuals and departments to use their seatbelts at all times, the National Fallen Firefighters Foundation revamped the International First Responder Seatbelt Pledge website, making it easier than ever to use. The system is completely automated for those who wish to begin a seatbelt campaign in their departments. You can take the pledge at www.seatbeltpledge.com.



First Responder Center for Excellence

First Responder Center for Excellence for Reducing Occupational Illness, Injuries and Deaths, Inc. (FRCE)

Our nation's first responders answer their call to duty without hesitation. While they train and prepare tactically for their daily responses, they must also be physically and mentally prepared for those calls.

In 2016, the National Fallen Firefighters Foundation created the First Responder Center for Excellence to provide increased awareness, training and research to ensure that first responders have the correct tools and information to build and maintain a healthy foundation to reduce injuries and fatalities related to behavioral health, cardiac and cancer, as well as improve overall health and wellness. The First Responder Center for Excellence is committed to promoting quality educational awareness and research in five main programmatic areas: Cancer Prevention and Awareness, Behavioral Health, Firefighter Physical Initiative, Cardiac and Health and Wellness.



FIRST RESPONDER
Center for Excellence

First Responder Center for Excellence

Cancer Prevention and Awareness

- Firefighting is inherently dangerous work. There is an unseen, and less recognized, danger firefighter's face – the risk of developing cancer. Building materials introduced over the last 40 years, such as engineered thermoplastics and laminated veneer lumber, significantly contribute to the release of cancer-causing agents during structure fires.
- Firefighters have a greater number of certain types of cancer diagnoses than the general U.S. population.
- Cancer is a leading cause of firefighter deaths in the United States.
- Studies have shown that firefighters have increased risk of certain cancers the longer they

spend working in the fire service.

Fire Service Occupational Cancer Alliance

THE FRCE manages the activities of the Fire Service Occupational Cancer Alliance and develops resources for cancer awareness and prevention, such as the Fire Service Occupational Cancer Toolkit. Alliance members include representatives from fire service organizations, government partners and other like-minded entities. The Alliance focuses on key topics including awareness and prevention, presumptive legislation, research, and recognition of firefighter cancer deaths as LODDs.



First Responder Center for Excellence

Behavioral Health Support for First Responders

First responders are faced with a myriad of stressors that go beyond what the general population may experience. The phrase “fit for duty” for first responders has historically only accounted for good physical health for the duties related to one’s job. However, recent evidence-based research indicates that maintaining one’s behavioral health is equally important. The effects of first responder stress events can factor into behavioral health issues such as post-traumatic stress disorder, substance abuse, depression, and thoughts of suicide. Resources available today, like Stress First Aid, address the unique stressors related to first responders and build on the strengths of first responders, including a sense of belonging, support from one another and a strong sense of purpose.

Fire Dynamics Boot Camp

Fire Dynamics Boot Camp is a train-the-trainer, intensive three day program designed to empower and prepare fire service leaders and instructors to incorporate the most current research findings about fire behavior and firefighting tactics into their training programs. Participants gain an improved understanding of fire dynamics and a digital tool kit to support their training efforts at home. Students also develop a network of instructional support from instructors who are implementing this material at their fire training academies.

First Responder Center for Excellence

Cardiac Awareness, Research, and Resources for First Responders

Cardiovascular disease is a leading cause of line-of-duty deaths among U.S. firefighters and an important and costly cause of morbidity.

Firefighter cardiovascular events are largely due to Coronary Heart Disease (CHD), with Sudden Cardiac Death (SCD) accounting for most line-of-duty fatalities. The FRCE develops resources to educate first responders on the cardiac risks, as well as strategies to reduce the probability of a cardiac event.

