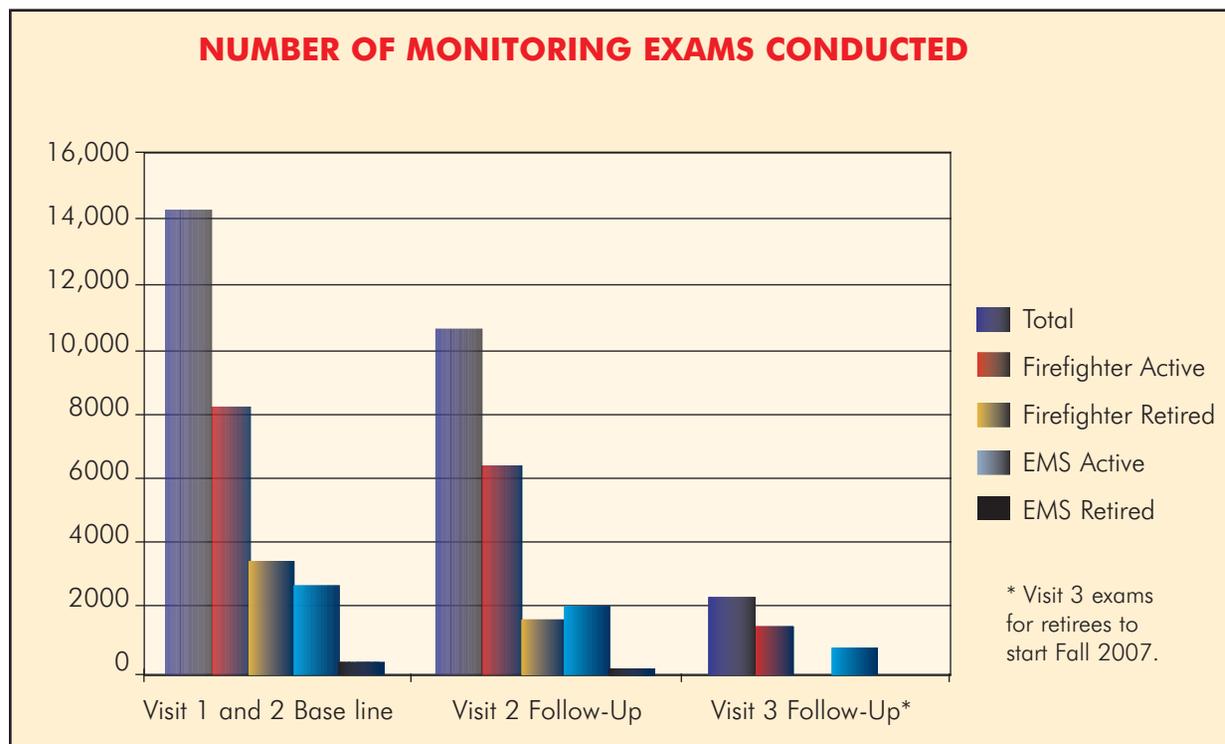


SECTION 5

More than five years after the attack, the Fire Department's WTC Program continues its commitment to providing our members with the best monitoring and treatment programs possible.

