

## Have you completed your Annual Physical?

### Wellness Dates

Annual Physical needs to be completed by  
Jan 31, 2024

Health Assessment needs to be completed by  
Mar ??, 2024

## Are your Beneficiaries up To date?

CoH Life insurance      832-393-6000  
Pension                    281-372-5100  
Aflac/CAIC                281-413-3239  
                                  (Terry Shallington)  
Deferred Comp            713-426-5588



### EAP Guidance Resource Website

“HOUSTONEAP”  
Organization Web ID

EAP 832.393.6510



### HFD Staff Psychologists

Dr. Leah Saulter                    832-405-6865  
  Leah.saulter@houstontx.gov  
Dr. Jacqueline Reese-Smith      281-381-5785  
  Jacqueline.reese-smith@houstontx.gov

### HFD Chaplain

Chaplain Richard Ponce        281-386-5032  
  Richard.ponce@houstontx.gov

### CISM

Captain Jason Wilson            281-507-8702  
  Jason.wilson@houstontx.gov  
Firefighter Laura Saavedra      281-460-5686  
  Laura.saavedra@houstontx.gov

### Family Assistance Coordinator

EOP James Wick                 346-266-5633  
  James.wick@houstontx.gov

### Member Advocate

Captain Vidal Molina            281-896-9499  
  Vidal.molina@houstontx.gov

### FSN Assistant

Captain Vashon Day             281-409-9256  
  Vashon.day@houstontx.gov



# Firefighter Support Network



FSN Website

## We are here to Help

Providing confidential non punitive assistance to our Firefighters, their families, Retirees, and civilian members in their time of need.

Services Include:

- HR Support (Benefits, FMLA, WC)
- Hospital Visits
- Mental Health
- Spiritual Support
- Funeral Assistance
- Education (ex. Suicide prevention)
- Financial support (Houston Firefighter Protection Fund)

### HR Support

Are you having an issue with your FMLA, Workers Comp, Insurance, etc... ?

### Hospital Visits

When a firefighter is transported emergency, a member of the FSN team will follow up to offer support and guidance.

Priority 1 & 2 within 24 hours

Priority 3 within 72 hours

Off duty firefighters will get a visit by a member of FSN when we are notified.

### Mental Health

Our CISM team is trained in crisis intervention to deal with difficult incidents.

FSN also provides assistance when there is a need for a mental health or addiction facility.

### Spiritual Support

The mission of the Chaplain is to connect with, care for and come alongside our Active, Retired, Civilian members and their families to support their Spiritual, Physical and Emotional health.

### Funeral Assistance

The Family Assistance Coordinator will provide guidance and assistance to families who experience a LODD.

### Education

Our Staff Psychologist along with the CISM team can provide suicide prevention training.

What other training do you need?

### Financial Support

The Houston Firefighters Protection Fund can assist with; hospitalizations of at least 3 days (must notify FSN while in hospital), Prolonged medical rehab and recovery or Emergency home damage.

Eligible for \$250 up to 3 x a year (\$750 max)

## Helpful Info

CoH Benefits 832.393.6000

CoH Benefits Secure Submission Portal



CoH Benefits Forms & Docs

Select "Other Forms"

"Final Paycheck Beneficiary Form"



HR One



HROneConnect.houstontx.gov