

Friends of Firefighters *2021 Impact Report*

Providing Free Mental Health and Wellness Services to the FDNY Community Since 2001





FoF Headquarters

In 1872, 199 Van Brunt Street was the home of the first all-paid unit of the Brooklyn Fire Department.

Strategically located in the growing manufacturing district of Red Hook, the new two-bay, two-story brick firehouse opened with Engine 2 in one bay and Ladder 1 in the other. This “double house” was designed to accommodate apparatus, several horses, and full-time firefighters who lived upstairs.

In 1960, Engine 2 and Ladder 1, re-numbered Engine 202 and Ladder 101, relocated to their current home around the corner, on Richards and Seabring streets.

Friends of Firefighters moved headquarters from Columbia Street to Van Brunt Street in 2009. With help from more than 400 firefighters, we restored the Ladder 101 half of the building to serve as our main office and a place for firefighters to build connections while obtaining resources and support.





Our Mission

Friends of Firefighters is dedicated to the physical, mental health and wellness needs of FDNY firefighters, active and retired, and their families.

Dear Friends,

In the 20 years since 9/11, the FDNY has been steadfast in their responses to fires, medical calls, and other emergencies. Although the world has changed unimaginably since 2001, our mission has not; Friends of Firefighters continues to assist when our Bravest and their families need help.

This year we celebrate two decades of service to the FDNY community. As we reflect upon our triumphs, we remain sharply focused on what is to come. Much like the blazes our firefighters battle every day, the pandemic has altered our lives forever. On top of COVID-related stressors, we are seeing an increase in suicides, 9/11-related illnesses and repeated traumas of the job. It is only by working together to maintain the sanctuary that is Friends of Firefighters that we can continue our mission.

Thank you to our many partners who donated money, time, and expertise to ensure the continuation of our services in 2021. We are grateful for those who understand the challenges of a first responder, the worries of the families, and the very real threat of injury or death.

To our FDNY members and their families, thank you for the privilege of allowing us to serve your community since 2001.

