



Wellness & Workforce Summit

February 18-19, 2026 | Phoenix, AZ

APCO International Summit Series

Health and Wellness Initiative – Phoenix 2026

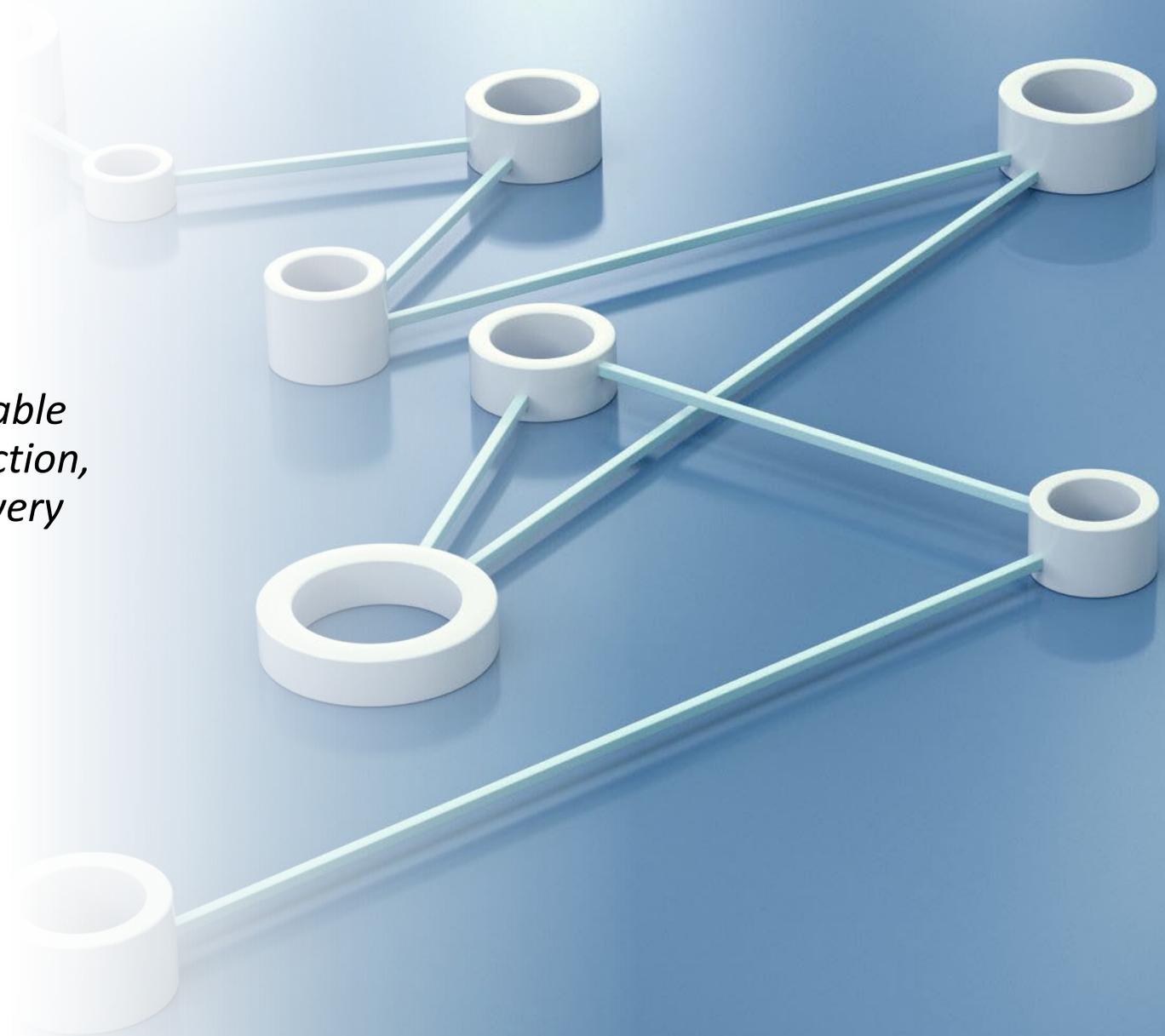
Cathy Wix
Program Manager
APCO Consulting Services

A stack of smooth, dark grey stones is arranged on a wet surface covered in water droplets. Two small, vibrant green flowers are placed among the stones. The scene is dimly lit, creating a serene and calming atmosphere.

Wellness Made Personal

Purpose

APCO strives to be the reliable source for courage, connection, and customized care for every first responder.





Vision

To create a culture within our PST community where wellness is embraced without stigma, support is integrated into daily life, and every member feels empowered to seek help.

Through courage, compassion, and collaboration, we help our peers and build an open, accepting environment where PSTs can thrive.



Mission

Our mission is to champion the wellness of first responders by removing stigma, fostering an open and supportive culture, and integrating practical strategies into everyday life.

We will provide diverse, customizable resources, build strong connections, and serve as a trusted source of guidance. Through education, empowerment, and peer support, we help our community recognize when to seek assistance and feel confident in doing so.



Defining Success

Make well-being a part of how we show up every day.

