

October Newsletter



Fall Tips for First Responders

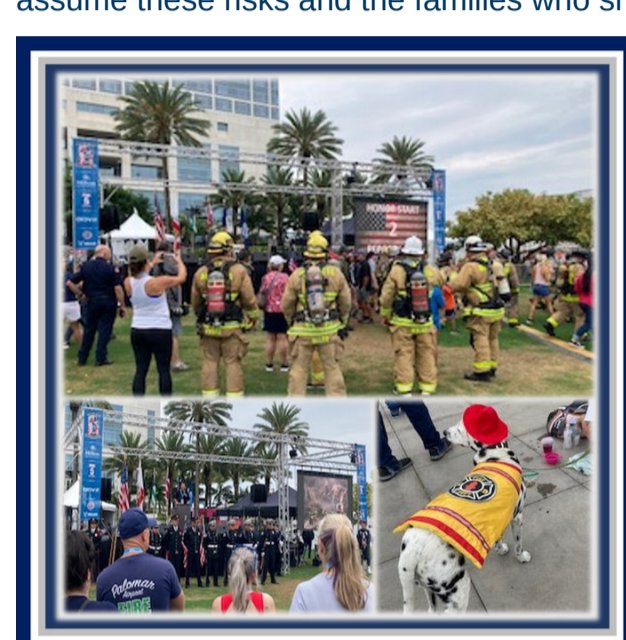
Fall is here and as we transition into a new season let's continue to honor your wellness! Here are 7 fall mental health tips to promote your wellness, resiliency, and your daily life! Engaging in daily tips promotes your wellness and gives space to honor your mental health. Following a daily routine helps manage your mood by regulating your body's daily rhythms. Psychologist Janis L. Anderson identifies 8 Tips for Managing this Fall.

- Set up a routine for yourself.
- Spend some time outdoors every day, especially in the early morning.
- Set regular times for a few key activities each day.
- Eat meals at the same time every day.
- Connect with family and friends.
- Avoid naps during daylight hours, especially later in the day
- Avoid bright light (especially blue light) in the evening.
- Stick to a consistent sleep and wake time that fits your natural rhythms.

For more Fall tips [click here](#) and be well!

San Diego Stair Climb

The San Diego 9/11 Memorial Stair Climb is a unique and powerful experience shared by thousands of patriots every year. Annually, hundreds of Firefighters, Public Safety Officers, civilians, and family members gather at the Hilton San Diego Bayfront to honor the memories of the lives lost on September 11, 2001. Each year, approximately 100 Firefighters die while serving their communities. Many more die from cancer, heart disease, neurological disorders, stroke, and other injuries and illnesses suffered as a result of their service. We can work together to honor these sacrifices and care for the Firefighters who assume these risks and the families who share them.



Our program was honored to be present at this year's San Diego Stair Climb. It was truly an event filled with compassion, community and love. Our program was witness to Teams and individuals who climbed 110 flights of stairs, the same number as in the twin towers, wearing the name of a fallen Emergency Responder whose life was lost on that day. Teams and individuals climbed in memory, and to honor each of the fallen 343 FDNY, 23 NYPD, and 37 Port Authority heroes, and to raise awareness of the sacrifices made by

Firefighters everywhere. Our program was privileged to be present at this anniversary commemoration of 09/11/2001. In memory of all the lives lost, in honor of all who responded – we miss you, we thank you and we love you.

Heroes Sail Free



In honor of frontline workers, The Margaritaville at Sea cruise line is offering a free cruise to the Bahamas. "Heroes Sail Free" program provides one free cruise for police, emergency medical service workers, U.S. military service members, and educators.

"Welcome aboard, heroes, with a big thank you for your service," said singer-songwriter Jimmy Buffett. "Now, we feel honored to serve you at sea."

The cruise line said the three-day, two-night getaway starts from the Port of Palm Beach and sails to Freeport in the Bahamas aboard its flagship vessel.

"To show our sincere gratitude for their ongoing service, we wanted to offer these frontline heroes a chance to kick off their boots and work shoes and flip flop into a relaxing getaway," said Kevin Sheehan, Jr., CEO of Margaritaville at Sea.

