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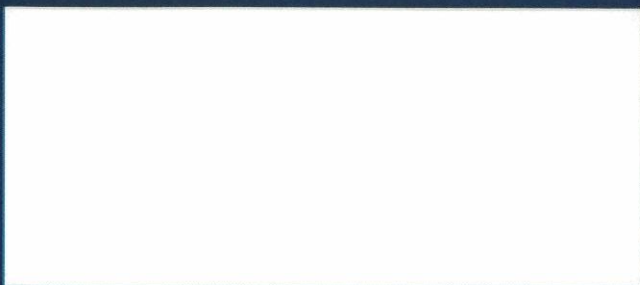
# FIRE SERVICE



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MERRY CHRISTMAS 2022 HAPPY NEW YEAR





# OPERATION RESTORE



*We have been called to heal wounds, to unite what has fallen apart, and to bring home those who have lost their way.* — St Francis of Assisi

The Reverend Rick Malivuk, M. Div., shares his personal story about the formation of “Operation Restore”, a retreat program in Tampa that is changing the lives of first responders.



In 2012, Sister Anne Dougherty, OSF, and I had served as chaplains for the Tampa Bay Regional Critical Incident Team for more than ten years, providing support during debriefings, defusings, etc. This support was provided to “first responders,” (police and fire fighters) after “tough calls,” (critical incidents) utilizing CISM protocols developed by the International Critical Incident Foundation. Sr. Anne also served as a chaplain for the Tampa Police Department and the FBI

while I (a Vietnam combat veteran) served as a Volunteer Chaplain at the Hillsborough County Sheriff’s Office.

Since we had known each other for several years and had worked together on other projects, we began comparing notes on our experiences. Both of us were critical of what passed as chaplaincy in the various agencies. We explored the idea of providing criteria and/or a training program to enhance the professionalism of chaplains for these agencies. It was during these exploratory conversations that the murders at Sandy Hook took place as well as several line of duty deaths in Tampa. We knew we had to do something.

As the new Executive Director of the Franciscan Center in Tampa, Sr. Anne began to research programs with a post trauma focus. This would become a ministry offered by the Center to benefit the first responder community. She attended the West Coast Post Trauma Retreat (WCPR) in California. After gathering interested administrators from both police and fire agencies, representatives from WCPR presented an overview of their program. Great interest was expressed by all in developing a similar program in the Tampa area.

The first Operation Restore three-and-a-half day retreat was offered late summer 2013. To date, 375 first responders have made the retreat, receiving 40 CEUs each for this training from the Police Institute at St. Petersburg College.

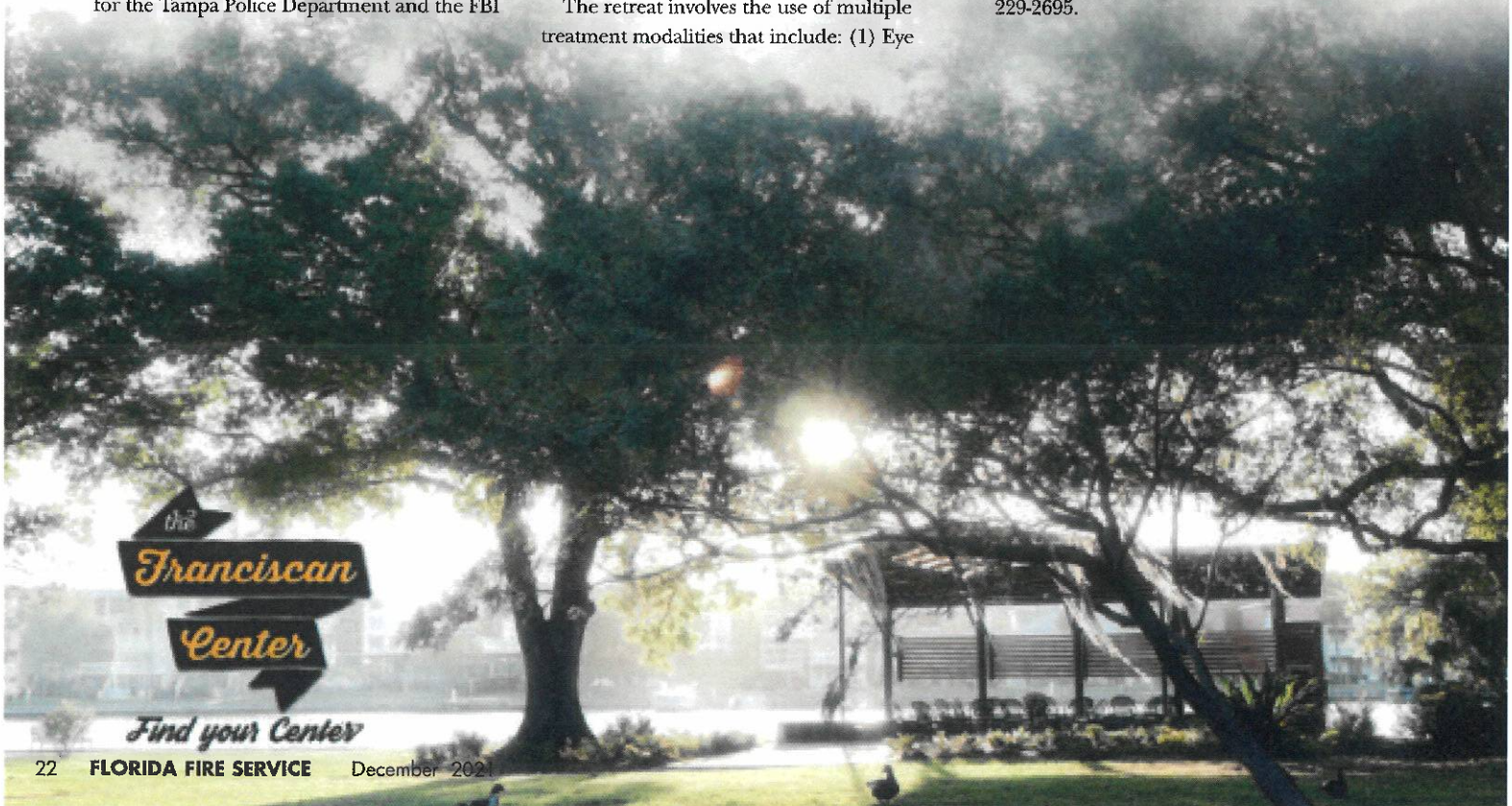
The retreat involves the use of multiple treatment modalities that include: (1) Eye



Movement Desensitization and Reprocessing, (2) Daily Group Process, (3) Stress Reduction Techniques, (4) Alcohol and Drug Education Prevention, (5) Post-Trauma Brain Function, (6) Cognitive Behavioral Techniques, (7) Suicide Education and Prevention, (8) Spiritual Responses to Post-Trauma Stress, and (8) Education about Post Trauma Medication.

First responders are nominated by their supervisors as potential participants in Operation Restore. Prior to acceptance into the program, each participant is individually interviewed and assessed by the program director to ensure that they are emotionally “ready” to focus on their critical incident. All retreat facilitators are licensed clinicians and clergy with extensive experience in working with first responders and individuals who have been exposed to traumatic events. Metrics on the program’s efficacy are gathered by participants evaluations and by pre, post and 90-day post, Post Traumatic Growth Inventory surveys.

For more information on the Franciscan Center’s Operation Restore, contact them at [info@franciscancentertampa.org](mailto:info@franciscancentertampa.org) or call 813-229-2695.



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