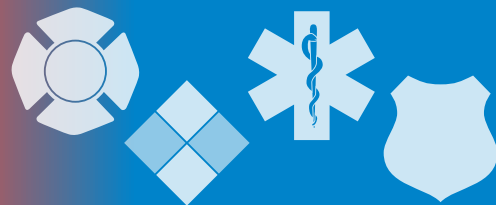


# The InfoGram



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## Preventing suicide among emergency first responders

Statistics from the American Foundation for Suicide Prevention show something surprising: even though the stereotype is that suicide is more likely among younger age brackets, in reality [the highest rate of suicide in the United States is in the 45-54 age bracket](#), especially among middle-aged white men.

Numbers for first responders are worse. A sobering report released in 2018 states that [firefighters and law enforcement officers are more likely to die by suicide than from a line-of-duty death](#). It is important to note researchers believe first responder suicides are underreported by as much as 40 percent.

Job stress is likely the biggest contributing factor: the physical strain, lack of support mechanisms and the number of critical incidents encountered during a career can all become overwhelming.

There is still too much stigma within fire and police organizational culture against personnel asking for or seeking help. This is slowly changing, though, as departments begin creating internal support systems. Here are some resources available to you and your department:

- [Fire/EMS Helpline](#): 1-888-731-FIRE (3473).
- [CopLine](#): 1-800-267-5463, available for the United States and Canada.
- [National Suicide Prevention Lifeline](#): 1-800-273-TALK (8255).
- [Law Enforcement Suicide Prevention and Awareness](#), International Association of Chiefs of Police.
- [Share the Load program](#), National Volunteer Fire Council.
- [Center for Firefighter Behavioral Health](#).
- [First Responder Lifeline](#) substance abuse counseling services, American Addiction Centers.
- [Everyone Goes Home](#) resources, National Fallen Firefighter Foundation.
- Topic: [Suicide in the Fire Service](#), U.S. Fire Administration.

(Sources: Various)

## New online WUI training: Fire Adapted Communities for the Fire Service

The International Association of Fire Chiefs (IAFC), as part of its cooperative agreement with the U.S. Forest Service, is pleased to announce the launch of a new online training course, "[Fire Adapted Communities for the Fire Service](#)."

This course is designed for members of fire and emergency response organizations operating in areas with the potential for wildland urban interface (WUI). It will introduce them to the key components of working with their community to adapt to the wildland fire threat.

The course takes up to two hours to complete and includes interactive features



### Highlights

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New online WUI training: Fire Adapted Communities for the Fire Service

FEMA PREPTalk focuses on mission-driven fire service culture

Webinar: Build Resilience, Reduce Risk in your Communication Plan

### Cyber Threats



U.S. Fire Administration

The U.S. Fire Administration operates the Emergency Management and Response – Information Sharing and Analysis Center (EMR-ISAC).

For information regarding the EMR-ISAC visit [www.usfa.dhs.gov/emr-isac](http://www.usfa.dhs.gov/emr-isac) or contact the EMR-ISAC office at: (301) 447-1325 and/or [emr-isac@fema.dhs.gov](mailto:emr-isac@fema.dhs.gov).

[Subscribe here](#)



such as knowledge checks and learning activities. This course is available at no cost to the participant, so please share it with your colleagues.

If you have any questions, please email the [IAFC Wildland Fire Programs staff](#) or call them at 703-273-0911. Log into or create your free [IAFC Academy/Helix](#) account to register. If you are a registered member of the [Ready, Set, Go! Program](#) you already have a Helix account.

(Source: [IAFC](#))

## FEMA PREPTalk focuses on mission-driven fire service culture

In the newest PREPTalk from the Federal Emergency Management Agency (FEMA), the fire chief from the Orange County Fire Authority in California talks about transitioning from a command and control rules-based fire service culture to a mission-driven culture.

Mission-driven culture involves leaders providing clear intent and guidelines and allowing individuals and teams to decide the best way to achieve the goal within those guidelines. This is a very different model than the traditional fire service leadership culture in which personnel are expected to follow policy even if a different course would provide better results.

History shows mission-driven organizations are more adaptable, cohesive and efficient than organizations following a command and control model. Examples can be seen in recent military actions and in the very autonomous special forces teams.