Incorporating this early into the careers of our PSTs, we can make it a lifestyle.

A spa-themed background featuring a white ceramic bowl filled with yellow bath foam, a wooden spoon containing yellow bath salts, and a white flower with a yellow center. The items are arranged on a woven, light-colored mat. The background is softly blurred, showing more spa products like a purple flower and a red circular object.

Types of Health and Wellness



Physical Health



Mental Health



Financial Health

1- Lead National Advocacy Efforts

Objective 1

- Generate Public Awareness of Important Issues within PS

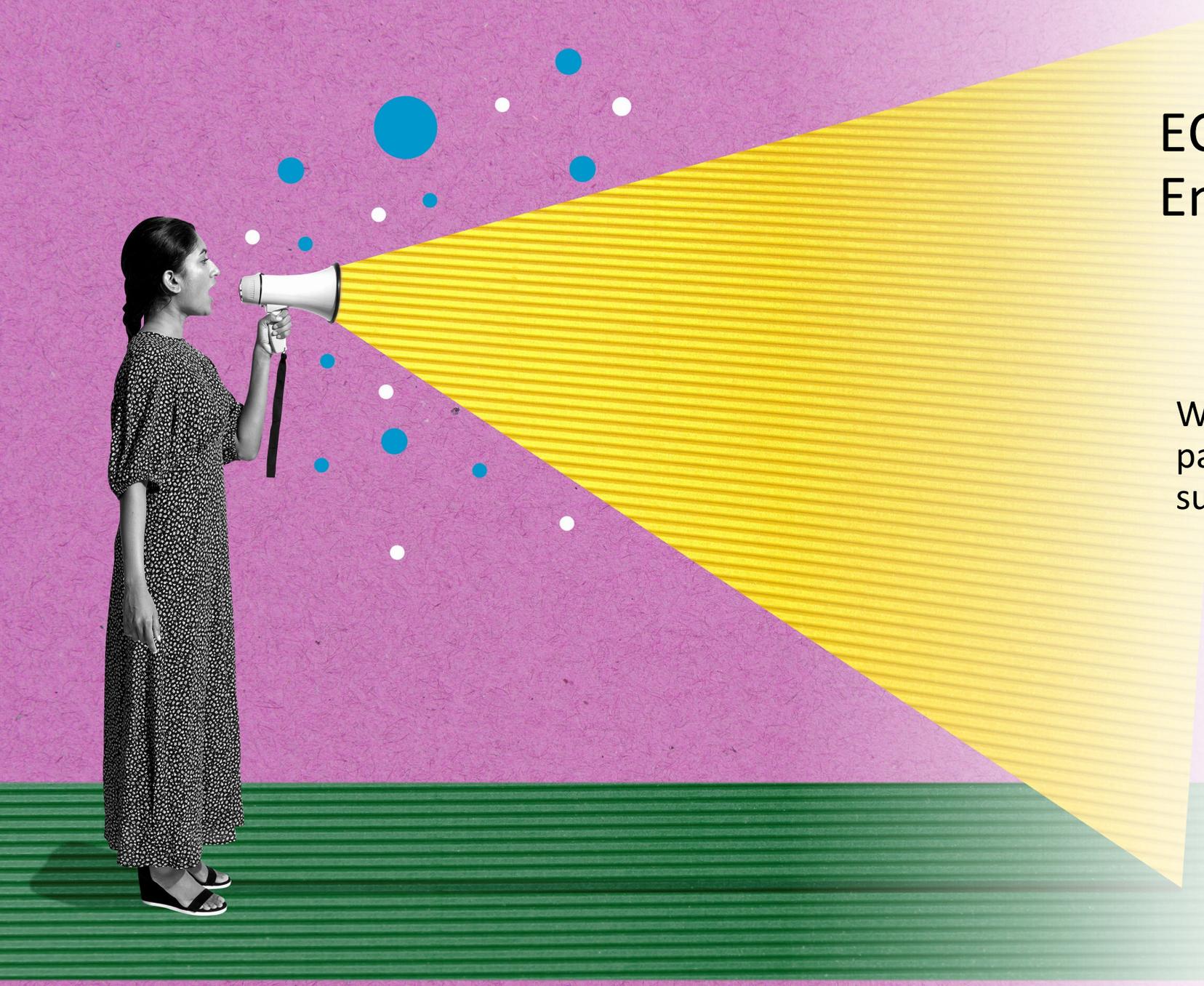
Key Deliverable 1

- Conduct scientific research on evidence-based health and wellness topics specific to PSTs
- Continue participation in the 9-1-1 Saves Act



Evidence based research

Partner with organizations such as the Center for Fire, Rescue & EMS Health Research at NDRI USA (a not-for-profit research firm) for research specific to ECCs and PSTs



ECC Climate and Engagement Surveys

We encourage APCO members to participate in engagement surveys

- Let your voice be heard; topics are determined based on your feedback
- We can't make our ECCs better without your input



Wellness & Workforce Summit

February 18-19, 2026 | Phoenix, AZ

APCO International Summit Series

Play video from NDRI