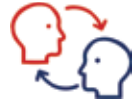
We're still here

Nancy Carbone
Founder & Executive Director

Programs & Services



Counseling



Life Coaching



1:1 Peer Support



Acupuncture



HeartMath



Spiritual Guidance



Support Groups



On the Arm
Breakfast



Firehouse
Kitchen Talk



Financial
Guidance

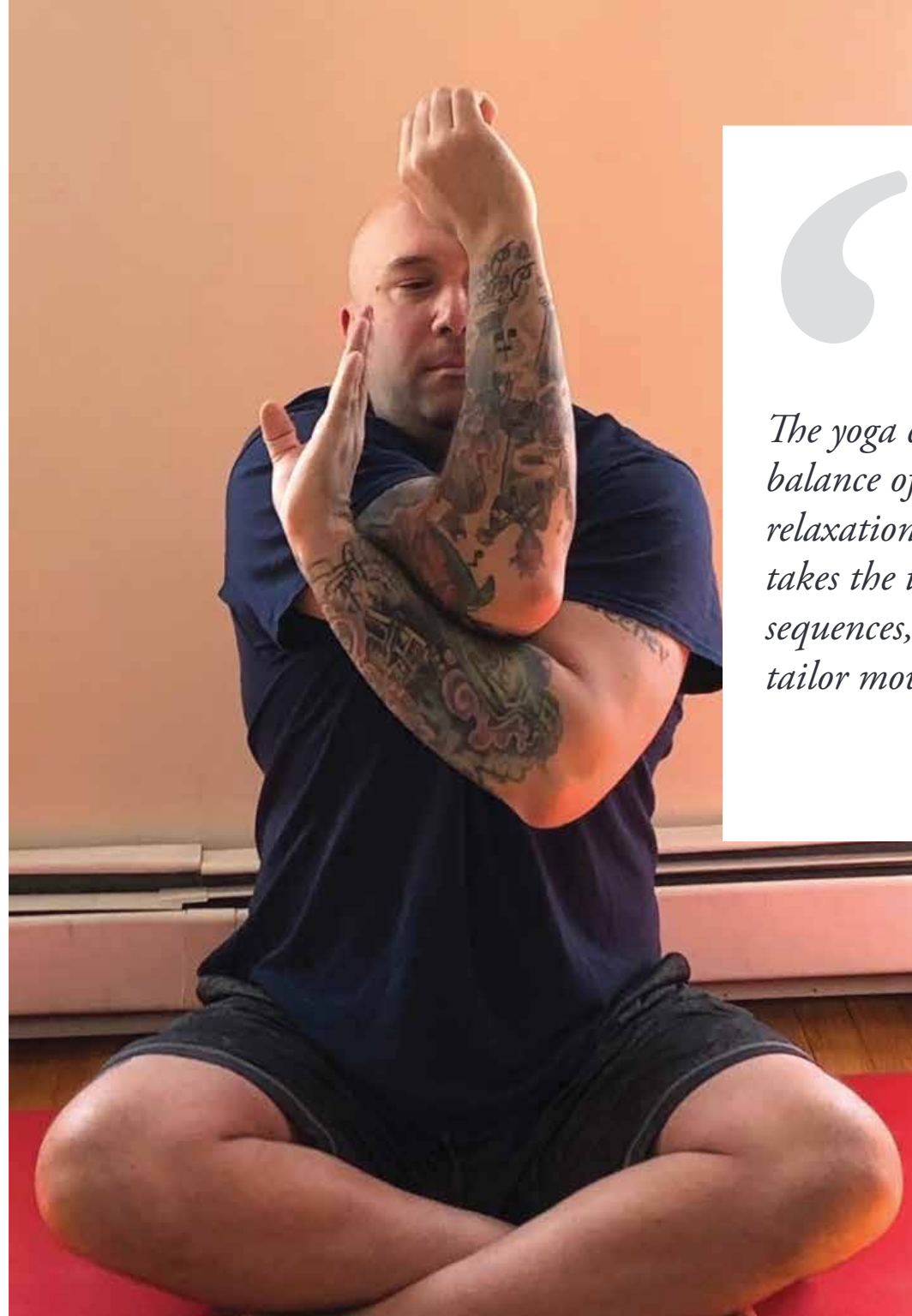


Additional
Wellness Services



Info & Referrals

Available in-person and online



The yoga class has been a great balance of strength, endurance, relaxation, and flexibility. Crystal takes the time to break down sequences, offer explanations, and tailor movements to different levels."

- Active FDNY Firefighter

Thanks to our dedicated, volunteer yoga instructor, Crystal Fenton, we've been offering free, live yoga and core strengthening classes online via Zoom for our FDNY community.