However, shifting expectations this significantly takes time, patience and the buy-in of all levels of leadership. The chief stresses that mistakes will be made and it is important for personnel to know that leadership has their backs.

During his PREPTalk, the chief gives real examples of mission-driven culture in action both in the fire service and in other response agencies.

There is a short question and answer session at the end of the video. FEMA also provides discussion materials for this PREPTalk as well as a list of other fire service resources on creating a mission-driven culture. See the FEMA website for more [PREPTalk videos](#).

(Source: [FEMA](#))

## Webinar: Build Resilience Reduce Risk in your Communication Plan

The International Public Safety Association (IPSA) is hosting an upcoming free webinar "[How to Build Resilience and Reduce Risk with your Emergency Communications Plan](#)" on Thursday, August 29, 2019, from 1-2:15 p.m. Eastern.

Recent disasters — from Hurricane Maria in Puerto Rico to the Camp Fire in California — have proven that communications are the most critical and central infrastructure for emergency response and recovery. In order to reduce future disaster risk, emergency managers can begin to build community resilience with a better understanding of modern communications infrastructure.

In this webinar, you will learn how to turn the lessons of recent disasters into actionable strategies for your emergency communications plan.

Registration is required for attendance. Access information will be emailed to attendees.

(Source: [IPSA](#))

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## Cyber Threats

### Webinar: Cyber Risk to the Emergency Services Sector

The cyber risks to the Emergency Services Sector (ESS) are assessed through an evaluation of the threats, vulnerabilities and consequences based on a joint assessment from the Office of Intelligence and Analysis (I&A) and the Cybersecurity and Infrastructure Security Agency (CISA).

The United States Department of Homeland Security's I&A and CISA will be conducting a webinar which is intended to provide the ESS, state, local, tribal and territorial (SLTT) partners with a **cyber risk analysis overview and potential mitigation strategies**.

- 🕒 Date: Thursday, August 22, 2019, from 1-2 p.m. Eastern
- 📞 Conference number: 1-855-852-7677; Participant Code: 999963986509
- 📝 Registration required: <https://share.dhs.gov/erqhzuuspt9i/event/registration.html>

(Source: [CISA](#))

### The cost of ransomware attacks on cities

Ransomware attacks on cities are becoming more prevalent with ransom demands increasing with each attack. Recently, two cities have gone against conventional wisdom and decided to pay the ransom amount demanded by hackers who held their cities hostage. This decision has kickstarted the conversation between groups debating the **moral implications of giving in to cybercriminals and the reality that cities need to regain functionality as soon as possible** to support citizens.

(Source: [SecurityBoulevard](#))

### Majority of organizations don't know if their security tools work

Organizations invest heavily in cybersecurity technologies, but their **IT teams are unsure if these tools are working as expected** in terms of truly protecting the network. This lack of confidence stems largely from uncertainty in the efficacy of cybersecurity tools and the ability of staff to identify gaps in security and to respond to security incidents in a timely manner.

(Source: [HelpNetSecurity](#))

### Malware-based attacks dropped 20 percent worldwide

More signs that cybercriminals and nation-state hackers now operate as stealthily as possible to accomplish their missions: **so far in 2019, malware and phishing are down and encrypted attacks are up**.

Specifically, malware attacks decreased by 20 percent with 4.78 billion of them, phishing attacks, by 18 percent with 8.3 million, and encrypted attacks jumped 76 percent at 2.4 million, according to new data to be released today by SonicWall, which gathered attack data from its security sensors sitting in more than 200 countries. Ransomware, meanwhile, is still hot thanks to the broad availability of ransomware-as-a-service offerings, rising 15 percent worldwide, and up a whopping 195 percent in the UK.

(Source: [DarkReading](#))

#### Cyber Information and Incident Assistance Links

##### MS-ISAC

SOC@cisecurity.org  
1-866-787-4722

##### [IdentityTheft.gov](#)

##### IC3

##### [Cybercrime Support Network](#)

#### General Information Links

##### [FTC scam list](#)

##### [CISA alerts](#)

##### [Law Enforcement Cyber Center](#)

##### [TLP Information](#)

The InfoGram is distributed weekly to provide members of the Emergency Services Sector with information concerning the protection of their critical infrastructures.