Captain Frank Leto

Captain Frank Leto is a 32-year veteran of the FDNY and the Deputy Director of its Counseling Service Unit (CSU). His association with the CSU began over 20 years ago as a Crisis Counselor for incidents such as line of duty deaths and mass casualty events. On September 11, 2001 he responded to the World Trade Center as an officer in charge of a rescue team.

Since 9/11, Captain Leto has developed innovative outreach, counseling and education programs for firefighters and their families who have experienced potentially traumatic events. In addition to his work as Deputy Director of the CSU and its staff of ninety, he has worked closely with the International Association of Fire Fighters (IAFF) and the National Fallen Firefighters Foundation (NFFF) to develop behavioral health protocols and to aid departments nationwide after major incidents.

Objectives

1. To discuss the value of peer counseling units and how elements of FDNY's Counseling Service Unit can be applied to other departments.

2. To discuss common scenarios that may be encountered by firefighters and how to deal with them.

3. To introduce various techniques that can be used in peer counseling services.