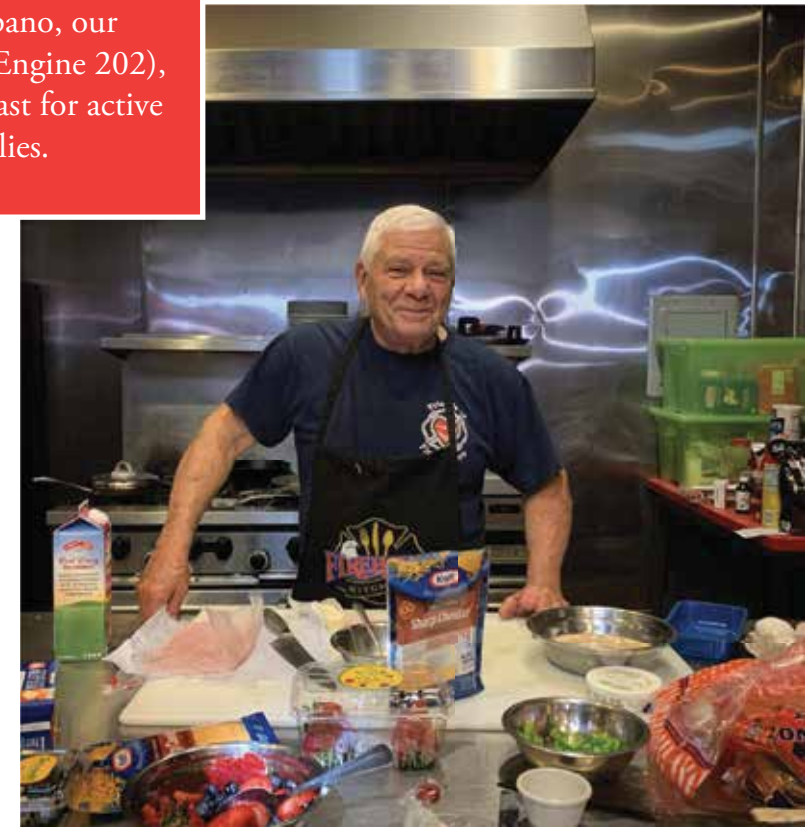
On the Arm Breakfast

Established in 2003 by the late Tony 'Cat' Catapano, our beloved volunteer Pete Calascione (Retired FDNY, Engine 202), carries on the tradition of hosting a monthly breakfast for active and retired FDNY members and their families.

“

We've been taking care of the people of New York for a long time... it's nice when somebody takes care of us.

-FDNY Captain, Anonymous





Gary Sinise Foundation Center for Wellness

in Honor of John Vigiano

The **Gary Sinise Foundation** (GSF) has been a valued partner of Friends of Firefighters for close to a decade. Through the years, GSF has made donations to support our mission, from the generous grant we received in 2018 to bolster counseling services, to sponsoring our Firehouse Kitchen Talk program, to supporting our outreach efforts throughout the pandemic with drop-off pizza deliveries to FDNY firehouses.

We are proud to have their name attached to our Mental Health Program; *The Gary Sinise Foundation Center for Wellness in honor of John Vigiano* is named for our and Gary's dear friend, John, a former Marine and decorated FDNY captain who lost both of his first responder sons on 9/11.

3,120 counseling sessions in 2021

50% increase in sessions

45% increase in clients

55% of clients were **firefighters**
(active & retired)

45% of clients were **family members**
(active, retired, or deceased)

Prevailing concerns were
relational conflict, anxiety,
and **depression.**


An estimated **37%** of firefighters are
suffering from PTSD





20th Anniversary Program

Sponsored by the *Gary Sinise Foundation*, the *UFA*, and the *First Responders Children's Foundation*



Acupuncture
Personalized Reiki Sessions
Pilates, Yoga & Core Strengthening
Children's Art Workshop
Adult Painting Classes
Drop-In Peer Support
Ease Your Pain Workshop
Navigating Illness Workshop
Weekly Firehouse Kitchen Talk
Weekly On the Arm Breakfast
20-Minute Mental Health Tune-Ups
Extended Office Hours

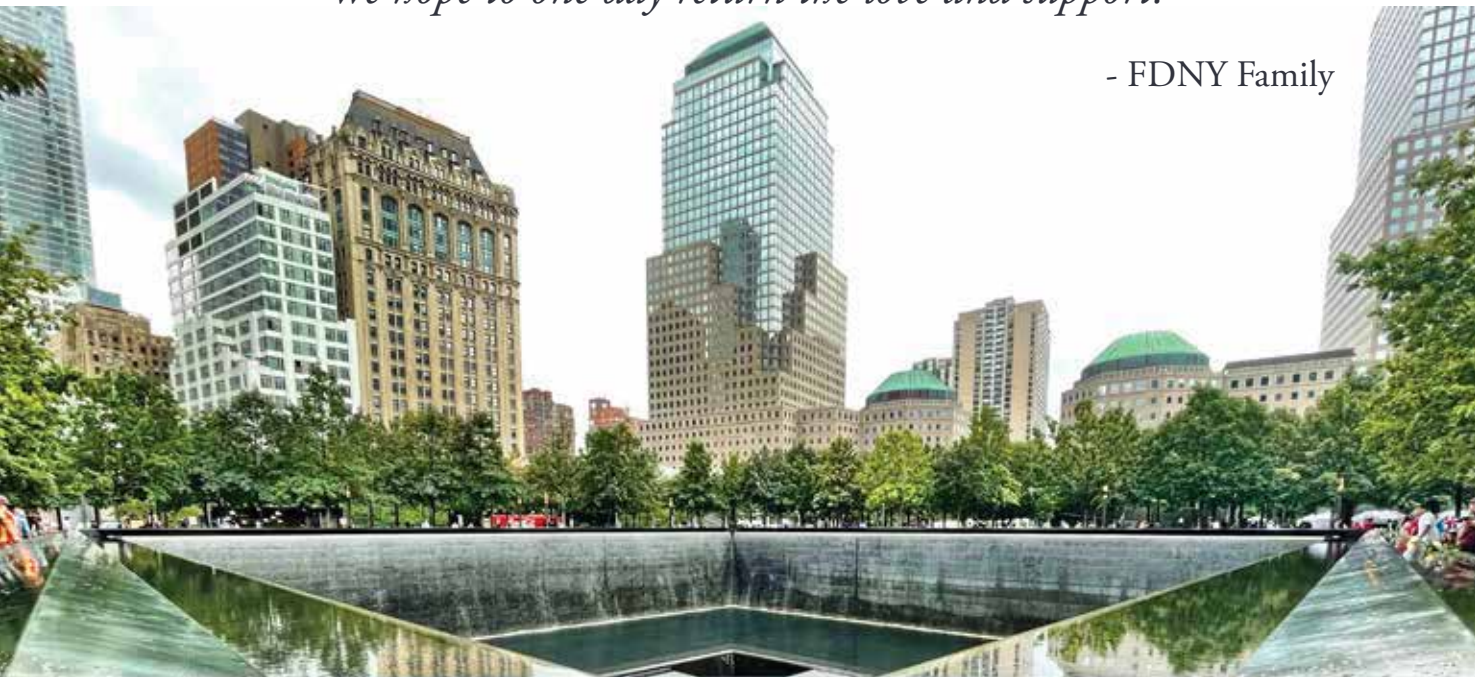
Firefighters are **3 times more likely**
to complete suicide than to die in the line of duty