Firefighter Physical Program Implementation Tools

The best way to diminish the effects of any diseases, illnesses or injuries is to detect them as early as possible. This is especially true for firefighters who, in many cases, are at greater risk for certain diseases, illnesses, and injuries than the general population. Annual physicals, based upon testing criteria for the increased health risks faced by firefighters, have proven to lead to early detection and prevention of long term illnesses. In conjunction with the International Association of Fire Chiefs the FRCE provides resources to firefighters and clinicians on the types of physicals and how to best implement a physical program.

National Fallen Firefighters Memorial Park

National Fallen Firefighters Memorial

Constructed in 1981, the seven-foot stone monument features a sculpted Maltese Cross, the traditional symbol of the fire service. At the base of the monument an eternal flame symbolizes the spirit of all firefighters—past, present, and future. Plaques encircling the monument list the names of the men and women of the fire service who have died in the line of duty since 1981.

Each year, America honors its fallen fire heroes during a National Memorial Service at the monument site. The ceremony includes the placing of a Presidential Wreath at the monument and dedication of a plaque honoring those who died in the line of duty during the previous year.



National Fallen Firefighters Memorial Park

Walk of Honor®

In National Fallen Firefighters Memorial Park, a *Walk of Honor*® connects the monument, the Fallen Firefighters Memorial Chapel, and To Lift a Nation 9/11 Memorial. Each brick on the walkway bears a personal inscription.

Separate sections in the crosswalks also recognize the Foundation's major donors. These special sections include corporations, organizations, and individuals for their support. Proceeds from the sale of these bricks help to finance construction of the Memorial Park.

Pre-1981 Section

Project Roll Call identifies and honors firefighters who died in the line of duty prior to the creation of the National Fallen Firefighters Memorial in 1981. A special section of bricks on the Walk of Honor® has been created so that departments and loved ones can remember these firefighters.



A photograph of the National Fallen Firefighters Memorial Chapel, a large red brick building with a prominent steeple. The steeple has a clock face on its lower section and a small window near the top. The building features arched windows and a central entrance with a white door. The sky is blue with scattered white clouds.

National Fallen Firefighters Memorial Park

National Fallen Firefighters Memorial Chapel

The National Fallen Firefighters Memorial Chapel is special to America's firefighters and our Fire Hero Families. A Chapel Vigil is held during the National Fallen Firefighters Memorial Weekend so families can light a candle and place a rose in honor of their loved ones. During the holidays, the Chapel is decorated with trees bearing ornaments sent by our families.

The Chapel was built in 1839 and is listed on the National Register of Historic Places. In 1997, it was designated as the National Fallen Firefighters Memorial Chapel and formally dedicated in 1998 in memory of Chief A. Marvin Gibbons. Chief Gibbons was instrumental in building the National Fallen Firefighters Memorial. In 2006, the Chapel was restored by the National Fallen Firefighters Foundation and the offices of the Foundation are located there.