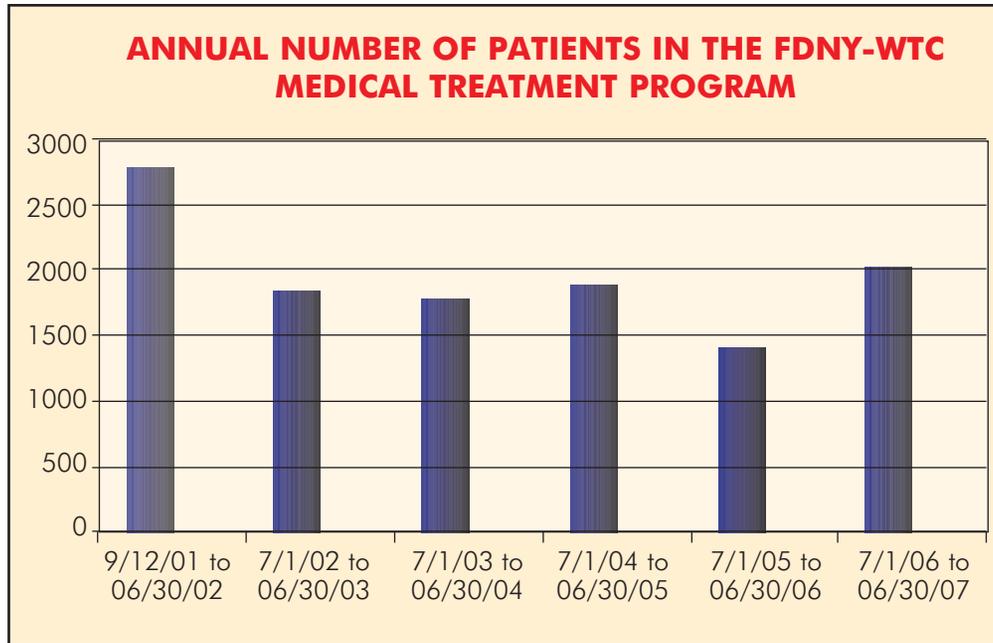
➤ 14,319 members have participated in FDNY-WTC monitoring

Monitoring Program Total Enrollment: 14,319 (10/01 to 06/30/07)¹



To date, 14,319 members participate in the FDNY WTC Program. WTC medical monitoring exams continue to be provided every 12-18 months to every active member (Fire and EMS) who served at any WTC site. This exam is part of the regular periodic company medical. As of April 30, 2007, 10,415 incumbents had received an initial monitoring exam and 8687 had received at least one follow-up monitoring exam (83% retention rate). Visit 3 follow-up monitoring exams began October 5, 2006, and the number of members receiving these exams will rise. For the first time in FDNY history, we have included retirees in this post-exposure program. In the first six months after 9/11/01, more than 1100 retirees participated in the WTC Monitoring and Treatment Program. As of April 30, 2007, this has expanded to include 3904 retirees who have received an initial monitoring exam and 1898 who have received at least one follow-up monitoring exam (49% retention rate). To improve our ability to schedule exams for retirees, we will be starting an intensive phone outreach campaign shortly after the sixth-year anniversary of the WTC attacks in September 2007. Participation in the monitoring program is a requirement to obtain free treatment and medication.

**SECTION 5 • FDNY-WORLD TRADE CENTER MEDICAL TREATMENT POST-9/11/01
THIS PROGRAM INCLUDES FIRE AND EMS (ACTIVE AND RETIRED).**



Note: The above chart counts each patient only once in any given time range.

Immediately after 9/11/01, FDNY-BHS started a treatment program for WTC-related conditions. We were the first to describe the WTC Cough Syndrome and document that treatment was effective (*New England Journal of Medicine*, 2002). Between 9/12/01 and 6/30/07, we have seen 6465 patients at a total of 40,313 visits. In December 2006, FDNY-BHS expanded monitoring and treatment services for WTC-related physical and respiratory illnesses. Our primary care doctors have received specialized training and are available for initial treatment interventions. Referrals then can be made to our two in-house lung specialists with 75 appointments available weekly. More appointments can be added as needed. FDNY rescue workers at high exposure risk are offered chest CT imaging.

Recognizing that treatment has been effective, but costly for members and their unions, NIOSH recently has funded an FDNY no-cost prescription medication program for WTC-related conditions (respiratory, sinus, GERD, mental health). Since medications have been provided, there has been an increase in treatment visits. All FDNY WTC rescue workers (Fire and EMS, active and retired) who were at the WTC during the collapse/rescue/recovery effort (9/11/01 to 7/02) and have received a WTC medical monitoring exam at FDNY-BHS (anytime since 8/12/05), qualify for this program. Those meeting the above eligibility requirements already should have received instructions and a special FDNY WTC Program prescription card. Eligibility and contact information can be verified or an updated WTC medical monitoring exam can be scheduled for you. (See page 62 for further information.)