The cruise program is a partnership between Margaritaville at Sea and GovX.com. The cruise line said the program is running through Dec. 29, 2023.

[Click here for more information.](#)

Annual Open House



To kick off Fire Prevention Week, the Santee Fire Department will be hosting its biggest event of the year, The Annual Fire Department Open House!

This event will take place on Saturday, October 8, 2022. There will be plenty of fun and educational activities for all ages. Come join and watch firefighters conduct live emergency operation demonstrations, station and apparatus tours, and Jr. Firefighter Obstacles courses. There will also be raffle prizes, live entertainment, games, and much more. Open House is

from 10am - 2pm at Fire Station 5 (9130 Carlton Oaks Drive, Santee.) See you there!

[Click here for more information.](#)



Survivors of Suicide Loss (SOSL) is sincerely involved in educating the community about suicide and its effect on surviving family and friends - providing information about grief-related services. From its inception, the SOSL group goal has been to provide a relaxed, caring environment of mutual support and understanding in which to give comfort and help to one another - a place to regain our sense of hope for future happiness.

Fire Captain Ryan J. Mitchell's First

Responders program was excited to celebrate Suicide Prevention Month with SOSL, San Diego. Our program was honored to be an exhibitor at this year's *Remembrance with Hope Walk*. It was a beautiful event where we were able to be within the community and honor our First Responders. They help protect and serve our beautiful county each and every day. It's truly incredible how they inspire others, love their families and friends, stay true to themselves and keep our communities safe. They continue to do important work they are called to do, looking beyond the risk for the sake of those who need help and protection. May their bravery and honor continue to surround them. We are very thankful for *Survivors of Suicide Loss San Diego* and all of the incredible work and services they provide!



Recovery Happens

Recovery Happens is a community event celebrating those in recovery and those who support them. Fire Captain Ryan J. Mitchell's First Responders Program was able to be present within the community celebrating Recovery Month. Our program was excited to be a community resource at HHSA's Recovery Happens Event. This is a community event celebrating those in recovery and those who support them. It was truly inspiring to see the incredible resources, programs, services and support within San Diego County to help promote recovery. HHSA provided a place, whether you are seeking help for yourself or a friend, to connect to an array of resources including: community resources, financial and legal services, education information, employment support, physical & wellness opportunities, screenings, treatment information, and harm reduction resources. Our program is so thankful to have been part of this incredible event to celebrate Recovery Month!



Fun Fall Events

San Diego isn't just for summer vacations. Oh no, in the fall, when the goblins and ghouls come out to play, San Diego begins to hum with fun events and activities.

This year Halloween is on Monday, October 31, 2022. Kids and adults can enjoy the scary haunted houses and events throughout San Diego. If you especially like scary Halloween activities, you've got to check out the [Scram Zone](#) with the famous [Haunted Hayride!](#) There are also many pumpkin patches, Halloween parties and fun events for children this

Halloween in San Diego. [Click here for more events.](#)

If that's not your cup of tea, maybe you'd be interested in San Diego Zoo Safari Park's Autumn festival. Experience live country music entertainment and fun educational experiences with [Safari Parker](#). The park also has many restaurants celebrating the delectable tastes of autumn. Come and join in all the autumn festival fun on October 8-9, 15-16, 22-23, & 29-30. [More park info here.](#)

Group Presentation: Reducing Stigma

Resiliency is a top priority in the First Responder community. First Responders are at a greater risk for experiencing symptoms of depression and anxiety due to repeated exposure to trauma. Many First Responders are hesitant to seek help because of the stigma surrounding mental health. Our staff provides county-funded in-person & Zoom presentations to educate First Responders about stigma, resiliency & wellness, and



recognize its impact, and provide tools to reduce stigma and promote wellness within the First Responder community. Our team is working to promote prevention and support First Responders – creating custom presentations to meet department needs. Contact us today to request an in-person or Zoom presentation.

[Request Information](#)

Would you like to see [More Newsletters](#)