

Have you completed your Annual Physical?

Wellness Dates

Annual Physical needs to be completed by

Jan 31, 2025

Health Assessment needs to be completed by

Mar 14, 2025

Are your Beneficiaries up To date?

CoH Life insurance 832-393-6000

Pension 281-372-5100

Aflac/CAIC 281-413-3239

Deferred Comp 713-426-5588

Final Paycheck Beneficiary Form

(DocuSign)



Instructions to verify, add, change
beneficiaries



HFD Staff Psychologists

Dr. Leah Belsches 832-405-6865

Leah.belsches@houstontx.gov

Dr. Temara Holt 346-739-3121

Temara.Holt@houstontx.gov

HFD Chaplain

Chaplain Richard Ponce 281-386-5032

Richard.ponce@houstontx.gov

CISM

Captain Jason Wilson 281-507-8702

Jason.wilson@houstontx.gov

Family Assistance Coordinator

EOP James Wick 346-266-5633

James.wick@houstontx.gov

Member Advocate

Sr. Captain Vidal Molina 281-896-9499

Vidal.molina@houstontx.gov

FSN Assistant

E/O Kenia Compean 281-409-9256

Kenia.Compean@Houstontx.gov

Cancer Support

Sr. Comm Capt. Matt Lloyd 832-276-4757

Matthew.Lloyd@Houstontx.gov

Chief Kim Phillips 512-563-7960

Kim.Phillips@Houstontx.gov

OEC

713-884-3143



Firefighter Support Network



FSN Website

We are here to Help

Providing confidential non punitive assistance to our Firefighters, their families, Retirees, and civilian members in their time of need.

Services Include:

- HR Support (Benefits, FMLA, WC)
- Hospital Visits
- Mental Health
- Spiritual Support
- Funeral Assistance
- Education (ex. Suicide prevention)
- Financial support (Houston Firefighter Protection Fund)

HR Support

Are you having an issue with your FMLA, Workers Comp, Insurance, etc... ? Contact the Member Advocate or FSN Assistant for help.

Hospital Visits

When a firefighter is transported emergency, a member of the FSN team will follow up to offer support and guidance.

Priority 1 & 2 within 24 hours

Priority 3 within 72 hours

Off duty firefighters will get a visit by a member of FSN when we are notified.

Mental Health

Our CISM team is trained in crisis intervention to deal with difficult incidents.

FSN also provides assistance when there is a need for a mental health or addiction facility.

Spiritual Support

The mission of the Chaplain is to connect with, care for and come alongside our Active, Retired, Civilian members and their families to support their Spiritual, Physical and Emotional health.

Funeral Assistance

The Family Assistance Coordinator will provide guidance and assistance to families who experience a LODD.

Cancer Support

HFD members who have been diagnosed with and battled cancer are available to assist our firefighters and their families to navigate the challenges that will arise.

Financial Support

The Houston Firefighters Protection Fund can assist with; hospitalizations of at least 3 days (must notify FSN while in hospital), Prolonged medical rehab and recovery or Emergency home damage.

Eligible for \$250 up to 3 x a year (\$750 max)

Helpful Info

FSN Facebook group



HR One



HROneConnect.houstontx.gov

EAP Guidance Resource Website

“HOUSTONEAP”

Organization Web ID

EAP 832.393.6510

