

Chaplain Foster's Biography

Chaplain Foster is not just a professional with decades of public service but a person who has lived through significant personal challenges that shaped his path and purpose. Beginning with a simple yet profound prayer during his late teens, he sought relief from feelings of helplessness and hopelessness, stemming from a turbulent childhood in a two-parent household overshadowed by an emotionally absent, alcoholic father. Despite the presence of both parents, he and his brothers faced the brunt of their father's unpredictable and often violent outbursts, deeply affecting their early life experiences.

His journey is marked by adverse childhood experiences (ACEs), a concept that has gained considerable attention for its impact on later health and social outcomes. With an ACE score of nine, he navigated through complex health challenges including diabetes, depression, anxiety, suicidal ideation, heart disease, prostate cancer, and complex PTSD. These personal health struggles are intertwined with his professional journey as a first responder and chaplain, where he found his calling in helping others facing crises.

Throughout his 37 years of public service, he has engaged with many other helping professionals, clinicians, veterans, and first responders, discovering that many chose their paths due to similar backgrounds of adversity. This shared experience has fueled his passion for service and belief in the healing power of community and faith.

He emphasizes the importance of compassion-focused engagement and self-care, advocating for a deeper understanding of one's own journey to effectively aid others. His story, interlaced with professional insights and personal revelations, serves as a testament to the transformative power of understanding and addressing one's past.

It aims to inspire and equip other first responders and helping professionals with the tools and understanding necessary to transform their own lives and those they serve. This background propelled him into a career in the Fire Department, where he felt his contributions genuinely mattered, helping others in crisis and affirming his sense of purpose. His faith plays a central role in his life and work, guiding him to serve others with compassion and love, as emphasized in his reference to John 13:34-35 from the Bible.

Chaplain Foster underscores the importance of self-compassion and self-care, which have become integral to his approach in supporting others, revealing that understanding and addressing one's trauma can profoundly influence personal well-being and professional effectiveness.

SEE CDC's Article on, Adverse Childhood Experiences. ACEs.

<https://www.cdc.gov/violenceprevention/aces/index.html>

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