- ▶ 6465 members have participated in the FDNY-WTC treatment program for “WTC cough”

Tobacco Cessation Rates

- 47% of participants remained tobacco-free continuously for 3 months
- 36% remained tobacco-free for 6 months
- 33% remained tobacco-free for 12 months

Tobacco Cessation Program

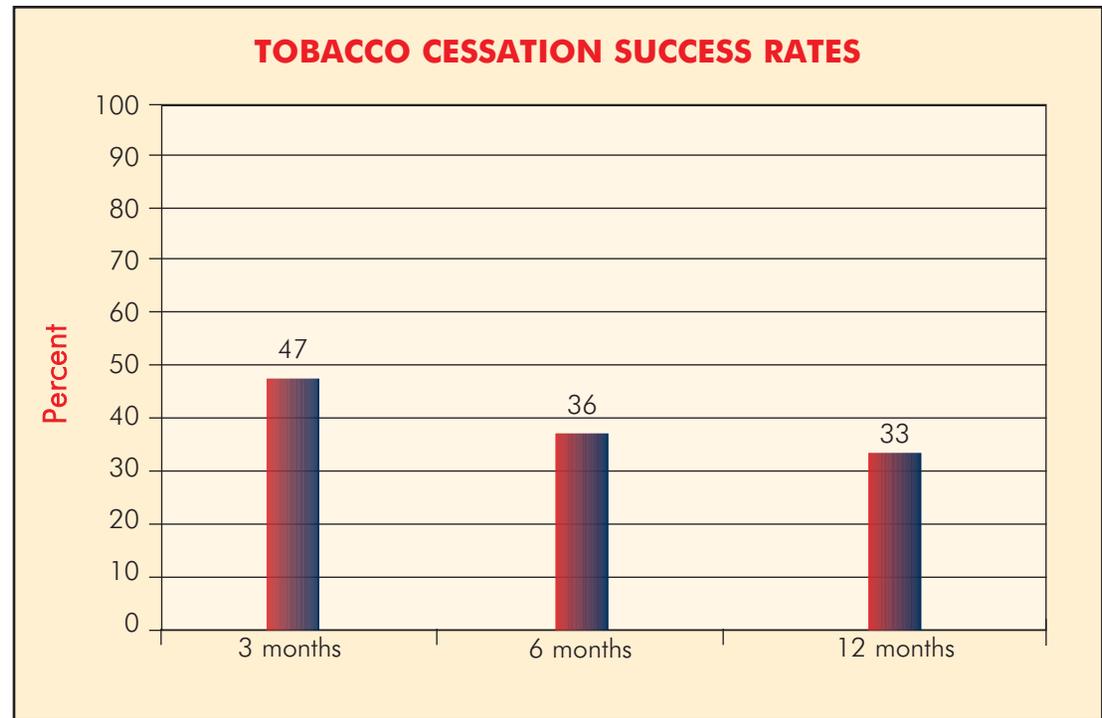
"I came to the program having failed in numerous attempts to quit smoking. I was a smoker many years before, but picked up the 'habit' on September 11, 2001. I never thought I'd become a full-time smoker as I never was one, but I guess the stress on that day and the weeks and months that followed gave me the excuse to keep smoking. Smoking definitely eased the anxiety, which I always found counterintuitive with nicotine being a stimulant, but I suppose by then I was addicted and more of my anxiety was coming from the withdrawal than from anything that 9/11 may have been contributing. I didn't know it then, but certainly know it now.

Thanks for helping to save my life."

Capt. Robert E. Higgins

FDNY Tobacco Cessation Program

Due to WTC-related respiratory illness and health concerns about cancer development, FDNY-BHS and FDNY-CSU started a free tobacco cessation program. Only 15% of our rescue workers use tobacco, but post-WTC stress caused tobacco use to increase.



Our studies have shown no link between current FDNY-WTC health findings and tobacco use. Because it is well-known that tobacco use results in an increased risk for the development of respiratory disease and cancer in asbestos workers, we felt it was prudent to offer our members a tobacco cessation program. "Tobacco Free with FDNY" is a free tobacco cessation program that provides counseling, nicotine replacement medication and other medications when necessary. More than 600 members (active, retirees and family members) have participated in our program. We are proud to have some of the highest reported tobacco cessation rates in the nation. In a study conducted on our first participants, 47%, 36% and 33% had stopped smoking for 3, 6 and 12 months, respectively. This program continues every Wednesday, alternating between FDNY-BHS and Fort Totten. (See page 62 for contact information.)