Thanks to our sponsors, we were able to provide
six weeks of supplemental support services
during the 20th anniversary of September 11th.



Thank you so much from the bottom of our hearts... Your kindness, generosity, and support during our time of need is overwhelming. We hope to one day return the love and support.

- FDNY Family



SHANKER PARAMSOOTHY SANDRA LEE
 MICHAEL WILLIAM LOMAX
 JOHN ADAM LARSON



Despite challenges presented by the ongoing pandemic, we made sure that all **218 FDNY firehouses** across the **5 boroughs of NYC** knew that we were still there for them.



Community Appreciation &



South Carolina pig farmer **Tank Jackson** traveled to NYC to prepare a meal for the members of FDNY Engine 3/Ladder 12.

Fundraising



- Sakhi & Co. •

NYC consulting agency *Sakhi & Co.* coordinated appreciation dinners with a rotating roster of NYC chefs who wanted to say thank you to the FDNY community.



- NYC Still Rising •

Hosted by **Jon Stewart** and **Pete Davidson**, *NYC Still Rising* was a comedy show at Madison Square Garden that honored the resilience of NYC. The show featured a star-studded cast of comedians teaming up to raise money for 9/11-charities, including **Friends of Firefighters**.



- Being Buscemi: An Eve with Steve! •

Hosted by actor/director **Kevin Smith**, *Being Buscemi* was an intimate benefit held at Smith's podcast theatre, SmodCastle. Smith interviewed actor/producer **Steve Buscemi** about his film, TV and stage career, and experience as a former FDNY firefighter.





• Goldman Sachs •

Steve McGuinness of Goldman Sachs hosted a Q&A with Steve Buscemi, Michael Barasch, and Bridget Gormley to learn more about how Friends of Firefighters can be a lifeline in the ongoing battle with emerging 9/11-related illnesses.



Approximately **63,500 first responders** have been diagnosed with **1 or more medical conditions** related to 9/11.

Deaths on 9/11 **2,974** Related Deaths since 9/11 **4,343**



• *Dust* •

In partnership with Olive Productions, producers Bridget Gormley and Gerry Sievers premiered their documentary, *Dust*, highlighting the ongoing toll of September 11th and the lingering effects of 9/11-related illnesses and cancers. Following the screening, an after-party was held to benefit FoF.



Athletes from all over the world donated a grand total of \$50,000 to support FoF.



Left to Right: San Diego firefighter **Robbie Potter** with his family after running a 10K for FoF; French firefighter **Anthony Locks**, a long-time supporter of FoF, with other firefighters from France.

