

## Have you completed your Annual Physical?

### Wellness Dates

Annual Physical needs to be completed by  
Sept 30, 2025

Health Assessment needs to be completed by  
Nov 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

Capt. Heather Arnold 832-444-0137  
Heather.Arnold@houstontx.gov  
or

Contact OEC 713-884-3143

### 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

Chief Kim Phillips 512-563-7960  
Kim.Phillips@Houstontx.gov



# 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](https://HROneConnect.houstontx.gov)

**EAP Guidance Resource Website**

“HOUSTONEAP”

Organization Web ID

EAP 832.393.6510