CSU Provides Counseling and Treatment

Prior to 9/11/01, the FDNY Counseling Services Unit (FDNY-CSU) consisted of 11 full-time counselors working at one location in Manhattan. This unit was responsible for counseling FDNY members on a broad range of issues, both personal and professional. FDNY-CSU also ran an outpatient substance abuse program and provided counseling during times of disaster, such as line-of-duty deaths (3 to 5 per year on average).

When catastrophe struck on 9/11/01, we realized that rapid expansion was needed to provide assistance to our members. Recognizing early on the need for an extensive network of counseling and support groups, we acted quickly by tapping into counselors from two partner organizations--the International Association of Fire Fighters (IAFF) and the National Fallen Firefighters Foundation (NFFF), who rushed to provide assistance. We established Debriefing Groups at the WTC site from September 11, 2001, through June 8, 2002, to support and provide crisis counseling to those workers involved in the recovery effort. Post-WTC Trauma Groups were available, as needed, at FDNY-CSU locations. We offered extended counseling services at additional FDNY-CSU offices located in members' communities.

Two weeks following 9/11, FDNY-CSU units were established in Staten Island, Fort Totten (Queens) and later in Suffolk and Orange Counties. For a list of CSU site addresses and phone numbers, please refer to the panel on the right. These sites provided individual counseling and support groups for FDNY workers and families, as well as the family members of the deceased. We also provided services conducted by FDNY-CSU clinicians, trained outside mental health counselors and trained peer counselors at FDNY work locations. The

firehouses and EMS stations that were visited initially and provided with on-site counseling were those that had lost one or more of their members at the WTC site. As staffing increased, every work location was visited and counseling was offered.

The volume of members who sought help through the FDNY-CSU increased dramatically. From 9/11/01 through 2006, the utilization patterns for the FDNY-CSU showed a four- to five-fold increase. Pre-9/11, FDNY-CSU saw, on average, 50 new clients a month at its one site, compared with more than 260 per month post-9/11. To date, this pattern of activity has continued.

Annually, CSU continues to see nearly 3000 FDNY rescue workers (Fire and EMS, active and retired) and affected family members. New programs introduced by FDNY-CSU recognize the changing and varied needs of our members. These include the "Stay Connected" program for members and their families during transition to retirement.

FDNY-CSU provides services for families of the deceased, including various specialized bereavement groups for spouses, fiancées, significant others, siblings, parents and children. CSU worked with BHS to establish two newsletters: *The Link*, which addressed the specific needs of FDNY families who lost a loved one, and *Health Connections*, which focused on all of our FDNY members. Conferences and workshops were provided to focus on stress management, PTSD, chemical dependency, grief and bereavement and personal relationship communication. Families of the deceased were offered an array of services, including a Big Brother/Big Sister program sponsored jointly by CSU and the UFA/UFOA.

FDNY-CSU Locations

Manhattan Counseling Unit

251 Lafayette Street, 3rd Fl, NYC 10012
(212) 570-1693 (24-Hour Line)

Staten Island Counseling Unit

1688 Victory Boulevard
Staten Island, NY 10314
(718) 815-4111

Fort Totten Counseling Unit

Fort Totten Building 413A
Bayside, NY 11364
(718) 352-2140

Brentwood Counseling Unit

Liberty Project Center
Suffolk County Community College
Crooked Hill Road,
Brentwood, NY 11717
(631) 851-6888