Bikers from the **Brotherhood Ride Foundation** in front of FoF headquarters after their trip from Florida to NYC.



Fire Velo National, a non-profit cycling club of active and retired firefighters, raised money for **Friends of Firefighters** during their **Ride for America**, a 40-day bicycle ride from LA to NYC.

4,368.3 Miles Biked | 22.3 Miles Run | 343 Flights of Stairs Climbed

Fire Ireland designed a *Dublin Fire Brigade 20th Anniversary of 9/11 Challenge Coin*, with net proceeds going to **Friends of Firefighters**.



Runners, Bikers, Climbers | Seattle, San Diego, CA-NY, FL-NY, France, Germany, Ireland



**35 FDNY Cooks
15 FDNY Houses
3 Winners**

Impractical Jokers star **Brian Quinn** was the emcee for our *3rd Annual Firehouse Chili Cook-Off* fundraiser held at Brooklyn's **Pig Beach**.

**1st Place E 91
2nd Place E 4 / L 15
3rd Place E 202 / L 101**



FIREHOUSE CHILI COOK-OFF

Staff

Nancy Carbone
Founder & Executive Director

Stephanie Cherry, LCSWR
Associate Director & Counselor

Kia Carbone
Development Officer

Jamison Heldrich, LMHC
Counselor

Sylvie Morgan Brown
Marketing & Communications

Lauren Johnson, LMFT
Counselor

Marlo Lagrimas
Office & Events Manager

Florence Maroney, MA, LMHC
Counselor

Gina Piccirillo
Acupuncturist

Kristina Stines, MS Ed.
Counselor

Leslyn Stewart
Director of Outreach

Richelle Nelson, MS, MHC
Counselor

Diane Tinsley
Bookkeeper

Pete Calascione, Retired FDNY
Senior Man

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Michael Barasch
Joshua Calacanis
Damian Echevarrieta
Arturo Grant

Howard Horowitz
Andrea N. Mandell
Kevin McArdle
Daniel Prince
Mark Tower

Advisory Council

Steve Buscemi
Stephen Dannhauser
Anthony Mussorfiti
Andrew Perlman
Brian Quinn

Steve Schirripa
Gary Sinise
Kevin Smith
Shelli Sonstein
Skipp Sudduth



• **First Responders Children's Foundation (1strcf)** •

A significant supporter since 2019, **1strcf** partnered with FoF on *Toy Express*, a program created to address isolation experienced by children of overworked first responders during the pandemic.



• **Jimmy Carbone (Food Karma Projects)** •

Jimmy & Food Karma Projects continually choose **Friends of Firefighters** as Community Partner for their annual culinary events, including *Brisket King*, *Rib King*, and *Pig Island*.



Organizations & Foundations

The Apatow-Mann Family Foundation
 Barasch & McGarry
 Brotherhood Ride Foundation
 Cantor Fitzgerald Relief Fund
 Cestone Family Foundation
 Fire Velo
 First Responders Children's Foundation
 Gary Sinise Foundation
 GEICO Philanthropic Foundation

Goldman Sachs
 Heroes Defense
 The JVK Foundation
 Laughter Saves Lives
 New York Bravest Foundation
 NYC Department of Health & Mental Hygiene
 New York Fire Contractors Association
 Potter Family Foundation Trust
 Uniformed Firefighters Association

Major Donors

Jess Adams
 The Allen Family
 Alpha Phi Omega
 Deepa Balakrishnan
 Janet Bellusci
 Reid Berman
 Joseph Borelli, District 51
 Jason Brezler
 Lt. Robert Brown
 Evan Burrows
 Steve Buscemi
 Robert Byrnes
 Gerald Coffin
 John & Joanne Concannon
 Victor D'Aquino
 Pete Davidson
 Ashley Davis
 Myles Davis
 Councilman Mathieu Eugene
 Michael & Diane Farsang
 Flying Embers
 Henry Fontana
 Food Karma Projects

