

# Fire Rescue

1769 E. Moody Blvd., Bldg 3  
Bunnell, FL 32110



[www.FlaglerCounty.gov](http://www.FlaglerCounty.gov)

Phone: (386)313-4252

TO: FCFR Staff

FROM: Michael Tucker, Fire Chief 

SUBJECT: Mental Health Hygiene Project

DATE: January 18, 2023

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As many are aware, mental wellness in our world has become a significant factor. The pathways to build resiliency and improve mental health are wide and varied. The answers for one person are different than those for another. What works for one doesn't necessarily work for another. With that being said, one of the primary things we can do is to begin to normalize the conversation surrounding the topic and then begin to find the answers that work for each of us individually. It is also important to begin to build a culture that is supportive of those around us.

Flagler County Fire Rescue, in collaboration with Palm Coast Fire Department, Flagler Beach Fire Department, and Flagler Beach Police Department, is partnering with the Mental Health Hygiene Project® to provide an online video program entitled Psychological Empowerment 360™. The Mental Health Hygiene Project also provides an App to augment the online training which can be found in the App Store using the link [MindCoach: Personal Support on the App Store \(apple.com\)](#). Additional information about the Mental Hygiene Project can be found at their website <https://mentalhygieneproject.com>. Please take the time to explore these important resources.

This online course is an engaging and practical training program that offers common-sense, easy-to-use strategies and techniques for pro-active resilience, understanding the signs and symptoms of mental health injuries, positive psychology, recovery methodologies, how to find a culturally competent, trusted clinician, and much more!

The video segments are short and have images, graphics, and video storytelling that makes it easy and fun to learn the content. You will be receiving a link to set up your own password for the learning portal. This will allow you to track your own progress and go through each video segment, in addition to following along with the workbook and course activities. Should you experience any challenges during the process of establishing your individual portal please contact Chief Sayles or myself.

We are excited to be experiencing a course that many first responders have already found to be beneficial and value packed. As a team, we always want to ensure that we lead for positive mental health and wellness. We are stronger together than we are individually.

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Andy Dance  
District 1

Greg Hansen  
District 2

David Sullivan  
District 3

Leann Pennington  
District 4

Donald O'Brien Jr.  
District 5