

**TEXAS COMMISSION ON FIRE PROTECTION
HEALTH AND WELLNESS COMMITTEE MEETING MINUTES**

Presiding Officer Doug Boeker called the January 16, 2025 meeting of the Texas Commission on Fire Protection (TCFP) Health and Wellness Committee to order at 10:00 a.m., at the North Lamar Boulevard Building, 4800 N. Lamar Boulevard, Room 140, in Austin, Texas.

Member Attendance:

Steve Green	Ashley Watson	Michael Anderson	Homer Salinas
Doug Boeker	Brian O'Neill	Daniel DeYear	Adam Story

Del Albright** Michael Mire*

*Excused absence

**Unexcused absence

Staff present:

Frank King	Yazzy Chavez	Cliff Grant
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1. Call to Order – Presiding Officer Doug Boeker called the meeting to order at 10:00 a.m.

2. Roll Call and Excuse of Absences, if any – Presiding Officer Doug Boeker called roll, and a quorum was present. A motion was made by Ashley Watson and seconded by Michael Anderson to excuse Michael Mire’s absence. The motion carried.

3. Introduction of Newly Appointed Committee Members – Michael Anderson introduced himself as a new committee member and is currently serving as Deputy Assistant Chief at Travis County ESD2 Pflugerville Fire Department.

4. Committee Member Training – TCFP Deputy Chief Cliff Grant. conducted training on TCFP rules and policies related to the Committee.

5. Adoption of October 1, 2024 Meeting Minutes – The October 1, 2024 Health and Wellness Committee meeting minutes were presented. A motion to adopt the minutes was made by Steve Green and seconded by Adam Story. The motion carried.

6. Review and Discussion of Prior Committee Work and Accomplishments –

The Committee reviewed and discussed prior work, including notable accomplishments such as the injury report, firefighter cardiac health initiatives and cancer awareness training.

7. Discussion and Possible Action on the Review of the Mental Health Program

Adam Story discussed his ongoing efforts to monitor mental health programs for fire service personnel. Updates on this initiative will be provided at the next meeting on April 24, 2025.

8. Assignment of Project Work and Formation of Workgroups – Presiding

Officer Doug Boeker assigned the following project topics and workgroups:

- a. Sleep: Brian O’Neill
- b. Nutrition: Ashley Watson
- c. Injury Report Review: Adam Story
- d. Cardiac Health: Doug Boeker
- e. Hormones Report: Ashley Watson
- f. Fitness: Chris Kahl
- g. Mental Health: Consortium (Michael Mire)
- h. Cancer Report: Homer Salinas

Progress reports on these topics will be presented at the next meeting on April 24, 2025.

9. Discussion and Possible Action on Other Health and Wellness Needs – The

Committee discussed establishing a Health and Wellness Officer program. Homer Salinas proposed adding this topic to the agenda for the next meeting.

10. Subjects for Future Meeting Agendas – Project Workgroup Reports and the

Health and Wellness Officer program updates. Committee members were encouraged to submit additional topics for discussion by March 31, 2025, to be included in the next meeting agenda.

11. Future Meeting Dates – The next meeting is scheduled for April 24, 2025, at

10:00 a.m. Future meetings were scheduled for 10:00a.m. on July 17, 2025 and October 23, 2025.

12. Adjourn Meeting – A motion to adjourn the meeting was made by Daniel

DeYear and seconded by Chris Kahl. The motion carried, and the meeting was adjourned.

X _____
Doug Boeker, Presiding Officer

Date