



NATIONAL DEVELOPMENT AND RESEARCH INSTITUTES, INC.

February 15, 2018

Jeffrey A. Murray, Fire Chief
Maui County Fire Department
200 Dairy Road
Kahului, HI 96732-2978

Dear Chief Murray,

This letter is to confirm that your proposed budget line items to be funded by the \$40,000 site fee to be provided by NDRI for your participation in the FEMA research study, EMW-2014-FP-00945, "Evaluation of the NFFF's Behavioral Health Stress First Aid Intervention," are justified.

NDRI's experience in research and intervention regarding the health and wellbeing of firefighters and first responders nationwide allows us to understand the significance of good morale and stress reduction in this vital public safety field. Thus, the specific line item for exercise equipment is particularly useful because there is substantial evidence across multiple studies that on-site firehouse access to exercise equipment is associated with a reduction in depression, stress, and of course, increased firefighter fitness,

As you know, our FEMA-sponsored study is budgeted to provide your department with a total stipend of \$40,000 over the total study period so that your department is able to fully engage in implementing the Stress First Aid Intervention and we fully support and approve your plan. The above-noted FEMA study has in fact provided this same site fee/stipend to 8 fire departments nationwide. These funds are provided without limitation as to use, but we do wish to advise our wholehearted support in your proposed use of funds.

If you have any questions or concerns, please feel free to contact Dr. Sara Jahnke - jahnke@ndri.org; Dr. Carlos Poston - poston@ndri.org) any time.

Sincerely yours,

Sara A. Jahnke, Ph.D. and Principal Investigator for the Stress First Aid Study
Director, Center for Fire, Rescue, and EMS Health Research

Walker S. Carlos Poston, Ph.D., MPH, FACE, FAHA, FTOS
Director, Institute for Biobehavioral Health Research
Senior Principal Investigator, Center for Fire, Rescue, and EMS Health Research

Lisa Bernhard
Sr. grant Administrator
Signatory Official & Research Integrity Officer

Institute for Biobehavioral Health Research
1920 143rd Street, Suite 120 Leawood, KS 66224 Tel: (913) 681-0300 Fax: (913) 681-0315 www.ndri.org

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Asst. ch.ief Valeriano Martin (BF-61(13))