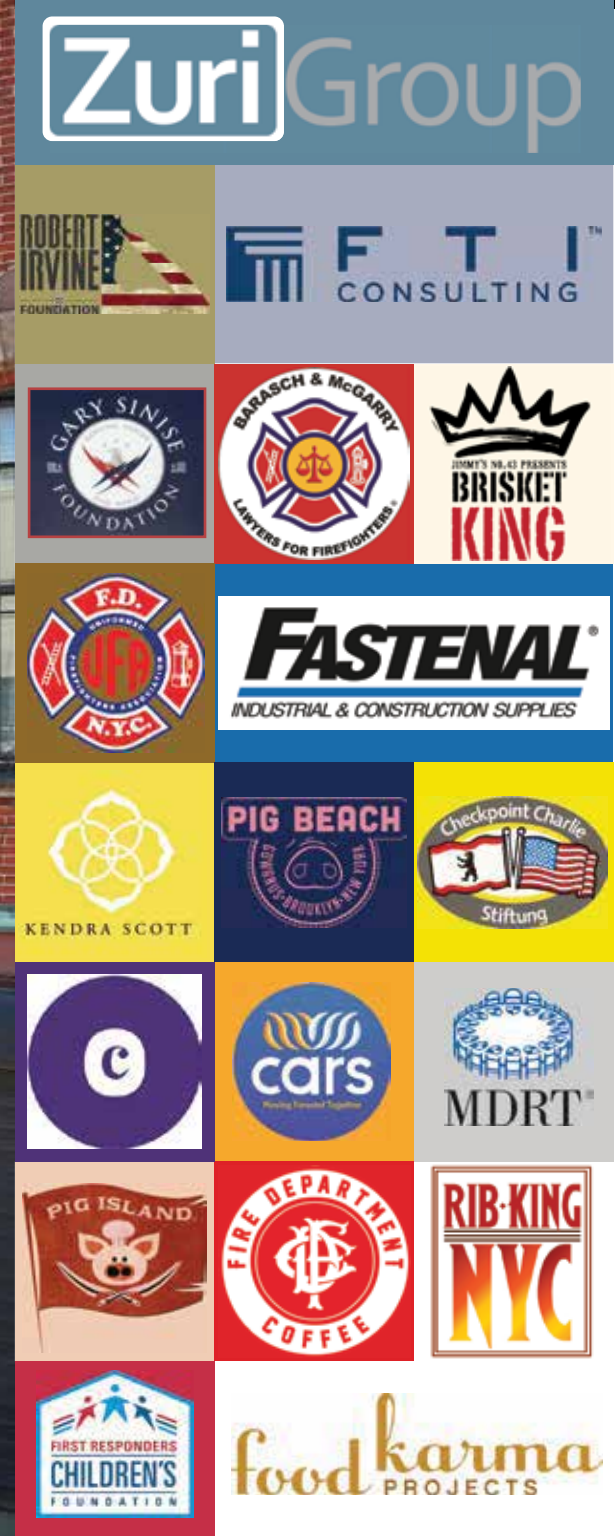
Anna Maria Geehan
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 Michael Imperioli
 Councilman Ben Kallos
 Councilman Brad Lander
 Brian Leavey
 Lorena Lee
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 Brian McLoughlin
 Catherine McShane
 Scott Milchman
 Robert Mulligan
 Lauren Neu
 NYC Firefighters Hockey Club
 Erin O'Rourke
 James Oddo, Staten Island Borough President

Vincent Pastore
 Pit Take BBQ
 John Podlucky
 Joe Poletto
 Brian Quinn
 Samantha Ribando
 Cosmo Romeo
 Sahki & Co.
 Shelli Schaninger
 Kevin Smith
 SmodCastle
 Societe Generale
 Jon Stewart
 Martin Sullivan
 Mr. & Mrs. Sweeney
 To Hell and Back with the Tinmen
 Layla Townsend
 School of Visual Arts
 Michael Ulrich
 Maureen Van Zandt
 Kathy Walsh
 Peter Yaverbaum

Your partnership is the reason our FDNY community has the resources they need.

We hope you know how appreciated you are.

Thank you for supporting Friends of Firefighters.







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t: (718) 643-0980 | e: info@friendsoffirefighters.org



Help ensure that we are always
here for our Bravest.

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ways to give:



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www.friendsoffirefighters.org

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