Orange County Counseling Unit

2279 Goshen Turnpike
Middletown, NY 10941
(845) 695-1029

Substance Abuse Day-Treatment Program

594 Broadway, Suite 500
(212) 925-6671

FDNY Headquarters

9 MetroTech Center
Brooklyn, NY 11201-3857
(718) 999-1858
(718) 999-0088 (fax)

Medical Monitoring Examinations

FDNY Headquarters

9 MetroTech Center
Brooklyn, NY 11201-3857
(718) 999-1858
(718) 999-0088 (fax)

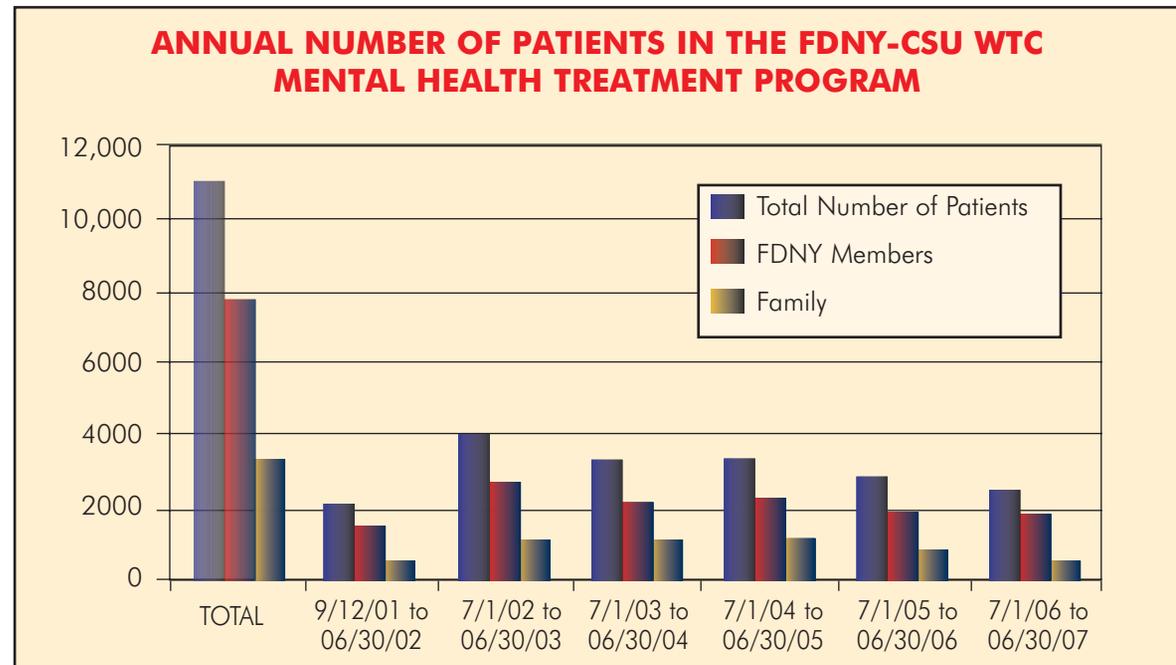
Tobacco Cessation Program

9 MetroTech Center
Brooklyn, NY 11201-3857
Fort Totten Building 413B
Bayside, NY 11364
(718) 999-1942

SECTION 5 • THE FDNY-WORLD TRADE CENTER MENTAL HEALTH TREATMENT PROGRAM POST-9/11/01

This program includes Fire and EMS (active or retired) and affected family members. Use of FDNY-CSU counseling services increased dramatically after 9/11/01 and has remained high, demonstrating the need for continued services.

- Pre-WTC CSU visits:
Annually, 500-600 FDNY rescue workers
- Post-WTC CSU visits:
Annually, approximately 2500 FDNY rescue workers



Many members who worked at the WTC site post-9/11 initially did not allow themselves the time to grieve for those lost, so mental health problems tended to surface later, once the search slowed and members had more time to process their emotions. Due to the nature of the job, FDNY members form tight-knit teams and typically were accustomed to self-management of problems or turning to their team members for advice prior to 9/11. CSU-trained peer counselors provide initial support and encourage members to seek professional counseling and treatment from trained mental health practitioners (social workers, psychologists and psychiatrists) at CSU or when needed through other organizations. Referrals to private practitioners were made for those clients as needed or when preferred. The increase in use of FDNY-CSU counseling services after the first year post-9/11 reflects a greater acceptance by our members of the need for more formal, structured counseling. The continued utilization of FDNY-CSU services in the years that followed indicates that members continue to seek services as they recognize the need for effective treatments. Between 9/12/01 and 6/30/07, there have been 157,406 visits to FDNY-CSU by 11,248 FDNY employees and family members. Pre-9/11, there were only 600 visits per year to FDNY-CSU. Free mental health medications now are available for those members (Fire and EMS, active and retired) with WTC-related conditions and a recent FDNY-WTC Medical monitoring exam.