



**23-0979**

**TITLE:** Consider/Discuss/Act on a Resolution Authorizing the City Manager to Execute a Professional Services Contract with F1RST Sports Academy LLC to Enhance Wellness Program and Mental Health Services for First Responders

**COUNCIL GOAL:** **2B:** Continuously provide a high level of customer service to our citizens.  
**6C:** Continually increase operational efficiency in public safety departments.

**MEETING DATE:** December 5, 2023

**DEPARTMENT:** Human Resources

**CONTACT:** Jim Parrish, Director of Human Resources  
Olivia Nahas, Human Resources Manager  
Joe Ellenburg, Chief of Police  
Paul Dow, Fire Chief

**RECOMMENDED CITY COUNCIL ACTION:** Approval of Resolution

**ITEM SUMMARY:** This resolution authorizes the City Manager to enter into a professional services contract with F1RST Sports Academy LLC (F1rst) to provide a comprehensive wellness program for first responders.

**BACKGROUND INFORMATION:**

- F1RST is a comprehensive well-being program addressing the impact of repeated stress exposure on a First Responder's overall health, performance, and relationships. The multidisciplinary team consists of a first responder psychologist and mental health providers, physical and manual therapists, human performance coaches, exercise physiologist, researchers, and a registered dietician.
- Police and Fire command staff have identified the initial and on-going programs/services they would like to implement if resolution is approved.

**FINANCIAL SUMMARY:** Funding is available in account 015-2110-413-8516 for the

anticipated year one cost of \$120,000.

Payment for therapy with F1RST providers will be paid through the Employee Assistance Program (EAP) and medical plan. Cost sharing through the medical plan will follow the rules of the City of McKinney Group Health Plan and Summary Plan Description.

**BOARD OR COMMISSION RECOMMENDATION: N/A**

**SUPPORTING MATERIALS:**

[Resolution](#)