

Project Rebirth: First Responders Resilience Network

Building on the success of both our earlier collaborations with First Responder communities and our current programs for Active Duty Military and Veterans, Project Rebirth is developing a series of programs, curriculum models and tools that will help First Responders recognize and deal with the challenges they face in their vitally important work.



[Project Rebirth](#) has created film content that is included in the New York City Police [Nypd](#)'s cadet training curriculum and has spearheaded a collaboration between the [Arlington County Fire Department](#) and the [Kansas National Guard](#) in which they co-created a Resilience Handbook with [Resilience Operations Center of Kansas](#) that can be utilized by both Active Duty Military and First Responders. We are now poised to

increase our role in developing psychological and emotional resilience in the First Responders community.

Our First Responders Resilience team is led by Robert Gray, retired Chief of the Arlington County Fire Department. During his tenure, Chief Gray pioneered an approach to First Responder work-related trauma that recognized and de-stigmatized the reality of post-traumatic stress among firefighters. He developed a system for training firefighters to be more resilient on the job and to recognize and deal with the effects of trauma when they occurred. Bob worked closely with Dodie Gill and Gary Randall of New Millennium Employee Assistance Services to redesign the Arlington County CISM Program, which today serves as a model for fire departments seeking to take a pro-active approach to resilience training and overall wellness in their staff. Chief Gray has assembled a team of psychologists and retired First Responder who bring a wealth of experience and expertise to our mission:



Dodie Gill & Gary Randall - Partners in New Millennium Employee Assistance Services. Dodie and Gary have extensive experience consulting with First Responder departments in the Northeast. They worked closely with Chief Gray to develop the Arlington County Fire Department's Resilience Training program.

Chief Donna Brehm - Retired Chief of the [Virginia Beach Fire Department](#). Chief Brehm has also served as Head of the National Fire Protection Association (NFPA) and is actively involved in efforts to improve the health and welfare of the First Responder Community.

Dr. Jennifer Woolard - Project Rebirth's Senior Advisor, Dr. Woolard is head of the [Georgetown University](#) Community Research Center, which studies the ways in which communities recover from disaster and trauma.

Dr. David Scheinfeld - Project Rebirth's Head of Research and a leader in the study and treatment of PTSD in Veterans. Dr. Scheinfeld also has an extensive background in experiential learning and wilderness adventure therapy.

Tim Brown - Project Rebirth's Senior Advisor, Tim Brown is a retired, decorated 20-year [New York City Fire Department \(FDNY\)](#) firefighter, a survivor of the 2001 terrorist attack on the World Trade Center, a first responder to the 1993 terrorist attack on the WTC and a veteran of the New York Urban Search & Rescue Task Force team that responded to the 1995 terrorist attack on the Alfred P. Murrah federal building in Oklahoma City. He is also a participant in Project Rebirth's Peabody Award-winning documentary film "Rebirth".

William T. Keegan - After a 20-year career with the Port Authority of New York and New Jersey Police Department, Bill Keegan was called upon to lead the night recovery effort at Ground Zero. Bill went on to write a book about his experiences there titled, "Closure." Bill is the founder and director of [H.E.A.R.T. 9/11](#), a non-profit organization that delivers expertise in disaster recovery and rebuilding both in the US and overseas.

The FRRN team has submitted their research and statistical data they have collected to submit their findings to NFPA 1500: The Standard on Fire Department Occupational Safety and Health Program.

The team is also currently developing a mobile phone app that will help First Responders, their families and the communities understand the many ways in which work-related stress can affect them. The app will provide a confidential and easy to access tool that can serve as an introduction to the concept of recognizing and managing one's own stress levels. They are also in preparation for the [IAFC - International Association of Fire Chiefs](#) 2016 conference.

For more information email info@projectrebirth.org.