National Fallen Firefighters Memorial Park

To Lift a Nation 9/11 Memorial

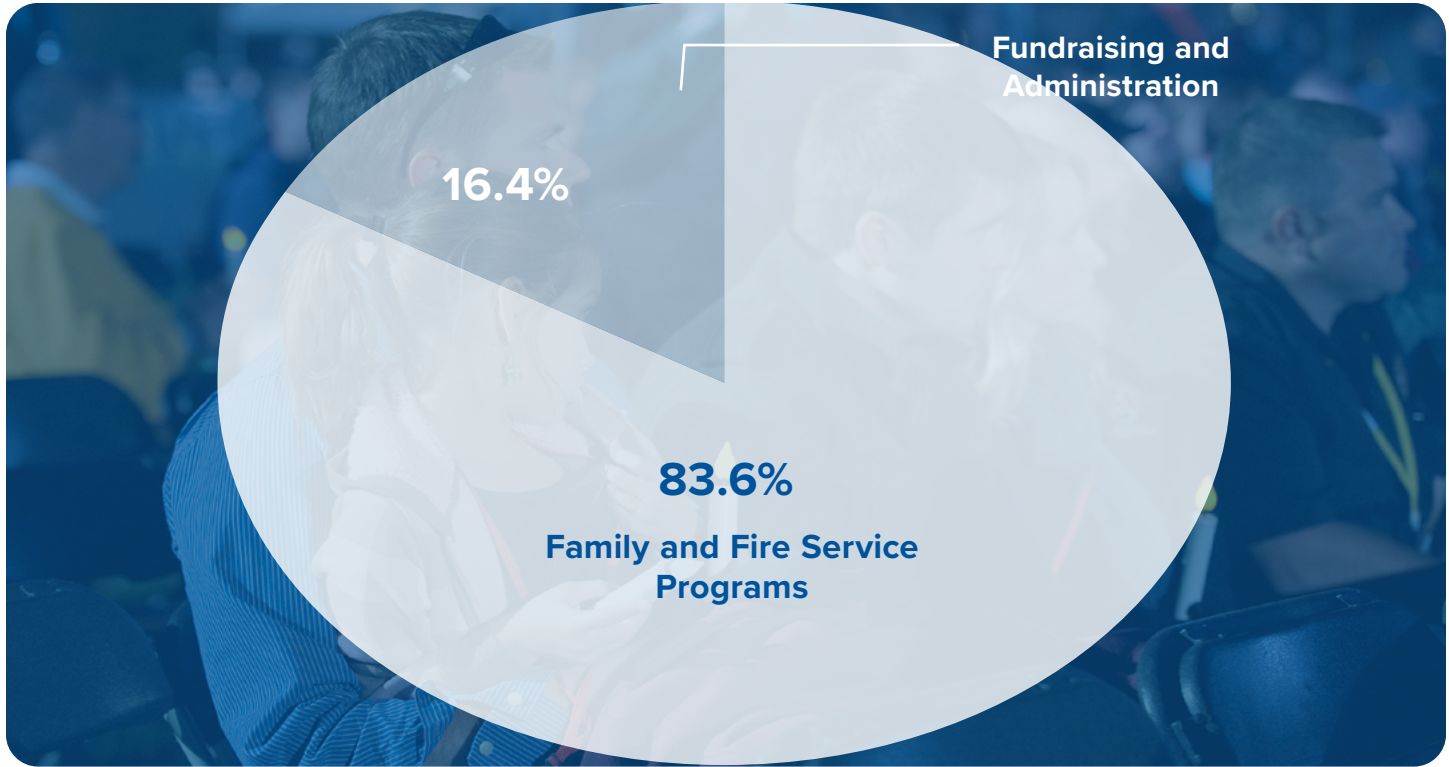
This bronze monument recreates the famous photo taken by Bergen Record photographer, Thomas E. Franklin, of three FDNY firefighters raising the American flag at Ground Zero. The monument stands 40 feet high, six feet deep and eight feet wide and sits beside a brick plaza that connects it to the Walk of Honor®.



NFFF Bell of Remembrance

The 1,700-lb. bell (est. 1927) traveled as part of Fr. Dave Schlatter's Bells of Remembrance Project—a memorial to all who died on 9/11 and in honor of FDNY Chaplain Fr. Mychal Judge, the first official fatality caused by the attacks on September 11th. Now residing in Memorial Park, the bell made its NFFF debut in 2022 and is rung each year during Memorial Weekend in honor of all fallen firefighters.

Program Expenditures



Our mission is to honor America's fallen fire heroes; support their families, colleagues, and organizations; and work to reduce preventable firefighter death and injury.

Recognizing Those Who Care for the Fire Service Family

The National Fallen Firefighters Foundation has established awards to honor individuals and organizations that support the mission of the Foundation and for those who show a commitment to the health and safety of firefighters throughout the country.

- **Senator Paul S. Sarbanes Fire Service Safety Leadership Award**
- **Arthur J. Glatfelter Distinguished Service Award**
- **Seal of Excellence Award**



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